



“Who is the Holy Spirit?”

(Meeting the Third Person of the Trinity)



Opening Prayer

Litany of the Holy Spirit

“Promise of God the Father, *have mercy on us.*
Ray of heavenly light, *have mercy on us.*
Author of all good, *have mercy on us.*
Source of heavenly water, *have mercy on us.*
Consuming Fire, *have mercy on us.*
Ardent Charity, *have mercy on us.*
Spirit of love and truth, *have mercy on us.*
Spirit of wisdom and understanding,
have mercy on us.
Spirit of counsel and fortitude, *have mercy on us.*
Spirit of knowledge and piety, *have mercy on us.*
Spirit of the fear of the Lord, *have mercy on us.*

Spirit of grace and prayer, *have mercy on us.*
Spirit of peace and meekness, *have mercy on us.*
Spirit of modesty and innocence, *have mercy on us.*
Holy Spirit, the Comforter, *have mercy on us.*
Holy Spirit, the Sanctifier, *have mercy on us.*
Holy Spirit, who governs the Church,
have mercy on us.
Gift of God the Most High, *have mercy on us.*
Spirit who fills the universe, *have mercy on us.*
Spirit of the adoption of the children of God,
have mercy on us. Amen.”

Dive In: A Place in the Sun

Indonesia is a nation of thousands of islands dotted like pearls across countless miles of ocean. People travel from every corner of the globe to enjoy the tropical waters of Indonesia, but the locals are rarely seen in the water. The country has great waves, but the locals seldom surf. It has world-class snorkeling and diving, but the locals don't snorkel or dive. It has warm beaches year-round—yet the locals don't often sunbathe.

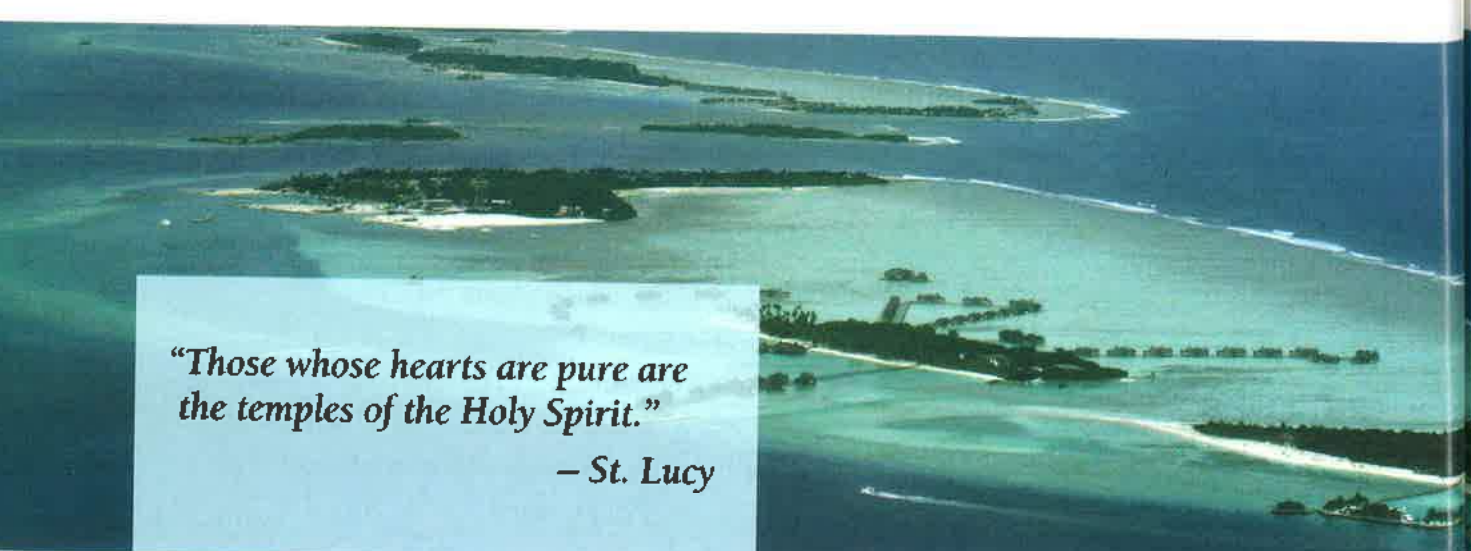
So why don't Indonesian families spend more time at the beach? There could be cultural factors, including the strict dress code observed by the predominantly Muslim population. Two of the indigenous cultures (the Balinese and the Javanese) are rice farmers. For thousands of years, their lives have been about working the land. Since they don't have much experience navigating the ocean, it has always been something they've seen as dangerous

and certainly not “fun.” And so the country has 50,000 miles of stunning tropical coastline, with no locals jumping in!

