

# Belonging

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 1

Dear Parents,

Welcome to your teen's newest YDisciple series *Never Alone: Life with the Holy Spirit*. They will spend the next several small group gatherings discussing the third Person of the Trinity, the Holy Spirit, and what He has to do with our everyday lives. These Parent Sheets are designed to help you continue fruitful discussion at home. After all, most studies suggest that parents are the biggest influencers of the faith practice of teenagers.

In this first session, your teenager's group discussed some basic theology of the Trinity and that in the Holy Spirit we find our identity and belonging. Here are some of the main points:

- We feel alone when we do not have life-giving relationships.
- Pope Benedict XVI called the Holy Spirit "the most neglected person of the Trinity," meaning we often forget that the Holy Spirit is God and we have access to Him through our baptism, confirmation, and prayer.
- The Holy Spirit is the mutual love between the Father and the Son. The love they have for each other is so alive that the union itself is a Person, who we know as the third Person of the Trinity.
- The Catechism describes the Trinity as:
  - The Trinity is One (CCC #253)
  - The divine persons are really distinct from one another (#254)
  - The divine persons are relative to one another (#255)

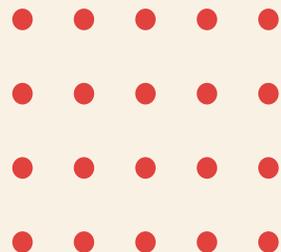
Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- I heard you discussed belonging - where/with whom do you feel like you most belong?
- In the theme verse Jesus says, "it is better that I go." Why would it be better that Jesus leave earth?
  - So He could send us His Holy Spirit.

**Commit:**

Every week group members accept a personal challenge to apply what was discussed to their day-to-day lives. This week, they were simply asked to commit to ask one person what they think of when they think of the Holy Spirit. Ask your son/daughter later this week if they have done so.

**Theme Scripture**  
*"But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you." (John 16:7)*



# Guided

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 2

Dear Parents,

It's no secret that many young people report experiencing tremendous pressure to have "everything figured out." In this session your teenager spent time considering how and why the Holy Spirit can guide them in prayer and discernment.

Here are some of the main points:

- Discernment means asking for God's guidance and help in making decisions.
- "Conviction, joy, and peace...God's will can be discerned by the fruits of the Spirit it brings." - Fr. Walter Cizek
- The Holy Spirit often guides us through ways outside of our direct prayer such as through friends, mentors, and most obviously through the Church.
- Another title for the Holy Spirit is "Paraclete" which translates into "Counselor," "Advocate," or more literally "one who comes alongside."

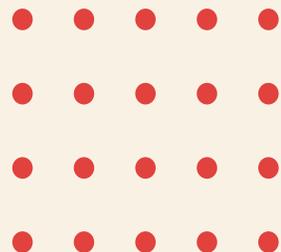
Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- Can you explain how it would have been harder to access Jesus if he had stayed on earth?
  - *From the script: Jesus is God. [In him] the infinite God chose to take up finite space. That the eternal God, who exists outside of time, chose to enter a real time in history. This is mind-blowing. But here's the thing, if He, Jesus, had stayed on earth, we would have to travel all the way to Jerusalem or wherever He was to be with Him. To ask His advice. Jesus acknowledged this Himself: "But I tell you the truth, it is better for you that I go. For if I do not go the Advocate will not come to you. But if I go, I will send him to you." (John 16:7) Jesus does not stay behind after His resurrection. He ascends to heaven and sends His Holy Spirit so we can access Him, God, anywhere and anytime.*
- What is an area of your life (decision, relationship, etc.) for which you want guidance from the Holy Spirit?

**Commit:**

This week's challenge is often called "The Heroic Minute." As soon as you wake up in the morning, before you even get out of bed, simply pray: "I love you, Jesus. What do you want of me today?"

**Theme Scripture**  
*"I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming."  
(John 16:12-13)*



# Empowered

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 3

Dear Parents,

Too often we can relegate the miraculous stories in the Bible to the same category as fairy tales or science fiction. The reality is that not only is the power of the Holy Spirit we see in the Bible real, but it is available to each one of us still today. In this session your teens discussed the story of Pentecost and learned how the Holy Spirit empowers us, particularly in our witness of the faith.

