

This retreat is an opportunity to think about God and make the choice to invite His Holy Spirit closer into your life. This pamphlet will help you think about how that choice can affect your life and relationships.

The questions are designed to give you an opportunity to think deeply about God's place in your life. Please take the time to think and talk about your relationship with God.

Jesus told His disciples about the Holy Spirit. He told them the Holy Spirit of God would be with them, therefore He is with us.

It is the Holy Spirit that makes it possible for us to live life with God. The Holy Spirit lives within us. Our bodies are His temple.

Scripture tells us the Holy Spirit is our teacher, advocate and friend.

**"We know how dearly God loves us because He has given us the Holy Spirit to fill our hearts with his Love" Romans 5:5**

**"I am the vine: you are the branches, If a man remains in me and I in him he will bear much fruit..."**  
**John 15:5,9**

We develop Fruit of the Holy Spirit when we have a relationship with Jesus. We have a relationship with Jesus through prayer, worship and the Eucharist.

When we tend to our relationship with Jesus it is possible to be more fruitful.



The Fruit of the Spirit are:

**Love**  
**Joy**  
**Peace**  
**Kindness**  
**Goodness**  
**Faithfulness**  
**Gentleness**  
**Patience**  
**Self Control**

Would you like more of these?  
Which one would you like to have more of in your life?  
Would having more of any of these make your life better?

Think about someone in your life who is fruitful. Who is it, which fruit do they demonstrate and how do they show it?

Which fruit is the most difficult for you?

Who do you love the way Jesus loves you?

Describe a time of joy.

What do you do to find peace?  
Does it work?

What makes it hard for you to be good?  
What can you do about it?

What (or whom) are you faithful to?

What helps you get through suffering (patience)?

What makes it hard for you to control yourself? What can you do about it?

Is there anyone who needs you to be kind or gentle with them this week?

Who is it?

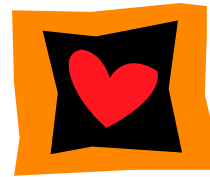
What will you do for them?



## Loving for Life Family Connection

***“Since this is the life we have chosen, the life of the Spirit let us make sure that we do not just hold it as an idea in our heads or sentiment in our hearts but work out its implications in every detail of our lives”***

***Galatians 5:25***



## Fruit of the Holy Spirit

***“And the fruit of the spirit are love, joy, peace, kindness, goodness, faithfulness, gentleness, patience and self control”***  
***Galatians 5:22***

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## **Confirmation** **Essentials:**

Confirmation is a sacrament of initiation. It is a time to invite God, His Holy Spirit into your more mature life.

Up to now it has been up to your parents and guardians to choose God in your life but now the choice is yours.

Are you ready to open your life to a more mature relationship with God?

Are you ready to practice worship through mass attendance and receiving the sacraments of Reconciliation and The Eucharist?

Now is the time to think about and decide for your relationship with God.

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