So ... what does that have to do with the Holy Spirit? Well, as Catholics, we have full access to the “gift of God,” the third Person of the Blessed Trinity.¹ We are called to be people with life-giving waters² flowing from within us to a thirsty world. We have an Advocate (or Counselor)³ to support us on our journey toward heaven. We have all the gifts we could possibly need to become who we're meant to be and do what we're called to do in this world.

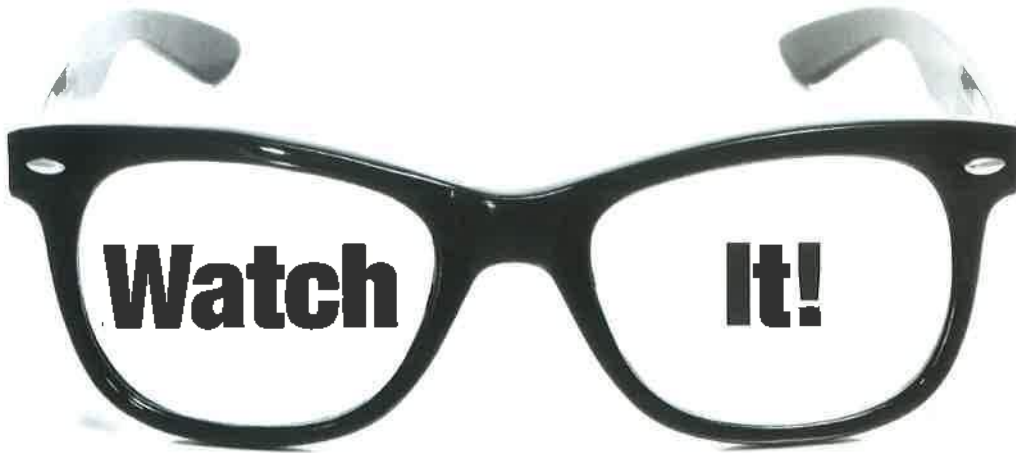
Are we eager to use those gifts? And if not ... why not?

We're going to talk today about who (not “what”) “the gift of God” is and how to begin jumping into the life and the power he has in store for us.



