



Guided

NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 2

Dear Parents,

It's no secret that many young people report experiencing tremendous pressure to have "everything figured out." In this session your teenager spent time considering how and why the Holy Spirit can guide them in prayer and discernment.

Here are some of the main points:

- Discernment means asking for God's guidance and help in making decisions.
- "Conviction, joy, and peace....God's will can be discerned by the fruits of the Spirit it brings." - Fr. Walter Cizek
- The Holy Spirit often guides us through ways outside of our direct prayer such as through friends, mentors, and most obviously through the Church.
- Another title for the Holy Spirit is "Paraclete" which translates into "Counselor," "Advocate," or more literally "one who comes alongside."

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from the video or small group time that stood out to you?
- Can you explain how it would have been harder to access Jesus if he had stayed on earth?
 - From the script: Jesus is God. [In him] the infinite God chose to take up finite space. That the eternal God, who exists outside of time, chose to enter a real time in history. This is mind-blowing. But here's the thing, if He, Jesus, had stayed on earth, we would have to travel all the way to Jerusalem or wherever He was to be with Him. To ask His advice. Jesus acknowledged this Himself: "But I tell you the truth, it is better for you that I go. For if I do not go the Advocate will not come to you. But if I go, I will send him to you." (John 16:7) Jesus does not stay behind after His resurrection. He ascends to heaven and sends His Holy Spirit so we can access Him, God, anywhere and anytime.
- What is an area of your life (decision, relationship, etc.) for which you want guidance from the Holy Spirit?

Commit:

This week's challenge is often called "The Heroic Minute." As soon as you wake up in the morning, before you even get out of bed, simply pray: "I love you, Jesus. What do you want of me today?"

Theme Scripture
"I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming."
(John 16:12-13)