Here are some of the main points:

- We have access to the same Holy Spirit given to the apostles at Pentecost through the grace of the sacraments and prayer.
- The Holy Spirit empowers us to share our faith, to be bold witnesses.
- "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein

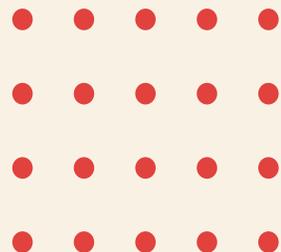
Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- How can we cooperate with the Holy Spirit in our everyday lives?
- God is still working miracles in our world today. Have you or someone you know experienced a miraculous event in their lives? (Parents, this is a great time for you to share as well!)

**Commit:**

This week, the teens committed to ask the Holy Spirit to inspire them to reach out to someone and share their faith. They were also encouraged to ask the Holy Spirit to give them wisdom to know what to say and do and courage to actually do it. (By the way, wisdom and courage are two of the seven gifts of the Spirit.)

**Theme Scripture**  
*"But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth." (Acts 1:8)*



# Alive

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 4

Dear Parents,

In this session, your teenager discussed how the Holy Spirit plays into daily life including overcoming sin and accessing grace in ordinary moments.

Here are some of the main points:

- At baptism, you received what the Church calls, “sanctifying grace” – when the Holy Spirit is infused into your soul and you are given the capacity to live a holy – or sanctified – life.
- If we do not cooperate with the grace given us, it can remain “tied up” and inactive in our souls.
- The Holy Spirit sheds light on the areas of our lives that need to change, on sin, and gives us the power to overcome sin. (see Catechism of the Catholic Church 1433)

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- Who is someone that you know that seems to live with the Holy Spirit “untied”?
- What is the simple prayer you learned to pray to invite the Holy Spirit into every day moments?
  - Come, Holy Spirit. Amen.

**Commit:**

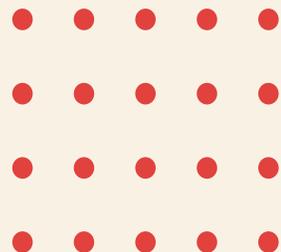
This week we have 2 commitments we are asking your teenager to make.

1. Pray “Come, Holy Spirit” multiple times throughout the day, every day.
2. Think more about where in life they want a greater outpouring of the Holy Spirit. Next time we meet we will be praying specifically for these things.

Check in with them once or twice and ask them how it is going.

### Theme Scripture

*“On the last and greatest day of the feast, Jesus stood up and exclaimed, “Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says, ‘Rivers of living water will flow from within him.’” He said this in reference to the Spirit that those who came to believe in Him were to receive. There was, of course, no Spirit yet, because Jesus had not yet been glorified.”  
(John 7:37-39)*



# Prayer for a Release of the Holy Spirit

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 5

Dear Parents,

This final session is not an add-on, but is the culminating point of the entire series. It does little good to merely talk about the Holy Spirit if we do not intentionally, consciously invite His action in our lives. Therefore, your teen's small group took time to pray over each member of the group for a release of the Holy Spirit.

Fr. Killian McDonnell says, *"The grace of these sacraments [baptism and confirmation], although given directly within the sacramental celebration, lie dormant, as it were, in a person until activated through personal commitment and prayer, then they come forth into consciousness overwhelming a person's life with faith in and commitment to Jesus."*

Consider asking your son/daughter:

- What was your experience of being prayed for?
- Parents, if you have ever had this experience, share it with your teen.

Commit:

The teens committed to look for the fruit of the Holy Spirit in their life this week after being prayed with. Galatians 5:22-23 outlines the fruit of the Holy Spirit: love, joy, peace, patience, generosity, faithfulness, gentleness, self-control.

Your teen may experience something really powerful, but they also may not. The Holy Spirit is still active, even when subtle. Look for the *fruit* in your life.

**Theme Scripture**  
*"For this reason, I remind you to stir into flame the gift of God that you have through the imposition of my hands. For God did not give us a spirit of cowardice but rather of power and love and self-control."  
(2 Timothy 1:6-7)*