*“Those whose hearts are pure are
the temples of the Holy Spirit.”*

— St. Lucy



Segment 1: Symbols of the Holy Spirit

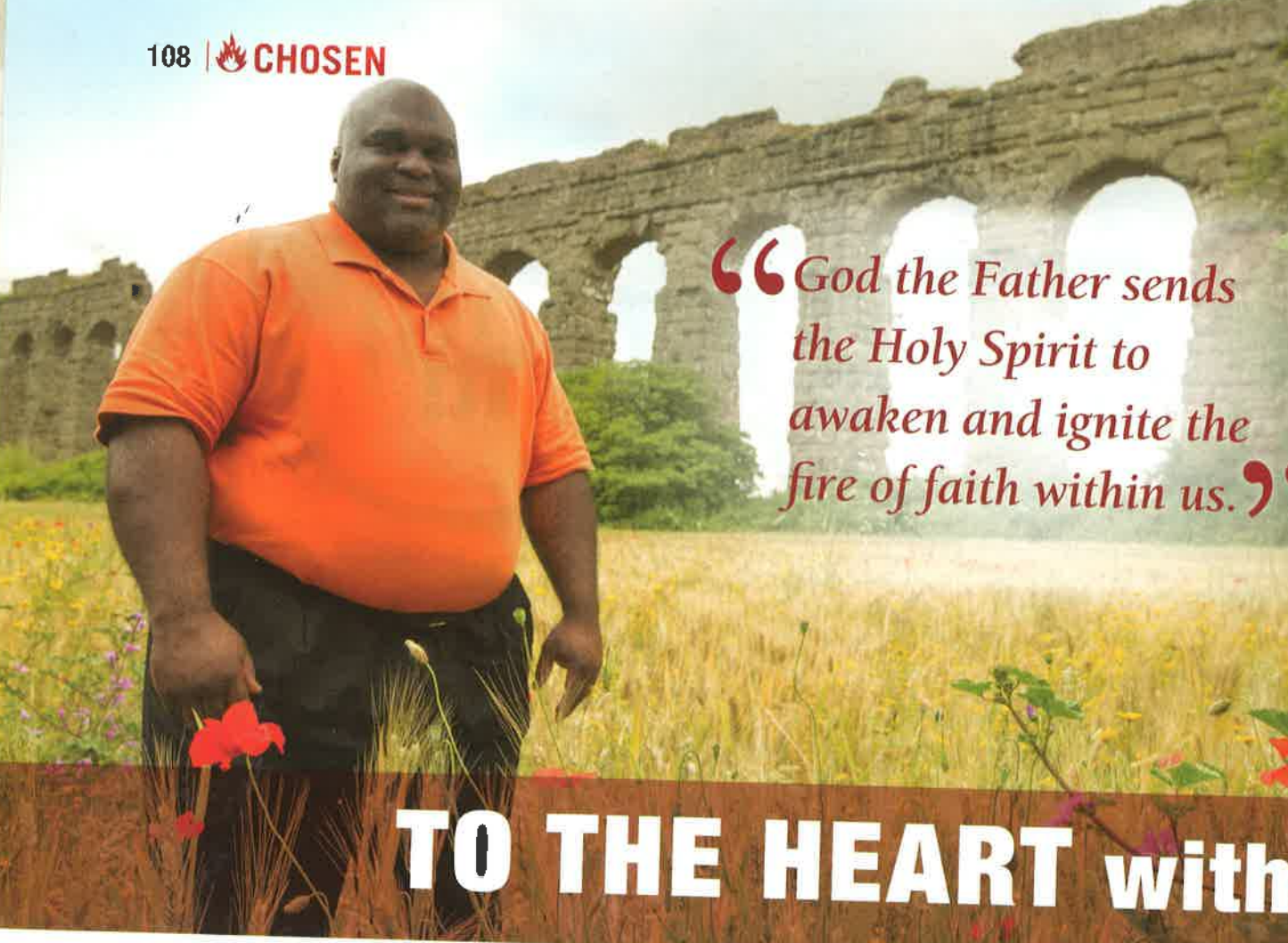
1. In the Creed, we say that the Holy Spirit proceeds from the _____ and the _____.
2. Which of these does the *Catechism* **not** list as a symbol of the Holy Spirit?
A) Earth B) Wind C) Fire D) Water

Segment 2: Our Guide and Map

1. Who is the principal author of the Bible? _____
2. The Holy Spirit is the _____ of the Church.

Segment 3: The Holy Spirit in Your Life

1. **T or F?** The Holy Spirit is a pipeline or conduit to God's grace.
2. Deacon Burke-Sivers says that the Holy Spirit is the anchor and _____ of the Church.
A) motor B) sail C) defender D) promoter



“God the Father sends the Holy Spirit to awaken and ignite the fire of faith within us.”

TO THE HEART with

At a reception following a presentation I gave in Idaho, a high-school senior wanted to talk to me about college choices. She explained in great detail the process she had been using to narrow down the list of schools to consider, but it was clear to me that one major element was missing from her decision making process. I commended her diligence and thoughtfulness in approaching the task, then asked her, “Have you ever thought about where God wants you to go to college?”

“I don’t know,” she said. “I guess I never really thought about it.”

“Part of the reason you’re trying to figure out where to go to college is that you want to be happy. God loves you and wants you to be happy and fulfilled as well. He wants you to unite your mind, heart, and will with his. When you do that, then you will be filled with great joy and peace.”

“How do I do that?”

“Here’s what you do. Take the information from all the schools you are considering with you to **ADORATION**. Kneel down in front of the tabernacle or the monstrance where the Eucharist is exposed. Look at Jesus, there in the Eucharist. Thank him for the opportunity you’ve received to go to college. Then say, ‘Lord, I love you, and I know you love me. I know you want what’s best for me. I have so many choices. Where do you want me to be?’ Then sit there in silence with Jesus and let the Holy Spirit speak to you.”

