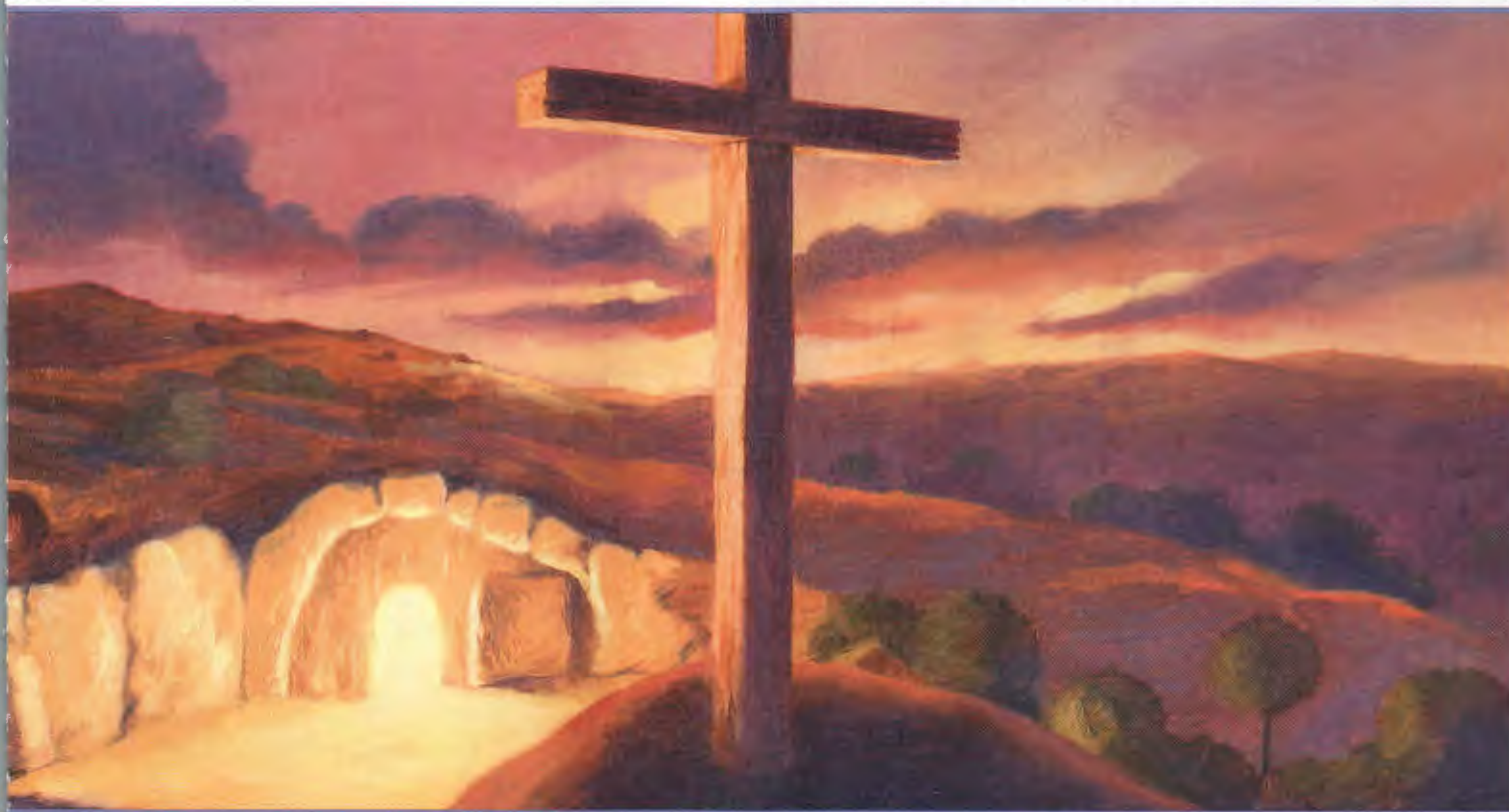


# ALIVE IN CHRIST

GRADE 7

Jesus Christ and the New Testament

[aliveinchrist.osv.com](http://aliveinchrist.osv.com)



**Our Sunday Visitor**

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# Holy Spirit, Comforter and Guide

## Let Us Pray

**Leader:** Most gracious God, wherever we go, whatever we do, you are there loving us, guiding us.

“Where can I go from your spirit?

