

Using the Gifts of the Holy Spirit

Track 4

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

Let us take some time to meditate on the Gifts of the Holy Spirit ... may the gift of Wisdom help you take what you have learned and apply it to everyday life ... may this gift help you to discern what is right and wrong ... may it help you to make decisions that are good and will bring you closer to God ... May the gift of Understanding help you to believe in God not because you are told to, but because you know deep in your heart and soul that God is good and wants good things for you ... May the gift of Counsel/Right Judgment give you the strength to know what is right and what is wrong ... may you try your

best to choose to do the right thing, even if those around you choose otherwise ... May the gift of Knowledge help you to be aware of God in all things that you do, say, see and hear ... May the gift of Courage/Fortitude guide you to be strong to stand up for what is right ... May the gift of Piety/Reverence help you to develop a close, loving relationship with God ... May the gift of Wonder and Awe/Fear of the Lord help you to be aware of God's active participation to make the world beautiful for us to live in ... and may the Holy Spirit bless you and guide you as you prepare to receive the sacrament of Confirmation ...

Let us pray: O Holy Spirit, as I prepare for the sacrament of Confirmation, please help me to ... I hope that this sacrament will ... Thank you, Holy Spirit. 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.

Reflection / Discussion Questions:

1. What are the characteristics of a person who uses all seven Gifts of the Holy Spirit? Draw a person and label these characteristics on your drawing (e.g., arms to reach out to those in need, ears to hear the Word of God, an eyebrow to raise when there are things we need to reflect on ...).
2. What gifts do you find come easily to you? Which ones are more challenging? What can you do to develop them?

Culminating Activities

1. Create a picture book, web page, or slideshow that illustrates the seven Gifts of the Holy Spirit for young children. How would you explain them in a way that a child would understand?
2. Create a comic book using the Gifts of the Holy Spirit as superhero characters. What would they look like? Who would be the villains?
3. Write a song to teach people about the Gifts of the Holy Spirit. Choose your audience: children, teens or adults. Create a video to share your song with others.
4. Design a game that can teach children about the Gifts of the Holy Spirit that is hands-on and allows the kids to be physically active. Consider using a ball, skipping rope or other equipment as well as music. Test it out with your peers.