“How will I know what God wants?”

“Keep going to Adoration. If you can stay for an hour, great! If not, stay for as long as you can. Do the same thing each time. As you’re sitting there in silence and listening with your heart to the Holy

Spirit, look through the packets from each school. For some reason that you may not be able to explain in words, some schools will seem to leap off the page, while others will not. When you've narrowed it down to three or four choices, ask your parents to arrange a visit to each school. After visiting the colleges and talking with your parents, go back to Adoration. If you open yourself completely to God's love and life through the Holy Spirit, you will know where you are supposed to be."

"That's so cool! Thank you!"

God the Father sends the Holy Spirit to awaken and ignite the fire of faith within us. This knowledge of faith is possible only in the Holy Spirit. To be in touch with Christ, we must first have been touched by the Holy Spirit. The Holy Spirit is the Lord and giver of life, and if we cooperate with the grace that the Spirit freely gives us, if we say "yes" to God's invitation to life-giving love, our lives will be transformed. The more we seek to know and to do God's holy will in our lives, the more we will grow in holiness.

Deacon Harold Burke-Sivers

Find It!

What does *ruah* mean in ancient Hebrew?

Hint: Read Genesis 1:2.

Hero of the Week



Born:

circa 1412

Died:

May 30, 1431

Memorial:

May 30

Patron Saint of:

- France
- soldiers
- martyrs
- women in the military

St. Joan of Arc

The military standard caught the breeze and snapped open, displaying its colors and inspiring the countless soldiers.

The standard bearer, a teenaged girl dressed as a knight, led the charge against the English.

Joan of Arc was a peasant—illiterate, uneducated, and unworldly—who had managed to defeat the English with a victory at Orleans. The unlikely circumstances that placed her in the midst of professional soldiers can only be attributed to the Holy Spirit.

Joan came from a humble background, the daughter of a poor farmer. Her parents were devout, so she was raised in an environment of pious understanding. Even so, when, as a young teenager, she started having visions of saints, she was hesitant to share these experiences too openly because she feared her father's response.

The visions continued for years. By the time she was sixteen years old, the saints began *appearing* to Joan, urging her to drive out the English from France and to help Charles ascend to the throne of France.

Although Joan believed these messages were from God, she did not know how she might convince those with political power to listen to her, and it was outright dangerous to make such claims before Church officials—heresy was considered a capital crime.

Investigations resulted, especially as she triumphed on the battlegrounds.

Brandishing a twelve-foot banner emblazoned with “Party of the Kingdom of Heaven,” the virgin warrior turned the course of the Hundred Years War by fearlessly leading the French troops, not according to the counsel of seasoned generals, but by following the voice of God.

Joan took an arrow in the neck and another in the leg (something that would have taken down a grown man), and yet this young woman survived, increasing in esteem among the soldiers and fueling the claims of supernatural intervention.

After a series of victories, she was betrayed and handed over to the British—an event she had prophesied about in detail. For more than a year, she was held on trumped-up charges of heresy, despite the lack of any credible evidence against her. Nevertheless, Joan was burned at the stake, a horrific death.

Admired for her tenacity and unwavering trust in God, Joan was exonerated twenty-five years after her death. She was canonized in 1920. In the words of Pope Pius X, “Joan has shone like a new star destined to be the glory not only of France but of the universal Church as well.”

St. Joan of Arc, pray for us. Your trust in the Holy Spirit inspires us to do the same.

Challenge of the Week

- Do an online search for “Catholic teen saints,”** and read up on some of our youngest heroes. Write about one of them in the space below, and come prepared to talk about this saint at the next class.
- Memorize this “Holy Spirit prayer.”** Copy it in the space below, and read it aloud every day this week: “Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth” (CCC 2671).⁴
- Prepare a meal for someone you love,** while meditating on the Holy Spirit’s power to sustain each human life. Write about it in the space below.

✠ Closing Prayer

“The spirit of God has made me, and the breath of the Almighty gives me life.”

—Job 33:4

Holy Spirit, you breathed life into every person here, and you make us strong when we trust in you. Inspire us to look more deeply into our lives for signs of your life-giving presence. Give us the words we need this week to inspire and comfort the people you have placed in our lives. Help us to know you better, so we can be more open to your guidance and more aware of our need for you in everything we do. Amen.