From your presence, where can I flee?” **Psalm 139:7**

**All:** Lord, help us see your presence; help us find you in the moments of our day.

## Scripture

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access [by faith] to this grace in which we stand, and we boast in hope of the glory of God. Not only that, but we even boast of our afflictions,

knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.” **Romans 5:1-5**



### Have you ever thought...

- What keeps you going when things are very difficult?
- What role does the Holy Spirit have in your life?

# Getting Started

In this chapter you will learn about God's plan in sending the Holy Spirit. You will also discover the unique and powerful ways the Holy Spirit is present in the Church.

The web below shows three symbols of the Holy Spirit. On the lines below each symbol, explain why it could be associated with the Holy Spirit.



Wind symbolizes the Holy Spirit because:

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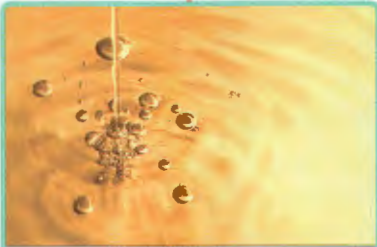
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Oil symbolizes the Holy Spirit because:

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Fire symbolizes the Holy Spirit because:

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## Catholic Faith Words

• Advocate

• Saints

• intercession

### WRITE

**Filling the Empty Space** Describe an experience when you felt alone. How can the image of the love of God being poured into your heart (see Romans 5:5) fill the empty space of your loneliness?

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Write a short prayer to the Holy Spirit that you can pray in times of loneliness.

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## A Promise Kept

### Why did God send the Holy Spirit to us?

It's hard when you can't be with a close friend anymore. He or she might have moved away, or you might be going to a new school. You miss your friend, and things you do are different because that person isn't there. You might feel lonely, wondering why people don't understand you and what's important to you.

Jesus knew his disciples would miss him when he was no longer with them. His followers were going to feel lost without him. His Death would break their hearts. His Resurrection might certainly confuse them. His return to the Father in Heaven would definitely challenge them.

How could the Apostles continue the work they had done with Jesus when he was no longer with them?

### Catholic Faith Words

**Advocate** literally means "he who is called to one's side." The Holy Spirit is our Advocate, guiding and comforting us, strengthening us to know and live by the truth.

## Always with Them

Jesus promised his Apostles he wouldn't stop being with them. In fact, he promised them that he would always be with them through an **Advocate**, the Holy Spirit. An advocate is someone who speaks on your behalf.

### Scripture

So Jesus said to his disciples at the Last Supper, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you." **John 14:15-17**

- > How could the Holy Spirit help the Apostles?
- > How could he help you?



## The Soul of the Church

The Church is the Body of Christ in the world. We are the hands and feet of Christ, bringing the truth, joy, and love of the Good News to all people. Our own bodies are more than just a collection of flesh and bones. In the same way that your body is given life by your soul, the Body of Christ comes alive through her soul, the Holy Spirit.

The Holy Spirit keeps the Church going, giving her life. He makes the wonderful diversity of people, places, and cultures in the Church one. He brings us together by our belief in Jesus. The Holy Spirit is the source of the many gifts and talents people bring to the Church.

Underline some of the ways the Holy Spirit acts in the Church.



### DESCRIBE AND PRAY

Describe two situations in your life when you wished you had someone who could speak for you and look out for your best interests.

