



The **SESSION SEVEN**
EUCCHARIST

My Lord and my God, I firmly believe that you are present in the Eucharist. Take the blindness from my eyes, so that I can see all people and things as you see them. Take the deafness from my ears, so that I can hear your truth and follow it. Take the hardness from my heart, so that I can live and love generously. Give me the grace to receive the Eucharist with humility, so that you can transform me a little more each day into the person you created me to be. Amen.

• ————— *Matthew Kelly* ————— •

7. THE EUCHARIST

For most of Jesus' public life people crowded around him. If he was teaching in the synagogue, they crowded around him. If he was walking in the street, they crowded around him. If he was having a meal in a home, they crowded around him.

But there were two times when people fled from Jesus.

The obvious one was after his arrest and crucifixion. Where were all the crowds that had followed him? Where were all those people who witnessed his miracles? Where were all the people he had cured and fed? Nowhere to be found.

The other time people fled from Jesus was when he spoke to them about the Eucharist. He said, "I am the bread of life. . . . Unless you eat the flesh of the Son of man and drink his blood, you have no life in you." (John 6:48, 53)

Immediately after this, we read in the Gospel: "When many of his disciples heard it, they said, 'This is a difficult teaching; who can accept it?'" (John 6:60) And a few lines later we read, "After this, many of his disciples turned back and no longer followed him." (John 6:66)

Notice Jesus didn't say, "Oh, come back. I was only kidding. Let's talk about it. Maybe I was wrong. Perhaps we can change this teaching. We can work something out." No, he turned to his disciples, just as he turns to you and me today, and said, "Do you also wish to leave me?"

Will you flee from Jesus or remain by his side?

The Eucharist is at the core of our faith. Let's explore what it is and what it means to you.

7.1 THE ONE THING

There are a lot of things I love about being Catholic, but at the top of the list is the Eucharist. Most people have never really stopped to think about it, but the Eucharist is amazing.

I was asked once: What would have to happen for you to leave the Catholic Church? I thought about the question for a long time. I combed through the lowest moments in Catholic history, testing each to see if one of them would have been the breaking point that made me leave. But after thinking it through I decided I could never leave the Catholic Church. The reason is because I believe that Jesus is truly

present—body, blood, soul, and divinity—in the Eucharist. Where else can I get the Eucharist?

Sure, some other churches might have better music, but in the whole scheme of things music is trivial compared to the Eucharist. Other churches might have more engaging preachers, but these are trivial compared to the Eucharist. When we go to Mass on Sunday the danger is in thinking that the music and the homily are the most important things. Don't take the trivial and make it important. That's the way of the world. Get clear about what's really important, what matters most, and life will be a lot simpler and more joyful.

At Mass on Sunday, the homily could be in a language I don't understand, the music could be a complete train wreck, there could be kids running up and down the aisles screaming at the top of their lungs, throwing crayons and eating snacks (or eating crayons and throwing snacks), and that's OK—because the moment when I receive the Eucharist is a pivotal moment in my week. It's a moment of transformation, a moment when I get to receive who and what I wish to become. And I could never leave that. It doesn't matter how good the music or preaching is elsewhere; I cannot leave the Eucharist. I will not leave Jesus. I hope you won't either.

When I reflect on the gift of faith I have been given, I am led to the conclusion that once we believe in the Eucharist we are given the grace to look beyond a bad homily and the grace to look beyond a good homily; the grace to look beyond uninspiring music and the grace to look beyond music that elevates our hearts, minds, and souls. For it is beyond all of these things, way beyond all of these things, that we find Jesus in the Eucharist.

This sets the Catholic Church apart: Jesus truly present in the Eucharist. The Eucharist is uniquely Catholic.

Let me ask you a question. If you had to spend the rest of your life on a deserted island, and you could only take five people with you, whom would you take?

I can tell you a priest would be on my list of five people. No priest, no Mass. No Mass, no Eucharist. I can't live without the Eucharist. More important, I don't want to. And once you come to understand the power of the Eucharist, you won't want to either.

