

# Alive

## NEVER ALONE: LIFE WITH THE HOLY SPIRIT SESSION 4

Dear Parents,

In this session, your teenager discussed how the Holy Spirit plays into daily life including overcoming sin and accessing grace in ordinary moments.

Here are some of the main points:

- At baptism, you received what the Church calls, “sanctifying grace” – when the Holy Spirit is infused into your soul and you are given the capacity to live a holy – or sanctified – life.
- If we do not cooperate with the grace given us, it can remain “tied up” and inactive in our souls.
- The Holy Spirit sheds light on the areas of our lives that need to change, on sin, and gives us the power to overcome sin. (see Catechism of the Catholic Church 1433)

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?
- Who is someone that you know that seems to live with the Holy Spirit “untied”?
- What is the simple prayer you learned to pray to invite the Holy Spirit into every day moments?
  - Come, Holy Spirit. Amen.

**Commit:**

This week we have 2 commitments we are asking your teenager to make.

1. Pray “Come, Holy Spirit” multiple times throughout the day, every day.
2. Think more about where in life they want a greater outpouring of the Holy Spirit. Next time we meet we will be praying specifically for these things.

Check in with them once or twice and ask them how it is going.

### Theme Scripture

*“On the last and greatest day of the feast, Jesus stood up and exclaimed, “Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says, ‘Rivers of living water will flow from within him.’” He said this in reference to the Spirit that those who came to believe in Him were to receive. There was, of course, no Spirit yet, because Jesus had not yet been glorified.”  
(John 7:37-39)*

