

"This is a prayer we need to pray every day, every day: Holy Spirit may my heart be open to the Word of God, may my heart be open to good, may my heart be open to the beauty of God, every day."
—Pope Francis

will find yourself miserable. The Holy Spirit wants to help you build a throne for truth in your heart.

The Spirit of God is within you. This is good news. It means that you have a power within you that you have not even begun to comprehend.

The Holy Spirit will give you the courage to face difficult situations.

The Holy Spirit means that you are never alone. He is always with you, ready to guide you, encourage you, comfort you, and challenge you.

The Holy Spirit is a true friend who always wants what is best for you.

The Holy Spirit gives you the wisdom to know what is right and what is wrong, and leads you in the path of what is good and right.

The Holy Spirit empowers you to do things you would not otherwise be able to do.

The Holy Spirit is transformational. Think about Peter, who denied Jesus three times before his death out of selfish fear. But after Pentecost he literally risked his life just to let people know about Jesus.

The Holy Spirit doesn't change us into someone else; he just brings the best and the most out of us.

The Holy Spirit will help you know and do God's will.

But here is my favorite: The Holy Spirit will allow you to maintain joy even in the midst of suffering. Suffering is an inevitable part of life. It is easy to be joyful when things are going well, but the Holy Spirit brings us joy in times of suffering, and that is a thing of beauty.

Saint Paul is a perfect example here. Ephesians, Philippians, Colossians, and Philemon are called the "prison" epistles because they were written during Paul's first imprisonment, mentioned in Acts 28. Throughout these writings he talks about his joy and all the things he rejoices about. When you think about the fact that he was in prison for being Christian and you consider the filthy conditions of prisons at the time, you have to ask yourself: What did he have to be joyful about?

He was joyful even in the midst of suffering because he was filled with the Holy Spirit.

All this is what the Holy Spirit wants to do for you.

I don't know how seriously you are taking this whole Confirmation thing, but trust me, it is worth taking a little more seriously. You will never regret it. But if you don't take it seriously, I can guarantee you there will come a time when you will regret that.

This is important stuff. I want to encourage you to take it seriously. You'll be glad you did.

Discussion Questions

1. IN YOUR OWN WORDS, WHO IS THE HOLY SPIRIT?

2. DESCRIBE A TIME IN YOUR LIFE WHEN YOU FELT INSPIRED BY THE HOLY SPIRIT.

3. WOULD YOU LIKE TO LEARN HOW TO EXPERIENCE JOY EVEN IN THE MIDST OF GREAT SUFFERING LIKE SAINT PAUL? WHAT DO YOU THINK HIS SECRET WAS?



Discussion QUESTIONS

1. HAVE YOU EVER GIVEN SOMEONE A GIFT AND HE OR SHE WAS UNGRATEFUL? HOW DID THAT MAKE YOU FEEL?

2. WHICH OF THE SEVEN GIFTS OF THE HOLY SPIRIT DO YOU FEEL MOST IN NEED OF AT THIS TIME IN YOUR LIFE?

3. HOW WOULD YOUR LIFE BE BETTER IF YOU REALLY OPENED YOURSELF UP TO THE GIFTS OF THE HOLY SPIRIT?



DISCUSSION QUESTIONS

1. WHICH PERSON IN YOUR LIFE WOULD YOU LIKE TO FILL WITH JOY?

2. HOW WOULD A LACK OF SELF-CONTROL MAKE IT HARDER TO EXPERIENCE THE OTHER ELEVEN FRUITS OF THE HOLY SPIRIT?

3. CAN YOU SEE HOW GOD'S WAYS ARE DESIGNED TO BRING ORDER TO OUR LIVES AND LIBERATE US FROM WORLDLY CHAOS?

CATHERINE
COOPER
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“LET’S ASK OURSELVES: ARE WE OPEN TO THE HOLY SPIRIT?”

