

# ALIVE IN CHRIST

GRADE 8

The Church

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**Our Sunday Visitor**

# Temple of the Holy Spirit

## ♥ Let Us Pray

**Leader:** Holy Spirit, open our eyes to see your wonders around us. Open our ears to hear the Gospel message of Jesus Christ. Open our hearts to receive the love you offer.

“Where can I go from your spirit?

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

**All:** Holy God, may your Spirit be our guide. Help us hear what you are telling us to do.

## ✚ Scripture

“The word you hear is not mine but that of the Father who sent me. I have told you this while I am with you. The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you. Peace I leave with you; my peace I give to you.” **John 14:24–27**

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### Have you ever thought...

- How is the Holy Spirit leading you?
- How do the Gifts of the Holy Spirit help you live a faith-filled life?

# Getting Started

In this chapter, you will learn how the body and soul united make us who we are and how this unity is part of God's plan. You will also learn about the Gifts and Fruits of the Holy Spirit, and discover the Holy Spirit's plan for the Church.

## Catholic Faith Words

- Temple of the Holy Spirit
- character
- Gifts of the Holy Spirit
- Fruits of the Holy Spirit
- Mystical Body of Christ

1. Fill in the chart below with things that humans need to live.
2. Place a check mark next to the things that are physical needs, and fill in the circle next to those that are spiritual.



Our Needs	
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## IDENTIFY

**Gifts to Offer** Think about the gifts that God has given you. They don't have to be big and extraordinary. What are some of the gifts you have? How can your gifts help meet the needs of others?



### Gifts I Have

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### How These Gifts Can Help

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## Something More

### How do the body and the soul work together in God's plan?

We are given our bodies by God. We care for and nourish them by eating and drinking properly. We also care for our bodies by exercising and keeping our bodies strong. Souls are similar. Just as a body can be undernourished or weak, a soul can be malnourished and weak.

Everyone has a soul, a spiritual principle which God created in them. You cannot examine your soul like the parts of your body. But it is there, inside, individual, spiritual and everlasting. Your soul is an essential part of who you are—your body and soul together make you who you are.



In his letters to the people of Corinth, Saint Paul describes how the Holy Spirit resides within the body. He uses the image of a temple and applies it to our body and soul, as the **Temple of the Holy Spirit**.



### Scripture

“Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.”

**1 Corinthians 6:19–20**

Faithful people pay attention to their souls. Caring for and paying attention to your soul is the flip side of caring for and paying attention to your body. Care of your soul and care of your body are two sides of the same coin of nourishing yourself. In his *Theology of the Body*, Pope Saint John Paul II pointed out that our bodies and souls are united within us. Whatever we do with our bodies, we also do with our souls. That's why it is so important to care for our bodies and use them only as God intended.

You can't take care of the world around you unless you first take care of yourself. Nourishing and building your soul are important tasks if you are going to grow and mature.

> **What are some of the ways you already nourish your soul?**

### Catholic Faith Words

**Temple of the Holy Spirit** the way Saint Paul describes how the Holy Spirit resides within the body



*Deposition of Christ (depicting the Temple), 1435, by Fra Angelico*

## The Temple in Jesus' Day

In Jesus' time, and for about forty years after his Crucifixion (before Paul's letter to the Corinthians was written), the Temple in Jerusalem was the main focus for Jewish religion. Paul was Jewish before he was baptized as a Christian.

The Temple was where devout Jews offered sacrifices to God. This was the third Temple to stand on this spot, which was a sign of

God's presence among his Chosen People. It was the place that symbolized their entire religious practice. It was so significant that every male Jew was required to visit the Temple once a year to make a sacrifice to God of a dove, a sheep, or an ox. This understanding of the Temple may have influenced Saint Paul when he wrote that each of us is a temple of the Holy Spirit meant to give glory to God. (See 1 Corinthians 6:19.)

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### REFLECT AND WRITE

Reread the Scripture from 1 Corinthians. Spend a few minutes reflecting on it. Then write a short prayer giving thanks to God for the gift of your body and asking for help in respecting that gift.

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# Food for the Soul

## What gifts does the Holy Spirit give us?

You need to eat right to feel right. The right kinds of food promote healthy growth in our bodies. Balanced meals include all the vitamins, minerals, and other nutrients our bodies need.

Our souls are nourished by God's grace. Grace comes to us in a variety of ways, most importantly in Baptism, the Eucharist, and the other Sacraments. Baptism is the gateway into the life of the Holy Spirit. In Baptism, we are set apart as belonging to Jesus Christ by being marked with a permanent spiritual seal called a **character**. This seal strengthens us to be Christ's witnesses in the world. Other Sacraments that confer a lasting seal are Confirmation and Holy Orders.

## Catholic Faith Words

**character** a permanent, sacramental, spiritual seal that strengthens us to do God's work. A seal is given in the Sacraments of Baptism, Confirmation, or Holy Orders.