I was born Catholic and I will die Catholic. There are lots of reason for that, but none more compelling than the Eucharist.

JESUS IS TRULY
present
- BODY,
Blood,
SOUL,
=&=
Divinity -
THE EUCHARIST



John 6:48-66

KNOW IT: Jesus says, "I am the bread of Life."

THINK ABOUT IT: In what ways do you need Jesus to feed you? What good things are you hungry for?

LIVE IT: Next time you receive the Eucharist ask Jesus to feed you in these ways.

"The longer you stay away from Communion, the more your soul will become weak, and in the end you will become dangerously indifferent."

—Saint John Bosco

"IF I CAN GIVE YOU ANY ADVICE, I BEG YOU TO GET CLOSER TO THE EUCHARIST AND TO JESUS."

—MOTHER TERESA OF CALCUTTA



DISCUSSION

QUESTIONS

1. WHAT IS YOUR FAVORITE THING ABOUT BEING CATHOLIC?

2. WHICH OF JESUS' TEACHINGS DO YOU FIND MOST DIFFICULT TO LIVE?

3. IF YOU HAD TO SPEND THE REST OF YOUR LIFE ON A DESERT ISLAND AND YOU COULD ONLY TAKE FIVE PEOPLE WITH YOU, WHOM WOULD YOU TAKE?





GRACE IS THE ASSISTANCE GOD GIVES US TO DO WHAT IS GOOD, TRUE, NOBLE, AND RIGHT.

LUKE 22:19

KNOW IT: Jesus lays down his life for us, giving us his body.

THINK ABOUT IT: We are all called to make sacrifices throughout our lives. Are you willing to make sacrifices that benefit other people? If not, why not?

LIVE IT: How are you being called to lay down your life for others?

7.2 the **TRUE** presence

You might be thinking to yourself, "I'm not sure if I believe that Jesus is truly present in the host I receive at Mass on Sunday." You wouldn't be the first person to have doubts. Great faith and great doubt often go hand in hand. There was a priest who lived in Lanciano, Italy, around the year 700, who was plagued with doubts about the true presence . . . until one day. After that day he never again doubted that Jesus was truly present in the Eucharist.

What happened on that day? I'm glad you asked.

On that day, the priest was celebrating Mass in the small church, even though he was filled with doubts about the real presence of Jesus in the Eucharist. As he said the Words of Consecration ("Take this, all of you, and eat of it, for this is my body which will be given up for you.") the bread changed into living flesh and the wine changed into blood, before his eyes.

Today, you can go to Lanciano and see the flesh and blood that has remained there for more than thirteen hundred years. The flesh and blood have been studied by scientists on a number of occasions, and the following conclusions have been drawn: The flesh is real human flesh and the blood is real human blood, the flesh is muscular tissue from the heart, and there is no evidence of preservatives or any other chemical agents present.

This is one of thousands of Eucharistic miracles that have been documented throughout the life of the Church.

At the Last Supper Jesus "took the bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'" (Luke 22:19) We take Jesus at his word. At Mass on Sunday the priest extends his hands over simple bread and wine and asks the Holy Spirit to transform them into the body and blood of Jesus Christ.

If the Holy Spirit can do that to bread and wine, imagine what he can do with you if you open yourself up to the experience of Confirmation.

You are not just a body. You are a delicate composition of body and soul. If you haven't already, one day you will discover you need to feed your soul in order to live a full and happy life. And when that day comes I want you to remember today, because there is no better way to feed your soul than with the Eucharist.

The Eucharist is astonishing. God himself wants to nourish us. God himself wants to feed us spiritually. God wants to dwell in you.

Some people say that the bread and wine are just a symbol of Jesus' body and blood, but that is not what we believe as Catholics. And the evidence found in Divine Revelation suggests that it is not just a symbol. The Scriptures don't suggest the symbol. Jesus didn't say, "Unless you eat a symbol of my flesh and drink a symbol of my blood you will not have life." And remember there are two aspects of Divine Revelation: Scripture and Tradition. And from the earliest times, Christians have believed that the Eucharist was the body and blood of the Risen Jesus, and not just a symbol.