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Then pray the Prayer to the Holy Spirit (see page 125 in this chapter or 384 in the Our Catholic Tradition section of your book) and consider ways that the Holy Spirit could fill that role of an advocate for you.





## The Holy Spirit, Comforter

How does the Holy Spirit help us in ways that no one else can?

### We May Seem Alone

Often, the support and strength of friends helps us through difficult times. There are times, however, when we must face something all on our own. We might be surrounded by our friends, and they might even offer their help and support. But in the end, whatever it is we must face, we need to do it on our own.

Imagine an Olympic gymnast, about to begin his routine on the rings. He has trained for years to get to this point in his athletic career. He knows that his family and friends are in the arena, watching and sending good thoughts his way. He hears

the whistles and cheers of fans he has never met. He feels the support of his coach and teammates. At the same time, he will be alone when he reaches for the rings and performs his routine. He will have to remember everything he has learned in practice and previous meets, and apply all his mental and physical strength to the routine. No one else can do it for him.

The Scripture passage below tells of how, as Jesus prepared himself for the Cross, his friends fell asleep. Twice he returned to find them sleeping and unaware of his pain. How must Jesus have felt?

Have you ever had to do something you knew would be difficult—but you also knew that it was important that you do it? Jesus teaches, “. . . how much more will the Father in heaven give the holy Spirit to those who ask him?” (**Luke 11:13**).

### Scripture

“Then Jesus came with them to a place called Gethsemane, and he said to his disciples, ‘Sit here while I go over there and pray.’”

He asked his three friends to sit up and wait. He probably wanted them to be there for him, to support him. Then he said to them, ‘My soul is sorrowful, even to death.’

Then, he moved farther into the garden where they could not see him. He addressed his heavenly Father in prayer, asking that the Cross be taken from him, if possible. Jesus prayed, ‘My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.’”

**Based on Matthew 26:36–39**

### Go to the Source

For more on the Last Supper, read *Matthew 26:26–29*, *Mark 14:22–25*, and *John 13:1–17*.

As you have probably discovered already, none of us can avoid pain and difficulties in life. We will have challenges in our lives that we must face on our own. But we will have the help and special comfort of the Holy Spirit as we face these trials and confront these challenges.

The **Saints** often prayed to God for help, and the prayers they prayed still help people pray effectively today. The Saints poured out their hearts for help from above. We, too, are sure that the Holy Spirit will personally help us. And we call on the Saints to pray for us, asking for their **intercession** on our behalf.

### Catholic Faith Words

**Saints** those whom the Church declares led holy lives and are enjoying eternal life with God in Heaven

**intercession** a form of prayer that involves praying to God on behalf of another; also called intercessory prayer

We, too, pray a prayer of intercession during the Prayer of the Faithful at Mass.

- > When do you turn to God?
- > How do you let God know you need him?

Fill in the chart with one prayer of intercession for each of the groups mentioned.



### The Prayer of the Faithful

We pray for the Church	Our prayer: _____ _____
We pray for the world and world leaders	Our prayer: _____ _____
We pray for the sick and for those who have died	Our prayer: _____ _____

### LIST

The work of the Holy Spirit benefits the Church by building up the community of faith, helping people to be faithful, and sanctifying the Church (making her holy). List three things that you do in the Church that benefit your brothers and sisters in faith.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## The Holy Spirit, Guide

### How does the Holy Spirit help the Church?

A garden grows because someone takes the time and effort to water and weed it. Without weeding, the plants will be choked by unhealthy growth. Without water, the plants in the garden will wither and die.

Similarly, when we raise our minds and hearts to God—which is what prayer is—we cultivate our spiritual garden. Requesting bad things from God will produce in us a spiritual garden full of weeds. Neglecting the time and effort for prayer will produce a withered spiritual garden.



## Guidance

We need someone to guide us through life's questions and help us live for God. That guide is the Holy Spirit. He works through the Church and often through the people in our lives.