**Gifts of the Holy Spirit** seven powerful gifts God gives us to follow the guidance of the Holy Spirit and live the Christian life. We are sealed with the Gifts of the Holy Spirit at Confirmation.

**Fruits of the Holy Spirit** the qualities that can be seen in us when we allow the Holy Spirit to work in our hearts

## The Gifts of the Holy Spirit

Who helps us to be witnesses of the Good News? The Holy Spirit does.

In Baptism, throughout life, and most especially in Confirmation, he gives us gifts to guide us. The Sacrament of Confirmation

In the space provided write one way you could use each Gift of the Holy Spirit in your life right now.



### Using the Gifts

**Wisdom:** to develop a deep understanding of God and life

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**Understanding:** to see truth and live faithfully

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**Counsel (Right Judgment):** to judge good and evil and avoid sin

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**Fortitude (Courage):** to act with confidence, strength, and courage

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**Knowledge:** to understand the Word of God

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**Piety (Reverence):** to worship and respect the Lord

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**Fear of the Lord (Wonder and Awe):** to love and honor God

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seals us with a special outpouring of the seven **Gifts of the Holy Spirit**, which give us guidance on how to live a holy life. Confirmation also deepens the grace of Baptism, and strengthens us to give witness to Christ in the world. The Gifts help us follow the guidance of the Holy Spirit and live the Christian life. They are referenced in Isaiah 11:1–5.

## Fullness of the Spirit

Ever since our Baptism, we have received many gifts from God. We have been growing in faith, hope, and love. At Confirmation, we are again anointed with the Holy Spirit, who first entered our lives in Baptism. Through Confirmation, our relationship with God is strengthened and deepened.

Why does your relationship with God need to deepen? Because your world expands as you grow older. You will meet new people, and go beyond your family and household. Every day you will meet new challenges.

Therefore, you need the Holy Spirit and his gifts so that you can

- connect on a deeper level to Jesus
- grow as a member of the Church
- become more involved with the activity, ministry, and mission of the Church
- be strengthened to witness to the faith by the things you say and do

In many ways, the Gifts of the Holy Spirit play an important role in maturing you as a Catholic. We all need to use these Gifts, just as we use other things we learn as we grow, for them to have a lasting impact on our lives. All Christians should strive to put into practice the example of Christ's life and his teaching. The Church also names twelve



ways in which a mature Christian shows that he or she is bearing fruit in the Spirit—the **Fruits of the Holy Spirit**. These qualities can be seen in us when we allow the Holy Spirit to work in our hearts (see Galatians 5:22–23).

Each person, cooperating with the Holy Spirit, shows Christian maturity in unique ways. These Fruits of the Holy Spirit all contribute to how you can grow as a person, and as a Catholic. For more on the Fruits of the Holy Spirit, see page 375 of the Our Catholic Tradition section of your book.

- **What are some ways you can become more involved in the work of the Church?**

### ROLE-PLAY

With a classmate, choose two or three Gifts of the Holy Spirit. Discuss situations in which people your age could rely on these gifts. Then role-play the situations with two different outcomes: one in which the person relied on the gift, and one in which the gift did not seem present.





## A Temple Not Built by Human Hands

### What plan does the Holy Spirit have for the Church?

The Church is truly a mystery, visible and spiritual at the same time. The Church is both a structured organization of members with a variety of roles, and the Body of Christ. The Church is a visible community and a spiritual one. This visible organization needs buildings and structures. Parish churches, along with schools, hospitals, monasteries, convents, shelters, centers, halls, and office buildings, make up the bulk of our buildings.

But just as we are more than our bodies, the Church is more than just the visible organization or her property.

### Catholic Faith Words

**Mystical Body of Christ** a name for the Church, whose baptized members are all united to Christ and one another through the Holy Spirit, forming one holy people with Christ as her head

## What the Church Is

The Church is the **Mystical Body of Christ**. The Church unites all believers through the Holy Spirit into one holy people, with Christ as their head and themselves as the body, or members. The same Spirit unites members to one another as brothers and sisters in the faith.

The Holy Spirit is like a “soul” for the Church. In other words, the Mystical Body is not just a collection of human beings who happen to believe the same thing or belong to the same community. Together they are the Church because the Holy Spirit lives in them, giving them energy and life, helping them live as the People of God.

### Scripture

“For we are the temple of the living God; as God said:

‘I will live in them and move among them, and I will be their God and they shall be my people . . .

and I will be a father to you,  
and you shall be sons and daughters  
to me,

says the Lord Almighty.”

**2 Corinthians 6:16–18**

The Holy Spirit makes this promise real and builds up this true spiritual Temple, giving life to the Church and making her holy. He helps us relate to God in this world.

## The Spirit Leads Us Where We Would Not Go

Everyone seeks to be comfortable, protected from the dangers of the world. No one wants to be hungry, homeless, and hurting. The Church, urged on by the Holy Spirit, follows Christ in his mission of outreach to those who are poor and in need. The Church goes to every part of the world where healing and hope are needed. The Holy Spirit leads us, and we go!

