
LIFE TEEN PARENT LETTER

Thank you for allowing your teen to join us at Life Teen. Below you'll find some information about this Life Night's topic. Please dialogue with your teen and encourage them to share what they learned.

LIFE NIGHT: BEFORE BREATH

CONTENT OVERVIEW

In the upcoming weeks, we will enter into the life and mission of the third person of the Trinity, the Holy Spirit. We will discover how to be more open to His presence and power in our lives and the fruits and gifts He offers us.

In Scripture and Tradition, we find several different symbols of the Holy Spirit. Some are well known (water, fire, a dove, rushing wind) and some we may never have heard of (cloud and light, seal, a hand, a finger). Each of these symbols is important and teaches us who the Holy Spirit is and what He does in the life of the Church and in our lives. In the form of a dove the Holy Spirit shows us that He is peaceful, nurturing, pure, gentle, and brings new life.

Genesis 8:8-12, CCC 694-701

One of the responsibilities of the Holy Spirit is to anoint. In the Old Testament, He anoints priests, prophets, and kings. In the New Testament, He anoints Jesus as "Christ." It is through this anointing that Jesus casts out demons and heals. At Pentecost, the Holy Spirit anoints the apostles and transforms their fear into courage and zeal to continue Jesus's mission.

CCC 727

Today, the Holy Spirit anoints us in the Sacraments of Baptism and Confirmation. We have the same mission and power as Christ and the apostles. The person of the Holy Spirit is the counselor who teaches us everything and leads us to the truth. He is the Sanctifier who is given to us for our sanctification and salvation. He is our advocate.

CCC 1286-1288

As the Holy Spirit was given to us as an advocate, we have been given the responsibility of being an advocate for our children. We support and encourage them not only in the family or school, but also in their spiritual journey. We encourage them when they are afraid or uncertain and support them as they find their way. As children of God, we need to learn to rely and depend on our relationship with the Holy Spirit and encourage our children to seek His guidance also.

We must remember to ask for help from the Holy Spirit. He is vital to our Christian life and is the very Breath and Spirit of God breathed into us giving us life.

CONVERSATION STARTERS

1. What symbol of the Holy Spirit are you most familiar with? What do you know about that symbol?
2. How is the Holy Spirit more than a symbol?
3. Share a time in your life when you have relied on the help of the Holy Spirit.

LIFE TEEN PARENT LETTER

Thank you for allowing your teen to join us at Life Teen. Below you'll find some information about this Life Night's topic. Please dialogue with your teen and encourage them to share what they learned.

LIFE NIGHT: LIFE IN THE VINE

CONTENT OVERVIEW

We are blessed with gifts and fruits of the Holy Spirit. The gifts are tools, which we received at Baptism and were strengthened at Confirmation, that help us live a holy life and choose holy actions despite difficulties. The fruits are the results or effects of living in a relationship with the Holy Spirit.

Isaiah 11:2-3 lists seven gifts that would belong to the Anointed One and His people, the Church. These gifts sustain our moral life, and are "permanent dispositions which make man docile in following the promptings of the Holy Spirit."

CCC 1830-1831

- **Wisdom:** the ability to see God's plan and have faith in Him.
- **Understanding:** the ability to comprehend the truths of God.
- **Counsel:** the ability to discern good and evil.
- **Fortitude:** courage and strength to suffer for our faith.
- **Knowledge:** a deeper ability to see things as God sees them.
- **Piety:** understanding who we are in relation to God and leading us to humble prayer.
- **Fear of the Lord:** a fear of separating ourselves from Him and being in awe of God and who He is.

By our Baptism, we have these gifts. At Confirmation, these gifts were strengthened.

CCC 1316

Jesus said, "I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing." Those who live in the vine of Christ, produce the fruits of the Holy Spirit. The tradition of the Church lists twelve: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

John 15:5-6 , CCC 1832

The more we renounce ourselves and abide in the vine of Christ, the more we can be an example for our children in how they can live by the Spirit and bear fruit.

CONVERSATION STARTERS

1. Which gift do you desire most? Individually and as a family? Why?
2. Which fruit would you like more of in your life and that of your family (charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity)? Why?