The Holy Spirit acts through the Church to teach and form us as disciples, guiding the Church in her interpretation of God's Word in Sacred Scripture and Sacred Tradition. This Sacred Tradition is our religious heritage. Sacred Tradition is God's Word to the Church, safeguarded by the Apostles and their successors, the bishops, and handed down verbally—in her Creeds, Sacraments, and other teachings—to future generations. This Sacred Tradition enriches our personal prayer and the prayer life of the Catholic Church, so that we raise our minds and hearts to God in holy and effective ways.



## Scripture

"If then there is any encouragement in Christ, any solace in love, any participation in the Spirit, any compassion and mercy, complete my joy by being of the same mind, with the same love, united in heart, thinking one thing."

**Philippians 2:1**

## A Guide to Prayer

Just like you talk to your friends in different ways depending upon what you have to share, you can talk to God in different ways, too. The Holy Spirit is with you when you pray, guiding you in prayer as you grow in faith. Because you have different needs and different experiences during life, the Holy Spirit gives you a variety of ways to pray.

The Holy Spirit also teaches you to pray. He does this by helping different generations of Church leaders and Catholics pass on the truth of Jesus through the Church's Seven Sacraments, the Creeds, teachings,

and devotional practices such as praying the Rosary or the Liturgy of the Hours.

➤ **When you pray, is it mostly asking God for something, or do you just talk to God as a friend who listens?**

### The Ways We Pray

Prayers of **blessing and adoration** bless God for being the source of all that is good and show that we need him. We respond to God's gifts and give respect to God by honoring his greatness.

Prayers of **praise** give honor to God for being who he is. We give him glory as his children not for what he does, but simply because he is.

Prayers of **petition** ask God for something we need for ourselves. We might ask for God's mercy, forgiveness, and guidance.

Prayers of **intercession** ask God for something on behalf of another person. We use intercessory prayer on behalf of others as Jesus intercedes for us with God the Father.

Prayers of **thanksgiving** acknowledge and thank God for all he has given us. We express our gratitude to him for the good things in our lives.

### EXPLAIN

One of the symbols of the Holy Spirit at Pentecost is wind. Like the Holy Spirit, we cannot see wind, but we can see what wind does. Look at the Fruits of the Holy Spirit named below. Write the name of a person whom you know has been an instrument of the Holy Spirit in bringing two of these fruits to the world, and explain how they did so.

**Fruits of the Holy Spirit:** Charity, Kindness, Faithfulness, Joy, Goodness, Modesty, Peace, Generosity, Self-control, Patience, Gentleness, Chastity

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## IN SUMMARY Catholics Believe

The Holy Spirit is our Advocate, guiding and comforting us, strengthening us to know and live by the truth.

- The Holy Spirit, who strengthened the first disciples to spread Jesus' message and understand his truth, keeps the Church going, giving her life and energy and uniting us as one Body of Christ.

- We all experience difficulties and challenges, some that we must face alone. However, we are never truly alone because the Holy Spirit is with us, comforting, strengthening, and supporting us.
- The Holy Spirit guides the Church in her Sacred Tradition and her prayer. The Holy Spirit helps us pray at different times, in different ways, and in different circumstances.

## Our Catholic Life

The Holy Spirit can be a great source of comfort when you feel alone or afraid, as Jesus' followers must have felt after his Death and before the time of Pentecost. Through the strength and wisdom of the Holy Spirit, we are able to lead the life of love Jesus wants us for us. Take the time to **pray to the Holy Spirit** when you need that comfort during a time of difficulty, or when you need guidance in making choices or hard decisions. On the next page you can read the Prayer to the Holy Spirit, but you can address other prayers, either from the Church's liturgy or ones you write or think up yourself, to him. When you pray and listen to what the Holy Spirit is telling you, you allow him to guide you and work in your heart.



