

Life in the Spirit Session 6 Growth in Holiness

Now that the power of the Holy Spirit has been released in us, how do we continue to grow in the gifts, fruits and charisms gifted to us in our baptism? How do we nurture our relationship with the three persons of the Trinity? The Holy Spirit dwells in us. How do we mature in faith, a lifelong process?

New Life in the Spirit is not a one-time event but rather an initiation into a process of opening our lives more fully to the power of God.

The Holy Spirit enables us to be more effective in our service to the Church.

The Spirit works to enable us to live as children of God, bringing maturity and holiness in our personal lives.

Holiness as modeled by Jesus is challenging, touching every aspect of our lives and our relationships.

Maturity in holiness is growing from self-centeredness to self-giving.

Holiness is living out Jesus' command to love one another with self-sacrificing love in the ordinary circumstances of life. Growth is a gradual life-long process.

Attributes which are signs of transformation are the Fruit of the Spirit, Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Self-Control.

The transformation of our ways of thinking and the resulting renewal of our lives flows from prayer, discernment, and discipline.

Prayer is being consciously aware of God's presence and communicating with the Lord.

Discernment is important in applying our knowledge to our daily lives.

Discipline is necessary to allow God's wisdom to bring forth fruitful and lasting changes to our lives.

Some suggestions to foster prayer, discernment and discipline are;

Set aside a time to pray every day.

Study and pray with Scriptures.

Receive the sacraments of the Eucharist and Reconciliation regularly.

Develop the discipline of fasting.

Share with a friend, prayer partner or spiritual director.

Prayer

Lord, may we live deeply rooted in You, allowing Your love to flow through our lives. Strengthen us to bear abundant fruit, so that the Father may be glorified in all we do. We ask this in the Name of our Lord Jesus. Amen

Discussion Questions

- ▶ How was your experience of prayer for the outpouring of the Holy Spirit?
- ▶ Have you noticed any fruit of the Spirit or charisms?
- ▶ Has prayer, reading Scripture or the Mass come alive for you in a new way?
- ▶ What do you think holiness means in everyday life?
- ▶ How do you feel newly empowered to build up the body of Christ?
- ▶ What have you found most helpful in your own spiritual growth and maturity?

Scripture

- ▶ Matthew 17:24 John 15:12-13 2 Corinthians 3:18
- ▶ Colossians 3:9-10 Galatians 5:20 Romans 12:2 Isaiah 55:8-9
- ▶ James 1:22 Hebrews 12:11