

Growing in the Spirit

Engage: Page 51

- ▶ List these four headings on a dry erase board or poster board: Home, School, Skills/Activities, Faith. Ask your child to list how his or her responsibilities are growing this year in each category.
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. Point out the picture. Refer to your chart and **ask:** *How do these changes and new opportunities make you feel?* Allow time for your child to share feelings involved with changing and growing up. **Say:** *In this session we will learn about the Sacrament of Confirmation.*
- ▶ Ask your child to think about how the Sacrament of Confirmation will help him or her take on more responsibilities as a Christian. Pray aloud the prayer together.

Explore: Pages 52–53

- ▶ Invite your child to reread the Ten Commandments and the Beatitudes in the back of his or her book. **Ask:** *What lessons for living our lives can we learn from the Ten Commandments and the Beatitudes?* (respect God and others, treat people fairly)
- ▶ Read aloud the heading and first two paragraphs on page 52. **Ask:** *What is our mission as Christians?* (call to holiness, living a life dedicated to God and to the Church's mission)
- ▶ Read aloud Confirmation and Our Mission. Review the seven Gifts of the Holy Spirit. Look up each gift in the Glossary and discuss the definitions.
- ▶ Read aloud the Did You Know? feature. **Ask:** *What other ways might people signify the coming of the Holy Spirit?* (The color red could symbolize the fire of the Holy Spirit, and a dove could represent the Holy Spirit's presence.)
- ▶ Have your child read aloud page 53. **Say:** *Name two actions that occur during Confirmation.* (the laying on of hands and anointing with Chrism) **Ask:** *How does the Holy Spirit help us?* (He helps us believe, pray, love, perform good acts, and form a closer bond to Jesus. Confirmation gives us sanctifying grace.)

Art Exploration: Page 233

- ▶ Find in a magazine, in a book, or online a picture of the disciples joyfully receiving the Holy Spirit.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the expressions on the faces of the disciples.

- ▶ **Say:** *The Holy Spirit gives us grace to believe and know the Father and the Son.*
- ▶ Have your child turn to page 233. Read aloud the introduction and discuss the question.
- ▶ Read aloud Given a Mission. **Ask:** *What is our mission as disciples of the Church? (to live like Jesus, be dedicated to God, help others)* **Say:** *The Holy Spirit is present to help us with our mission just as the Spirit was present to help the apostles.*
- ▶ Read aloud Acting Our Mission and have your child complete the activity. Discuss other ways we can act out our mission. **Say:** *When we receive the sacraments, we are brought closer to the heart of our mission. Confirmation gives us an opportunity to commit again to that mission.*
- ▶ Remind your child of the three symbols that represent the Holy Spirit: fire, wind, and a dove. Ask your child to think about which embodies the idea of the Spirit for himself or herself. Invite your child to make a self-portrait and include that symbol of the Holy Spirit in the picture.

Reflect: Pages 54–55

- ▶ Together look at page 54. Suggest that your child focus on his or her meditative breathing as he or she prays today.
- ▶ Read aloud the introduction. Ask your child to close his or her eyes and get comfortable. Pray aloud the prayer. **Say:** *We can use this prayer to call on the Holy Spirit when we need comfort, courage, or understanding. Conclude by praying the Sign of the Cross.*
- ▶ Have your child read aloud the heading and the first paragraph on page 55. Then read aloud the directions and have your child complete the chart. **Ask:** *How does Confirmation deepen our baptismal commitment? (It calls us to participate more fully in the Church's mission.)*
- ▶ Have your child read aloud the Reading God's Word feature. **Say:** *The Holy Spirit is like the wind. You may not be able to see the Spirit, but those who pay attention can feel his presence.*

Respond: Page 56

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can forgive others.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.