➤ **When have you prayed to the Holy Spirit? How did you feel afterward?**

## People of Faith

### Saint Rafqa (Rebecca), 1832–1914

Born in Lebanon as Boutrossieh Ar-Rayes, Rafqa felt a call to religious life at age fourteen and later became a nun. She joined the Order of Saint Anthony of the Maronites (Baladiya Order) in 1871 and took the name of Rafqa (Rebecca).

Blind and near the time of her death, Rafqa asked that her sight be restored for an hour so she could again see the face of her friend Mother Superior Ursula Doumit. The hour of sight was granted.

Miracles of healing were later recorded at Rafqa's grave. The Church celebrates her feast day on **March 23**.



For more, go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com)

## CONSIDER

Think of one of your favorite movies in which the main character changes considerably during the film. Why did the change take place? Who supported him or her?

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How could the Holy Spirit have been involved in this change?

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## Prayer to the Holy Spirit

**Leader:** Come Holy Spirit, fill the hearts of your faithful.

And kindle in them the fire of your love. Send forth your Spirit and they shall be created.

**All:** And you shall renew the face of the earth.

**Reader 1:** A reading from the Book of Psalms.

*Read Psalm 139:7–12.*

Where can I go from your spirit?  
From your presence, where can I flee?  
If I ascend to the heavens, you are there;  
if I lie down in Sheol, there you are.  
If I take the wings of dawn  
and dwell beyond the sea,  
Even there your hand guides me,  
your right hand holds me fast.  
If I say, “Surely darkness shall hide me,  
and night shall be my light”  
Darkness is not dark for you,  
and night shines in the day.  
Darkness and light are but one.  
The word of the Lord.

**All:** Thanks be to God.

**Reader 2:** Come to us, O Spirit of truth, teach us what we need to know, and remind us of all that Jesus did for us.

**Reader 3:** Come to us, O Spirit of love, walk with us each and every day, and guide us in all we say and do.

**Reader 4:** Come to us, O Spirit of compassion, be with us when we are lonely and afraid, when we are confused and don’t know how to choose.

**All:** Come to us, O Spirit of wisdom, help us to know that you are always near, help us to know that you will always guide us, help us to know that you are always for us.

 *Sing or play “Spirit, Come Down”*

 Go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com) for an interactive review.

**A Work with Words** Circle the letter of the choice that best completes the sentence.

1. The Holy Spirit is the Advocate because \_\_\_\_\_.
  - a. he speaks on our behalf
  - b. we can't see him
  - c. he is the Word
  - d. he brings healing
  
2. \_\_\_\_ is the liturgical feast that celebrates the descent of the Holy Spirit upon the Apostles.
  - a. Easter
  - b. Christmas
  - c. Pentecost
  - d. Mass
  
3. Prayer involves \_\_\_\_\_.
  - a. thoughts about God
  - b. raising our hearts and minds to God
  - c. guidance by the Holy Spirit
  - d. a, b, and c
  
4. We call on the \_\_\_\_ to pray for us, interceding on our behalf.
  - a. clergy
  - b. disciples
  - c. Saints
  - d. shepherds
  
5. Jesus promised the Apostles he would continue to be present with them after his Death through the \_\_\_\_\_.
  - a. Apostles
  - b. Tongues of Fire
  - c. Holy Spirit
  - d. Creation

**B Check Understanding** Complete each sentence with the correct term from the Word Bank.

ourselves	life and unity
others	intercession
act of faith	Body of Christ
creation	Sacred Tradition
harmony	

6. The Church is the \_\_\_\_\_ in the world.
7. The Holy Spirit brings \_\_\_\_\_ to the Church.
8. A prayer of petition asks God for something needed for \_\_\_\_\_.
9. A prayer of \_\_\_\_\_ asks God for something for another person.
10. \_\_\_\_\_ is God's Word to the Church, safeguarded by the Apostles and their successors, the bishops, and handed down to future generations.

**C Make Connections** Write a one-paragraph response to the questions: How are we connected with God? What do you consider the source of your strongest connection to God?

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