Can I prove it to you scientifically? No. Not everything can be explained or proven scientifically. If you could prove everything scientifically, there would be no need for faith. There is such a thing as mystery. We human beings don't know everything. If we did we would be God, and there is plenty of evidence in our daily lives that confirms that human beings are not God. Life is full of mystery, and mystery is a beautiful thing.

At the heart of the mystery that is the Catholic faith is the Eucharist. I hope with every passing year of your life you will explore and embrace the mystery of the Eucharist more.

The wiser you become, the closer you will want to be to God. And God wants to be close to us. Saint Francis de Sales wrote, "In the Eucharist we become one with God." To be one with God is a beautiful thing, and whether you are aware of it or not, it is your deepest yearning. You have an insatiable yearning to be one with God. I hope you will start listening to that yearning.

If you want to have a life-changing experience, find an Adoration Chapel in your area and visit it. Sit there in Jesus' presence for one hour. You will be amazed how powerful Jesus' presence is, and how much he will teach you about yourself and your life in one hour.

Who Was **St. FRANCIS de SALES?**

Saint Francis de Sales (1567–1622) was a priest and bishop and is regarded as one of the great spiritual writers of all time. During his era it was widely believed that holiness was only for monks and nuns, but he banished that idea. The central theme in his classic *Introduction to the Devout Life* is the idea that God calls every man and woman to live a holy life. Francis also spoke about the allure of money and things, pointing out that the danger of possessions is how easily they can possess us. Possessions increase our happiness only when we use them for our good and the good of others. Francis de Sales is the patron saint of writers and his feast day is January 24.

All the **ANSWERS** are in the **TABERNACLE.**



Discussion Questions

1. IS THERE A PERSON IN YOUR LIFE WHOSE PRESENCE JUST MAKES YOU FEEL CALM AND SAFE?

2. WHEN DID YOU FIRST LEARN ABOUT JESUS BEING PRESENT IN THE EUCHARIST?

3. HOW DO YOU THINK YOUR LIFE WOULD CHANGE IF YOU SPENT ONE HOUR EACH WEEK SITTING QUIETLY IN JESUS' PRESENCE?



“The holy Eucharist contains the whole spiritual treasure of the Church, that is, Christ himself. . . . He who is the living bread, whose flesh, vivified by the Holy Spirit and vivifying, gives life to men.”

—VATICAN II

“FROM THE EUCHARIST COMES STRENGTH TO LIVE THE CHRISTIAN LIFE AND ZEAL TO SHARE THAT LIFE WITH OTHERS.”

—POPE JOHN PAUL II



7.3 THE POWER OF THE EUCHARIST

When was the last time you did something that you knew wasn't good for you? Why did you do it? Think of reasons, come up with excuses, but at the end of the day it comes down to this: You have disordered desires that are very difficult to control.

Have you ever tried to quit a bad habit and failed? If you haven't already, the day will come when you will try to end a self-destructive habit and find yourself powerless over it. You will use all the willpower you can summon, but you will find yourself failing over and over again. These moments in life can be very humbling—and that's good, because they make us realize our need for God and his grace.

Grace is the assistance God gives us to do what is good, true, noble, and right. And there is no better way to receive God's grace than through the Eucharist.

There is a lot of talk these days about superfoods. Superfoods are high in nutrients and rich with antioxidants, and they keep your immune system strong to fight off disease. Some examples include pomegranate juice, salmon, alfalfa sprouts, sweet potatoes, kale, prunes, beets, apples, and beans.

The Eucharist is the ultimate superfood for the soul, loaded with grace to keep you spiritually healthy, give you the wisdom and strength to choose the right path, and fight off diseases like selfishness and other related vices and bad habits. And that is just a tiny fraction of the power the Eucharist holds.

When you go to Mass next Sunday, keep in mind, the Eucharist is not just a symbol. This is Jesus. The same Jesus who healed people with a touch. The same man who taught with more wisdom than any person who ever walked the earth. This is the guy who fed five thousand people with five loaves and two fishes. The same Jesus who rose from the dead.