LIFE TEEN PARENT LETTER

Thank you for allowing your teen to join us at Life Teen. Below you'll find some information about this Life Night's topic. Please dialogue with your teen and encourage them to share what they learned.

LIFE NIGHT: SIGNS OF LIFE

CONTENT OVERVIEW

The Holy Spirit gives spiritual gifts called extraordinary gifts or charisms. Charisms are graces that are intended to be used for the good of others. When we use these gifts, we are able to make the Church stronger, build up the people around us, and serve those in need. They can be simple and humble like teaching, encouragement, and counsel. They can be extraordinary like healing, prophecy, and mighty deeds.

CCC 799-800, 951, 2003

Since Pentecost, it has been common for Christ's followers to exercise these gifts. In 1 Corinthians 12:7-10 and Ephesians 4:11-12, St. Paul gave instructions to the Church on how to use these gifts.

CCC 798, 800

These gifts are signs of life in the Church. Through them God speaks, heals, and sets free. They create apostolic vitality and fervor. They renew God's people.

Throughout the history of the Church, saints have exercised these extraordinary gifts of the Holy Spirit. Healings and miracles flowed from saints such as Catherine of Sienna, Martin de Porres, John Bosco, and Mother Frances Xavier de Cabrini. Saint Pio ministered the gifts of prophecy, wisdom, and counsel.

Some may think this all sounds crazy and not for "ordinary people." We believe that Jesus rose from the dead, multiplied the loaves and fishes, and healed the blind. Why can He not work other great miracles today?

Faith is both a requirement and fruit of miracles. It requires faith to pray for a miracle, or tell someone you have a message for them from God. It requires faith to ask for prayers and pray for healing ourselves. When these prayers are answered and messages are delivered, more faith is found.

If we do not see miracles today, it could be because we are lacking the faith to believe in them or we just have not prayed for one.

As parents, we want to give our children what they need and want for a healthy and happy life. Our Heavenly Father wants that for us too, His children. He gives us the gifts we need through the Holy Spirit.

CONVERSATION STARTERS

1. Share a story about a miracle that you have experienced or heard or read about.
2. As a family, share what gift you would like to experience and what gift makes you uncomfortable. Explain.
3. Plan a time of family prayer when the family prays for an increase in faith to use and receive the gifts of the Holy Spirit.

LIFE TEEN PARENT LETTER

Thank you for allowing your teen to join us at Life Teen. Below you'll find some information about this Life Night's topic. Please dialogue with your teen and encourage them to share what they learned.

LIFE NIGHT: REVITALIZE

CONTENT OVERVIEW

When was the last time you gave a gift to someone important in your life simply because you loved them or you received a gift simply because you were loved?

God, our Father, loves us and wants to give us gifts. He doesn't give us gifts to get something from us or manipulate us. We have become accustomed to living with and dealing with other humans, who give us something because they want something in return. But God is not like that, He is not human, He is divine. He wants to give us gifts simply because He loves us.

The last few weeks we have been learning about the person of the Holy Spirit and the gifts the Father has for His children. Gifts that bring us life and are vital to our well being.

“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him?” - Matthew 7:7-11

What is it that you are seeking? Is it healing from an ailment, a broken relationship? Is someone you love seeking a job or fighting an addiction? Would you like the gift of understanding, counsel, or wisdom to see God at work in all things? Perhaps you have a desire for more faith?

Deep down, every one of us desires more faith. The words, “Lord, I believe, help my unbelief” resonate within us.

Miracles, healings, signs and wonders, and gifts of the Holy Spirit are not extra in the Christian life, they are vital to the Christian life. We are called to follow the examples of the apostles and saints, and trust God with that which we are seeking. But we are not only followers; we are also parents and leaders. It is by our example that our children will learn to ask, seek, and knock on God's door for what they desire.

CONVERSATION STARTERS

1. Share a need or desire that you would like to ask from God.
2. Share a gift you have received from God recently.
3. As a family, come up with a list of prayer intentions/needs of family members, friends, and those in your community. Divide the list amongst each other, and as a family, spend an hour in Adoration asking God to meet those needs.