



iBelieve Session 6. The Holy Spirit

Creed Reference – I believe in the Holy Spirit



Song – ‘Receive the Power’ by Guy Sebastian, Sydney World Youth Day 2008 Theme Song

Every nation every tribe, come together to worship you
In your presence we delight,
We will follow to the ends of the earth.

*Alleluia, alleluia, receive the power of the Holy Spirit
Alleluia, alleluia, receive the power to be a light unto the world.*

As Your Spirit calls to rise
we will answer and do Your Will.
We'll forever testify
of Your mercy and unfailing love.

*Alleluia, alleluia, receive the power of the Holy Spirit
Alleluia, alleluia, receive the power to be a light unto the world.*

Lamb of God, we worship You,
Holy One, we worship You,
Bread of Life, we worship You,
Emmanuel, we worship You.
Lamb of God, we worship You,
Holy One, we worship You,
Bread of Life, we worship You,
Emmanuel, we will sing forever.

*Alleluia, alleluia, receive the power of the Holy Spirit
Alleluia, alleluia, receive the power to be a light unto the world.*

Prayer

Come, Spirit of Wisdom,
fill our hearts with your treasure that we may seek you in all things.
Come, Spirit of Understanding, gift us with deep inner knowing that we
may live with integrity.
Come, Spirit of Right Judgement, guide us with light and truth that we may
discern your ways.
Come, Spirit of Courage, free us from fear and doubt that we may act
justly.
Come, Spirit of Knowledge, enlighten our hearts and minds that we may
boldly speak your truth.
Come, Spirit of Reverence, quieten our restless lives that we may hear
your voice
Come, Spirit of Wonder, alert us to God's presence that we may join in
creation's praise.
Amen.

Scripture – Acts 2:1-4

“When the day of Pentecost came, all the believers were gathered together in one place. Suddenly there was a noise from the sky which sounded like a strong wind blowing, and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire which spread out and touched each person there. They were all filled with the Holy Spirit and began to talk in other languages, as the Spirit enabled them to speak.”

Activity

Intro: Ask the group who the Holy Spirit is, and what characteristics they associate with the Spirit. Ask how they know that the Holy Spirit is present. Explain that by becoming aware of and recognising the Fruits of Holy Spirit, we are able to be more conscious of the Spirit's loving presence in the world and in our lives.

Activity 1: Explain that we're going to explore the Fruits of the Holy Spirit, so that we are more aware of them. Write the Fruits on separate slips of paper, fold them up and mix them in a hat, or bowl or your hands. Give out one or two of the Fruits to pairs or small groups and give them two minutes to come up with a mime, tableaux or skit that demonstrates the Fruit in action (the shorter the better – think charades rather than serious dramas). Go around the pairs/groups in a quickfire style, getting them to present their Fruit and getting the other groups to guess them. If you want to add an element of competition, you can award points to the first person/group to get the answer correct, and to every group whose Fruit is correctly identified. You could award actual fruit to the winners.

Faithfulness	Patience	Self-Control	Goodness
Gentleness	Kindness	Joy	Peace
Chastity	Love (Charity)	Modesty	

Activity 2: Taking this a step further, hold an auction of the Fruits. This forces participants to rank or prioritise the Fruits individually, then be able to explain themselves to the group. The activity is not designed to say some of the Fruits are better or more important than the others, but challenges the young people to come to this conclusion themselves.

Explain that of course the Spirit gifts them all to us, but that everyone should imagine that they exist in a world where if they do not 'buy' the fruit, they cannot have it in their life.

Print the Fruits on A4 paper, and stick them up where everyone can see them. Give each small group an imaginary budget of \$1000, and around ten minutes to discuss how they'd like to invest their money. It can help to prioritise three or four 'lots', and to decide what the maximum amount they will spend on each is. Providing pens and paper so that they can make notes for their plan is helpful. Make sure that they discuss the reasons for their choices.

When everyone's ready, make sure everyone understand how an auction works, talk through any ground rules and hold the auction. Give winning teams the paper with the Fruit on it, so that they can make a collection of what they have bought. If you have a whiteboard or butcher paper available, you can keep a running total of how much each group has spent.

Tips: People can get very excitable in this activity, so it's good to put in some ground rules: only one person per team is allowed to bid in each round, but it doesn't have to be the same person every time; the person bidding must do what their team has agreed, rather than shopping for their personal favourites; bidding has to go sequentially so people cannot just jump in and shout "\$1000!"; the auctioneer's decision is final etc.

Debrief: Once all the lots are sold, ask each group to reflect on how it went for them. Did they get the ones they hoped for? Are they happy with their purchases, or disappointed? How did they make the decisions that prioritised their shopping list? What kind of person would they be if they had (only) the Fruits that they purchased? Would they be complete, or lacking? Pick out one or two of the most popular Fruits, and ask why people wanted it so much. Why was it so important to them? What would their lives be like without it? Do the same for a few of the least popular Fruits.

Taking the reflection from the activity to their real lives, ask if there one Fruit that they think is very present in their lives? How? And is there one Fruit that they could live out more regularly? Why do they find this one hard?

You may want to encourage your group to reflect on these questions individually, or journal their answers. You could invite them to write a prayer to the Spirit, asking for help in living out that Fruit.

Tool – The Daily Examen

More than 400 years ago St. Ignatius Loyola, founder of the Society of Jesus, encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day, in order to detect God's presence and to discern his direction for us. Try this version of St. Ignatius's prayer:

- 1. Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. Since we are not simply daydreaming or reminiscing but rather looking for some sense of how the Spirit of God is leading us, it only makes sense to pray for some illumination. The goal is not simply memory but graced understanding. Ask God to bring clarity and understanding.
- 2. Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through the past 24 hours, from hour to hour, from place to place, task to task, person to person, thanking the Lord for every gift you encounter. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.
- 3. Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Joy? Resentment? Doubt? Worry? Anger? Confidence? What is God saying through these feelings?
- 4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that is particularly important. It may involve one of the feelings you have just explored—positive or negative. It may be a significant encounter with another person, or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.
- 5. Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of excited anticipation? Allow these feelings to turn into prayer. Seek God's guidance; ask for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.