We've all got problems. We all have struggles. But whatever you've got, he can handle. You need grace. You may not know it yet, but the sooner you realize it the better. And the Eucharist is the supreme source of the grace you need.

Isn't it time you allowed God to unleash the power of grace in your life?



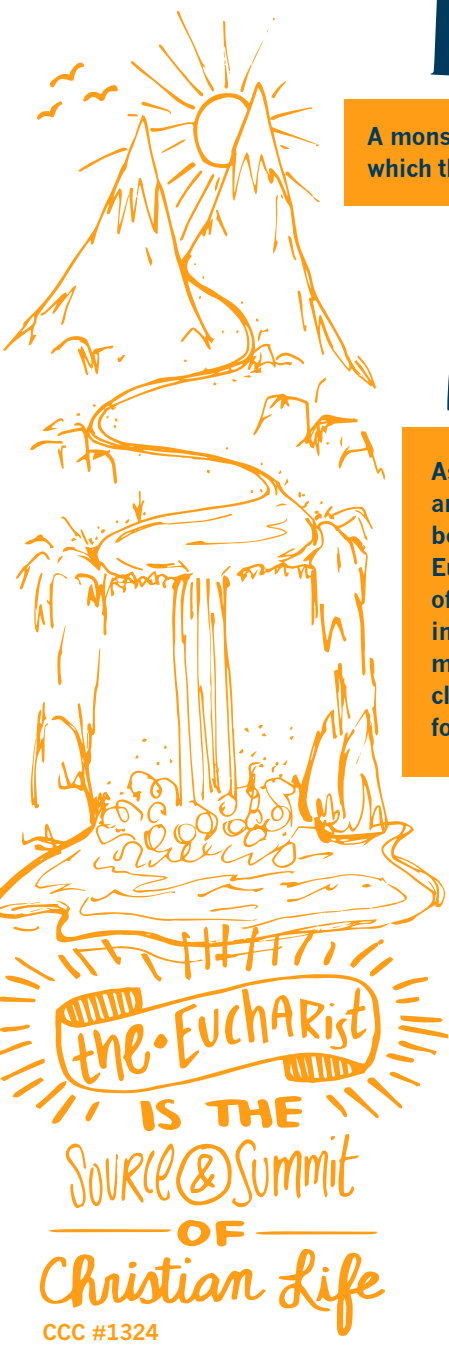
discussion questions

1. WHEN WAS THE LAST TIME YOU DID SOMETHING THAT YOU KNEW WASN'T GOOD FOR YOU? WHY DID YOU DO IT IF YOU KNEW IT WASN'T GOOD FOR YOU?

2. HAVE YOU EVER TRIED TO QUIT A BAD HABIT AND FAILED?

3. WHEN YOU'RE IN A SITUATION AND YOU WANT TO DO WHAT IS GOOD AND RIGHT BUT ARE ATTRACTED TO THE WRONG CHOICE, DO YOU CALL ON GOD AND ASK FOR HIS HELP?





WHAT IS A MONSTRANCE?

A monstrance is an open or transparent receptacle in which the consecrated Host is exposed for veneration.

WHAT IS EUCHARISTIC ADORATION?

As Catholics we believe that Jesus Christ—body, blood, soul, and divinity—is truly present in the Eucharist, and as such, we believe that being in the presence of the Eucharist is powerful. Eucharistic adoration is the practice of praying in the presence of Jesus in the Eucharist. Simply to sit quietly before Jesus in the Eucharist can be incredibly powerful and has changed many people's lives. In the silence and in his presence great clarity begins to emerge about who we are, what we are here for, what matters most, and what matters least.

WHAT IS TRANSUBSTANTIATION?

Transubstantiation is the changing of simple bread and wine into the body and blood of Jesus Christ. This takes place at the consecration during Mass.



How many hours of her life do you think Mary spent in adoration of Jesus?



What is the SABBATH?