—POPE FRANCIS

6. OTHERS: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

Here the Holy Spirit reminds us of all those who need our love, support, and encouragement.

7. Pray the Our Father.

Allowing the gifts and fruit of the Holy Spirit to animate us is an everyday job. With every choice you either embrace or reject the Holy Spirit—and the fruits and gifts he wants to fill you with.

Take a few minutes out of each day to connect with God in prayer. This will strengthen your connection with him and allow you to hear the promptings of the Holy Spirit more clearly. Listen to those promptings and you will discover something I have learned over the years: Every regret in life comes from not listening to the voice of God in our lives. You will never regret following your conscience and the promptings of the Holy Spirit. All of life’s regrets come when we ignore our conscience and the promptings of the Holy Spirit.



Pentecost is the feast commemorating the descent of the Holy Spirit upon the Apostles of Jesus as described in Acts of the Apostles 2:1–31. For this reason Pentecost is referred to as the Birthday of the Church.



1. IF YOU WERE GOING TO GO ON A PILGRIMAGE AND WALK THE CAMINO, WHOM WOULD YOU TAKE WITH YOU? WHY?

2. WHEN WAS THE LAST TIME YOU FELT THE HOLY SPIRIT PROMPTING YOU TO DO SOMETHING? OR NOT TO DO SOMETHING?

3. WHAT IS YOUR FAVORITE PART OF THE PRAYER PROCESS? WHY?

1 Corinthians 6:19

KNOW IT:
You are a temple of the Holy Spirit.

THINK ABOUT IT:
Are you honoring your body as a temple of the Holy Spirit?

LIVE IT: What changes do you need to make to make your body a better home for God?

8.5 DECISION point

You have another decision to make. Are you going to welcome the Holy Spirit into your life or ignore and reject him?

If you are going to welcome the Holy Spirit, then prepare yourself to receive him. If you had an important visitor coming to your home, you would tidy up and make special preparations.

In the previous session we talked about the beautiful churches all around the world and why we build such beautiful churches. The reason is because they are Jesus' home. But visit a great cathedral in any major city in the world and you will find two types of people. The first type is there to pray. The second is just there to look around. The first recognizes that Jesus is present. The second does not. Pilgrims and tourists. Don't be a tourist!

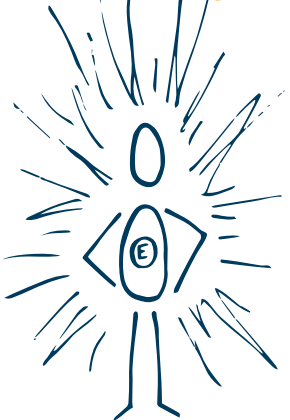
The Scriptures teach us that you are a temple of the Holy Spirit (1 Corinthians 6:19). The Holy Spirit is always present within us. Embrace that. Celebrate that. The Holy Spirit is the ultimate adviser.

You are of course free to ignore or reject the Holy Spirit. But keep in mind that there are consequences if you do. The consequences of embracing the Holy Spirit are peace, joy, order, and purpose. The consequences of rejecting the Holy Spirit and his direction in your life are anxiety, chaos, and the despair of purposelessness.

If you do choose to welcome the Holy Spirit into your life, he will invite you to join in his work. The Holy Spirit is the great encourager. Life is not easy and everyone needs daily encouragement, because the world is full of discouragement and bullying.

I hope you will live an inspired life. I hope you will live in the Spirit. If you do, I know you too will become a great encourager.

**JESUS
I TRUST
IN YOU**



What do you think was the best conversation Mary ever had with the Holy Spirit?

JOURNAL questions

1. ARE YOU GOING TO WELCOME THE HOLY SPIRIT INTO YOUR LIFE?

2. HOW WILL HAVING THE HOLY SPIRIT AS YOUR CONSTANT COMPANION MAKE LIFE BETTER?

3. WHOM DO YOU FEEL CALLED TO ENCOURAGE TODAY?