Taking It Home

For next week's "Review Game," be sure to read over the following ...

1. **Watch It!** questions (page 107)
2. **Wrap-Up**
3. **"What's That Word?"**
4. **Memory Verse**

Don't forget to do your **Challenge of the Week** (page 111)

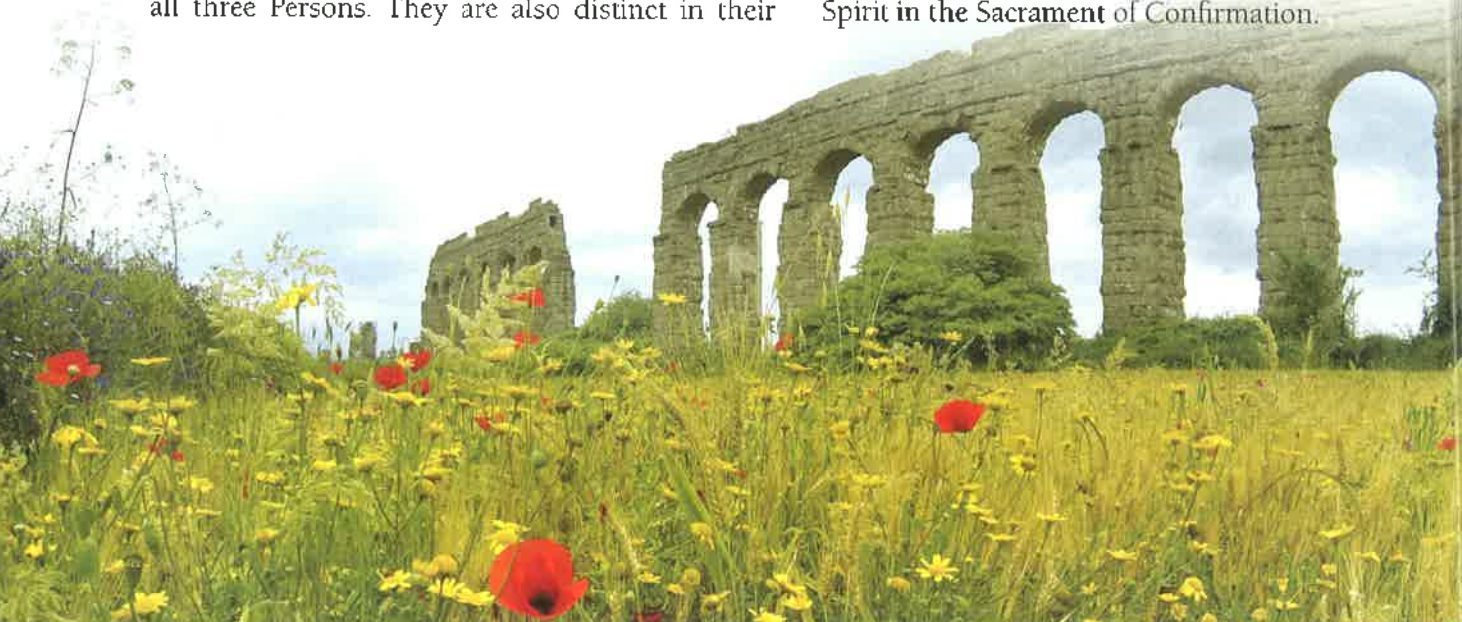
Wrap-Up

The Holy Spirit is sometimes known as the "hidden" Person of the Blessed Trinity.⁵ He completes Jesus' work on earth in our lives here and now. He brings us the sacraments, is the primary author of Sacred Scripture, gives us the grace to become saints, guides the Church, and makes us one with the Father and the Son.⁶

When we talk about the distinctions between the three Persons of the Trinity, we first have to remember their **UNITY** as God. The *Catechism* reminds us that, "We do not confess three Gods, but one God in three Persons" (CCC 253). They are one in their divine *nature*, and the life and work of the Trinity is "inseparable," that is, common to all three Persons. They are also distinct in their

relationship to one another. The Nicene Creed declares that it is the Son who is "begotten, not made, consubstantial with the Father," and it is the Holy Spirit "who proceeds from the Father and the Son." As we proclaim in the Creed, the Holy Spirit is "the Lord, the giver of life."