The Sabbath is a day of religious observance and abstinence from work, kept by Jews from Friday evening to Saturday evening and by Christians on Sunday. In what ways is God inviting you to honor the Sabbath?

God has declared Sunday—the Sabbath day—as a day of rest.

Mark 1:35

KNOW IT: It seems that Jesus was always looking for quiet places to spend a few minutes in prayer.

THINK ABOUT IT: How hard is it for you to find a quiet place to pray each day? Is there one place that is most convenient?

LIVE IT: Renew your commitment to spending ten minutes each day in the classroom of silence

7.4 GET CLOSE AND STAY CLOSE

What's the most beautiful church you have ever been in? How did it make you feel?

I began speaking and writing when I was nineteen. At the time I was in business school, and since then, I have been blessed to travel in more than fifty countries. Few things inspire me more than traveling. There is something about experiencing different people, places, and cultures that opens our hearts and minds.

I grew up Catholic and my experience of the Catholic Church was mostly limited to our parish, St. Martha's in suburban Sydney. But through travel I began to see how vast and impressive the Catholic Church is, in so many ways.

One thing that becomes abundantly clear when you start traveling is that the world is full of beautiful Catholic churches. Have you ever wondered why we build such beautiful churches? I can tell you this: It's not about the art or the architecture. It's because we believe that Jesus is truly present in the Eucharist.

Stand in St. Peter's Basilica in Rome, Notre Dame or Sacre Coeur in Paris, St. Mary's Cathedral in Sydney, Duomo Cathedral in Milan, Las Lajas Sanctuary in Colombia, St. Patrick's Cathedral in New York, the Basilica of the National Shrine of the Immaculate Conception in Washington DC, or any of a thousand other incredible Catholic churches around the world and you will feel awe and sense the sacred.

What do these beautiful churches really say to us? They say that there is something greater here than art and architecture, something more than history—and not just something . . . but someone. That someone is Jesus Christ, truly present in the Eucharist, present in all these churches, and present in the tabernacle in your local church.

That's why I love stopping by a church for a few quiet minutes.

We all have questions that we need answered, and we all need advice from time to time. But when we need advice we tend to ask people who know just about nothing about nothing, instead of going to the man who has all the answers.

All the answers are in the tabernacle. Jesus has all the answers and he patiently waits for us in the tabernacle, day and night, to share those answers with us. Next time you are grappling with a decision, stop by your church and ask Jesus for his advice. Receiving Jesus in the Eucharist is the ultimate spiritual experience, but there is also something powerful about just sitting in his presence.

In the Gospels we read time and time again about Jesus leaving his disciples and the crowds and going to a place set apart. In the first chapter of Mark's Gospel we read, "In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed." (Mark 1:35) If Jesus needed this time in silence and solitude, how much more do you think we need it? The world is a busy and noisy place, and all of that tends to distract us from what matters most.

It is getting harder and harder to find a quiet place in this world, but one of the great gifts the Catholic Church gives to us all is places that are set apart for quiet reflection. Churches and chapels, retreat centers and monasteries—over the centuries the Church has established places in almost every community on earth for us to be still and quiet and reflect on what is happening within us and around us.

Once again, I want to encourage you to establish the habits of daily prayer in your life. This is a foundational habit that will serve you well for the rest of your life. The sooner you start taking your spiritual life seriously, the happier you will be.

Get close to God, and stay close to God.



Have you ever thought of Mary as the first tabernacle?

If you live until you are eighty-five years old, how many Sundays do you have left?



discussion questions

1. IF YOU COULD VISIT ONE OF THE BEAUTIFUL CHURCHES MENTIONED IN THIS SECTION, WHICH WOULD YOU CHOOSE?

2. AT THIS TIME IN YOUR LIFE, WHAT QUESTION WOULD YOU LIKE JESUS TO ANSWER FOR YOU? (YOUR QUESTION SHOULD BE ABOUT SOMETHING THAT APPLIES DIRECTLY TO YOU.)

