

This session's objectives:

- To introduce the 12 Fruits of the Spirit as real, observable results of the work of the Holy Spirit
- To empower candidates to pray in their own words for the help they need from the Holy Spirit

This session's program:

1. **Check-in/attendance; turn in** late Pastor letters 5 min 6:45
Icebreaker about a fruit you enjoy eating
 2. **Selecting Confirmation Readings (At Tables/As a Class)** 15 min 6:50
 - read aloud through the list of choices for Confirmation Readings, briefly discuss each
 - as it is read aloud, each candidate underlines up to 3 words or phrases not already bolded which seem important or which stand out to you as beautiful or true
 - discuss after each: - key words/phrases, best parts, how related to Confirmation?
 - distribute ballot after A, B & C are read; all vote for First Reading (even catechists)
 - **must give a reason** (what you liked) for choosing the reading you did
 - length of the reading is not considered a legitimate reason and will invalidate your vote; reason does not have to be in complete sentences
 - repeat reading & discussion with D, E & F on back of paper; vote for Second Reading
 - ballots are collected & returned to Rachel for counting; announce results at a future class
 3. **Opening Prayer** (led by Rachel/Paul/Joe) 5 min 7:05
 - Litany of Trust to turn worry into prayer
 4. **Fruits of the Spirit Introduction** (Rachel/Paul/Joe) 20 min 7:10
 - in class discussion, dialogue about process of growth: how does a fruit become a fruit?
 - how do you know that you've grown since you were a baby? (photos, stories, etc.)
 - how do you know that a tree has grown? (growth rings, thicker trunk, taller)
 - growth is a very gradual process, can't detect it very well from one day to the next
 - what do trees need to grow? (water, sunlight, carbon dioxide, nitrogen, etc.)
 - what do trees produce as waste? (oxygen) ...use to grow more trees? (fruit, seeds)
 - fruits are visible results of an invisible process – tree growth is like spiritual growth
 - nutrients feed tree like the Eucharist, Gifts of the Spirit, Theological Virtues feed us
 - wouldn't notice the tree growing as it happens so gradually – recognize it by fruits
 - the point of sweet fruit is to be eaten, to spread the seeds – we plant faith in others
 - use slides to briefly list the 12 Fruits of the Holy Spirit
 - use quotations in shareable images to expand on the usual meaning
 - if time allows, can read through the descriptions on pp. 76-80 of the textbook
 - or could assign pp. 76-80 as homework to prepare for the next day's activity
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5. **Exploring the Fruits of the Spirit (In Groups or In Pairs)** 25-45 min 7:30
 - use handout with quotations, stories of saints and posts from former website/microblog GivesMeHope.com (GMH), illustrating each Fruit of the Holy Spirit
Love: St. Maximilian Kolbe Joy: St. Teresa of Avila Modesty: St. Therese of Lisieux
Peace: St. Francis of Assisi Kindness: St. John Bosco Faithfulness: St. Thomas More
Goodness: St. Damien of Molokai Chastity: St. M. Goretti Patience: St. Monica
Gentleness: St. Teresa of Calcutta Self-Control: St. Lawrence Generosity: St. Nicholas
 - go through a few of the Fruits of the Spirit (**leader may assign a page to each group/pair**), discuss or reflect on the accompanying question after reading the saint story, quote and GMH story, and take notes on your (group's) notepad

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- each group/pair should choose one Fruit to report back on and, together or in pairs, write a prayer asking God to bring that fruit into their lives - use tip sheet w/ prayer parts
- see handout for format “YOU” “WHO” “DO” “THROUGH” & suggested phrasings

6. **Groups/Pairs Report Back with Closing Prayers** 10-15 min 8:10

- choose a few volunteers to lead class in prayer with the prayer they wrote (~1 min each)

7. **Homework and Reminders** (Rachel/Joe/Paul) 5 min 8:25

- read/do textbook, pp. 76-80 and journal pp. 75-76
- **interviews sign-up** coming soon! may start week of January 12, maybe later (*if SUG ready too late*)
- next 2 classes will be together!

Tracks A & B @ 6:45 p.m. next Monday evening, January 12

NO class week of Monday, January 19 due to Martin Luther King Holiday on Monday

Tracks A & B @ 6:45 p.m. Monday evening, January 26 (during Catholic Schools Week)