

Using the Fruits of the Holy Spirit

Track 7

Begin with the warm-up for this section, then move into the meditation:

When we use and develop the gifts that the Holy Spirit strengthens in us at Confirmation, we end up making choices to act in certain ways ... these actions not only help us to see the work of the Holy Spirit in each of us, but also help to bring us closer to God ... let us take a moment to reflect on each of the twelve fruits of the Holy Spirit ...

How can you show *charity* to those around me? ... in what ways are you a *joyful* person? ... How can you help to bring *peace* to myself and others? ... what are some strategies you can use to become more *patient* with people? ... why do the Gifts of the Holy Spirit help

you to treat people with love and *kindness*? ... when you are faced with a decision, what are some things you could do to help you make *good choices*? ... how are you *generous* with your time, talents and treasure? ... what are some ways that you have treated people with *gentleness*? ... how can you be more *faithful*? ... what are some ways you can be *modest* in the way you dress, speak and act? ... what ways can work to develop *self-control*? ... in what ways can you work towards living a life that is *chaste*? ...

Which fruits of the Holy Spirit best describe you? ... which fruits of the Holy Spirit do you need to develop further? ...

Let us pray: O Holy Spirit, please help me to use your gifts to help me to be chaste ... help me to be conscious of you working through me, and help me to draw closer to God ... I ask this through Christ our Lord. Amen.

(Pause for about 10 to 20 seconds before giving the next set of instructions)

Bring your consciousness back to your focus words ... *Holy ... Spirit ...* Now, as you breathe in, concentrate on the word *Holy ...* and as you breathe out, concentrate on *Spirit ...* (allow participants to take a few breaths). Begin to wiggle your toes, your fingers. When you are ready, open your eyes and slowly sit up. Please remain quiet until we are ready to reflect on our meditation.

Culminating Activities

1. Create your own guided meditation for one of the fruits of the Holy Spirit. Share it with your classmates.
2. In a group of four, create a poem about the fruits of the Holy Spirit. Perform it for the rest of the group.
3. Choose a symbol for each fruit of the Holy Spirit. Illustrate the symbols and make them into a book or slideshow, explaining why you chose each one. Or share your symbols with your classmates and see if they can guess what each symbol represents. Be prepared to explain why you chose these symbols.
4. Cut some pieces of paper into twelve strips. On each strip, write one of the fruits of the Holy Spirit. Place the strips in a bag and have members of the large group silently draw a strip of paper each. They then take turns miming actions that give clues for which fruit of the Spirit they drew. Have others guess which fruit of the Holy Spirit they are. Guessers need to be able to explain how they know they are right.