3. WHAT QUIET PLACES HAVE YOU FOUND TO SPEND A FEW MINUTES IN EACH DAY?



7.5 DECISION point



Tem·per·ance

[tem-per-uh ns]

Controlling your thoughts, words, actions, and feelings.

Who do you know who exemplifies this virtue?

In what area of your life do you find it most difficult to practice temperance?

What is one way you can become more temperate this week?



What do you think Mary had planned for her life before the angel appeared to her?

Every Sunday morning you make a decision. It's the biggest decision of your week. To go or not to go, that is the question.

You might say that Mass is boring. I was bored at Mass for a long time, but then something happened. I started listening to what God was trying to say to me. I got myself a little journal and took it to Mass with me, and each week I wrote down the one thing that I felt God was saying to me. I have been doing this for fifteen years now. Each year I get a new journal. At home in my study, where I write, I have these fifteen journals on a shelf. When I get writer's block I pick one up and just start reading. Some days when I don't feel like praying I take one of these journals and just talk to God about some of the things he has said to me over the years. It is amazing the things God will say to us when we start listening.

I hope you go to Mass every Sunday for the rest of your lives so that God can nourish you with the Eucharist, but I also hope you will start to appreciate the bigger picture.

God has declared Sunday—the Sabbath day—as a day of rest. In Genesis 2:2 we read about God resting on the seventh day. Why? Why did God rest? Was he tired? No. God is a pure spirit and as such does not experience fatigue like we human beings do. So, why did he rest? He rested because he foresaw our need for rest. He wanted to show us how to live. He wanted to demonstrate that rest is a good thing, and something that we all need.

You have a legitimate need for rest. The Sabbath is God's response to your physical and spiritual need for rest and renewal. And nothing will renew you like receiving the Eucharist. It is literally food from Heaven.

On average you will live for another seventy years. That means you have 3,640 Sundays left. Don't waste a single one. It may seem like a lot, but you will be amazed at how quickly life passes. It feels like six months ago I was sitting where you are preparing for Confirmation . . . but that was twenty-five years ago.

You have a lot of decisions to make. Getting yourself to Mass on Sunday and receiving the Eucharist will help you make better decisions in every area of your life.



1. WHY DO YOU THINK OUR CULTURE HAS REJECTED THE SABBATH?

2. HOW CAN YOU HONOR THE SABBATH AS A DAY OF REST?

3. HOW WOULD THE WORLD BE DIFFERENT IF EVERYONE TOOK ONE DAY EACH WEEK TO REST AND TURN THEIR ATTENTION TOWARD GOD?



Psalm 63

² O God, thou art my God, I seek thee,
my soul thirsts for thee; my flesh faints for thee,
as in a dry and weary land where no water is.

³ So I have looked upon thee in the sanctuary,
beholding thy power and glory.

⁴ Because thy steadfast love is better than life,
my lips will praise thee.

⁵ So I will bless thee as long as I live;
I will lift up my hands and call on thy name.

⁶ My soul is feasted as with marrow and fat,
and my mouth praises thee with joyful lips,

⁷ when I think of thee upon my bed,
and meditate on thee in the watches of the night;

⁸ for thou hast been my help,
and in the shadow of thy wings I sing for joy.

⁹ My soul clings to thee; thy right hand upholds me.