This week, we talked about who the Holy Spirit is and how he works in the Church and the world. For the next two weeks, we will talk more specifically about all the ways the Holy Spirit works in each of our lives. In the next lesson, we will explore the Gifts of the Holy Spirit and how they are used in the life of the believer. Finally, in lesson fourteen, we will take a closer look at the role of the Holy Spirit in the **Sacrament of Confirmation**.



“What’s That Word?”

HOLY SPIRIT

The *Holy Spirit* is God, the third Person of the Trinity. Because he is pure spirit, he has no body, and we often use things like breath, wind, fire, water, and a dove to represent him. However, the *Holy Spirit* is a Person, and he desires a relationship with each of us. In the Nicene Creed, we profess him to be “the Lord, the giver of life” because just as our own spirit makes us alive, the *Holy Spirit* who comes to live within us at Baptism gives us a supernatural life that will never end. Alive with the *Holy Spirit*, we are empowered to do the great things that God has planned for us—to love heroically and to bring others into God’s family. (See also **PARACLETE**.)

SPIRIT/SOUL

Spirit is used in the Bible to translate a word that means “breath” because we associate our ability to breathe with being alive. While all living creatures have a life principle, or soul, only human beings have a spiritual soul,⁷ a soul that is a spirit. As the *Catechism* states, “By virtue of his soul and his spiritual powers of intellect and will, man is endowed with freedom, an ‘outstanding manifestation of the divine image’” (CCC 1705).

Angels are pure, immortal spirits. They do not have bodies, but they do have intellects and wills (see CCC 330). Though our soul is separated from our body when we die, our body will rise at the end of time in a glorified state and be reunited with our soul. So contrary to popular myth, we do not become angels when we die.



Memory Verse:

“... for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words.”

— Romans 8:26

PARACLETE/ADVOCATE

Jesus promised to send his disciples the **PARACLETE**, which is one of the titles of the Holy Spirit. *Paraclete* (or *Advocate*) literally means “he who is called to one’s side” (CCC 692) and is a term often used in a courtroom setting when referring to the lawyer who stands with the defendant and argues his or her case before the judge. The Holy Spirit “stands with us” in our everyday lives, making it possible for us to act courageously in the service of God and others and, in a special way, when we are suffering or persecuted. He also “comes to the aid of our weakness” and helps us to pray when we are unable to help ourselves.

Did You Know?

During the Nazi occupation of Italy during World War II, Padre Pio appeared in the sky over his village, San Giovanni Rotondo, as American bombers were about to attack. None of the planes were able to release their bombs, and the village was protected. One pilot later saw the saint in person and confirmed his identity.

Any questions?

Jesus promised to send the Holy Spirit to the apostles after the Ascension—but wasn’t the Holy Spirit already active in the world?

The Holy Spirit has worked throughout salvation history. To list just a few examples of this: In the Old Testament, the Holy Spirit led the Israelites through the desert in pillars of cloud and fire⁸ and wrote the Ten Commandments upon stone tablets.⁹ In the New Testament, the Holy Spirit caused Mary to conceive Jesus¹⁰ and descended upon Jesus like a dove at his Baptism.¹¹ At Pentecost, the same Spirit rested upon the disciples as “tongues as of fire,”¹² to lead them “into all the truth.”¹³

We can see how the Holy Spirit has been active throughout the history of the Church and remains active in it today. When Christ sent the Paraclete (the Holy Spirit) at Pentecost, he initiated an even more intimate relationship between God and the human race.¹⁴ The Holy Spirit inspired the writing of Sacred Scripture and guided the bishops of the early Church, who decided which books were Spirit-inspired and belonged in the Bible. He guides the leaders of the Church, brings us into communion with Christ through the sacraments, intercedes for us through our prayer, and is at work in the ministries and missionary life of the Church. By virtue of our Baptism, the Spirit dwells within each of us, inviting us to grow in holiness. He transforms us through sanctifying grace and empowers us with gifts. He is our “Advocate” and strengthens us on our journey toward heaven.¹⁵ Today, the “pillar of fire” that is the third Person of the Trinity is burning within every Christian living in the state of grace.