### CONSIDER

Who or what in your neighborhood or city could use help or healing?  
Describe some ways that you and your classmates could help.

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## IN SUMMARY Catholics Believe

God the Holy Spirit lives within each of us as individuals and in the Church as a community. We are Temples of the Holy Spirit, as is the Church.

- Our souls and bodies united make us who we are, and we need to take care of our souls like we take care of our bodies.
- The Gifts of the Holy Spirit help us to give witness to Christ and live faithful lives, and the Fruits of the Holy Spirit are the results of those gifts working in our lives.
- The Church is both a visible, structured organization and the Mystical Body of Christ, in which the Holy Spirit lives uniting the Church, guiding her, and giving her life.

## Our Catholic Life

We know we need to keep our bodies healthy so we can live a long life and act as examples to others. Some of the ways we do this include getting the right amount of exercise, sleep, and good nutrition, practicing good personal hygiene, and controlling anger and other emotions that cause stress. Part of our work as Catholics is keeping the **Body of Christ** healthy, too, by praying for her work in our communities and around the world, offering our time, talents, and money to continue that work and celebrate God's gifts to us, and supporting the work of priests, deacons, and those in consecrated religious life, who have dedicated their lives to the Church. When a Catholic community is in good health, it shows in the Church as a whole.



➤ What do you do to stay healthy? In what ways can you help keep the Church healthy, too?

## People of Faith

### Blessed Cyprian Michael Iwene Tansi, 1903–1964

From the tropical rain forests of his native Nigeria to his final home at a monastery in England, Father Tansi shared the love of the Holy Spirit with everyone. Many of the villages in which Father Tansi preached didn't have churches. He taught the Word of God and labored alongside the villagers to build churches. Later he became a Trappist monk and took the name Cyprian. During a visit to Nigeria in 1998, Pope Saint John Paul II praised his work and beatified him. The Church celebrates his feast day on **January 20**.



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

## IDENTIFY

Identify one item from each of the ways to keep the Church healthy that you want to work on further. Write down three action steps in pursuing these goals.

1. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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## Prayer to the Holy Spirit

**Leader:** Together, let us pray a prayer to the Holy Spirit.

**All:** Come, Holy Spirit,  
fill the hearts of your faithful.  
And kindle in them the fire of your love.

**Reader 1:** God, You have always sent your spirit to fill and enliven those who are open to your great love and gifts. These small flames we hold have come from one lit candle.

We know that there is one Holy Spirit who has filled individual hearts and souls from the beginning of creation.

This Holy Spirit, the Spirit of God, nourishes us, especially through the Word of God and through the Seven Sacraments.

Although these burning lights will go out, your light burns eternally in the Church.

**All:** Send forth your Spirit  
and they shall be created.  
And you will renew  
the face of the earth.

**Reader 2:** Holy Spirit, all things are created and renewed through your loving work. We hope to bear in our lives the Fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Let us pray:

**All:** O God, who instructs the hearts  
Of your faithful  
By the light of you, Holy Spirit,  
Grant us by the same Holy Spirit  
To be truly wise  
And ever to rejoice in his consolation.  
Through Christ, our Lord.  
Amen.

*Pause for reflective silence.*

 *Sing or play "Come, Holy Spirit"*

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.

- Your \_\_\_\_ is the spiritual principle of a person that is created by God, individual, and everlasting.
  - intellect
  - body
  - character
  - soul
- In Baptism, we are marked with a permanent spiritual seal called a \_\_\_\_\_.
  - soul
  - Confirmation
  - character
  - mystery
- In \_\_\_\_, we are again anointed with the Holy Spirit, who first entered our lives in Baptism.
  - Confirmation
  - Holy Orders
  - Mass
  - Church
- The Church is the Mystical Body of Christ because in her the Holy Spirit \_\_\_\_ to Christ as one holy people.
  - gives honor
  - unites believers
  - gives hope
  - offers believers

**B Check Understanding** Complete each sentence with the correct term(s) from the Word Bank. You may use some terms more than once.

law	Seven Sacraments
Fruits	Baptism
priesthood	Body of Christ
Holy Spirit	Trinity

- According to Saint Paul, our bodies are temples of the \_\_\_\_\_.
- Through the \_\_\_\_\_ our souls are nourished by God's grace.
- \_\_\_\_\_ is the gateway into the life of the Holy Spirit.
- The Church is both a structured organization of members and the \_\_\_\_\_.
- The \_\_\_\_\_ guides the Church in her mission to help those who are poor and in need.
- Charity, joy, and peace are examples of the \_\_\_\_\_ of the Holy Spirit.

**C Make Connections** Write a short response to the question: Imagine a spiritual food pyramid of things that would nourish your soul. Based on your pyramid, how healthy is your soul today?

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