

Session 18: Fruits of the Spirit

March 10-13, 2025

Queen of Apostles Confirmation Preparation 2024-2025

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; Icebreaker about a fruit you enjoy eating** 5 min 6:45
2. **Lenten Prayer** (led by Rachel/Anne/Joe) 5 min 6:50
 - Litany of Trust to turn worry into prayer
3. **Fruits of the Spirit Introduction** (Rachel/Anne/Joe) 20-25 min 6:55
 - 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
4. **Exploring the Fruits of the Spirit** (In Groups or In Pairs) 40-50 min 7:20
 - 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 (15 min)
 - each group/pair should choose one Fruit to report back on and, together or in pairs, (25 min) 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** 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/Anne) 5 min 8:25
 - read/do textbook, pp. 76-80 and journal pp. 75-76
 - next class (final regular class session!)

Track A @ 6:45 p.m. next Monday evening, March 17

Track B in Religion after Spring Break, Wednesday and Thursday, March 26 and 27