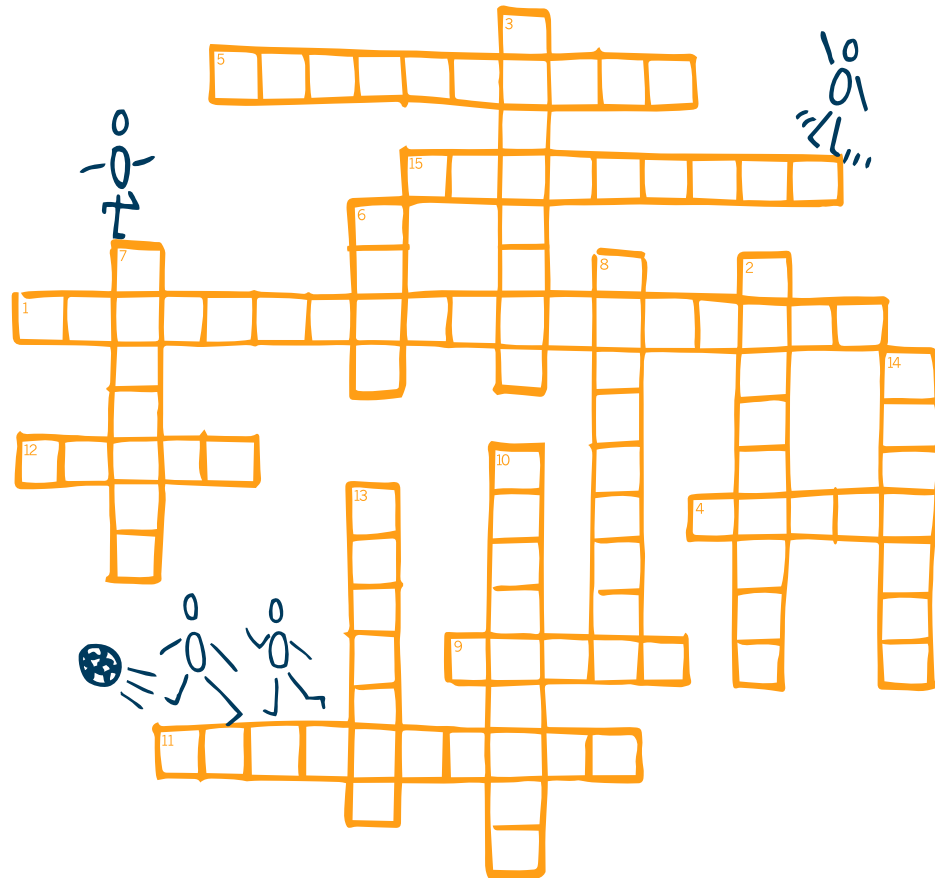
¹⁰ But those who seek to destroy my life
shall go down into the depths of the earth;

¹¹ they shall be given over to the power of the sword,
they shall be prey for jackals.

¹² But the king shall rejoice in God;
all who swear by him shall glory;
for the mouths of liars will be stopped.

THE EUCHARIST

CROSSWORD PUZZLE



ACROSS

- The changing of simple bread and wine into the body and blood of Jesus Christ
- Uncertainty about something
- A place that houses the Eucharist outside of Mass, where it can be kept for adoration
- Trust and confidence in God and what he has revealed to us
- What God has revealed about himself to humanity
- The assistance God gives us to do what is good, true, noble, and right
- The real presence of Jesus

DOWN

- The ability to control oneself and direct one's actions
- A town in Italy where a Eucharistic miracle took place around the year 700
- One of the ways Catholics honor God and the Sabbath is by attending ____.
- The seventh day of the week, observed as the day of rest and worship
- Hard to do or accomplish
- Worship with a profound love
- An event that surpasses all human and natural powers
- Something that is beyond human understanding



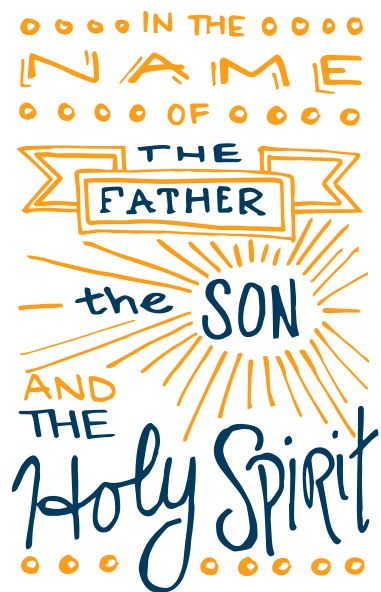
SESSION EIGHT

The

HOLY SPIRIT

Come, Holy Spirit, I invite you into the very depths of my being. Lead me, guide me, coach me, encourage me, and challenge me. Direct me in all things. Teach me to become a great decision maker, so that in every moment of every day I can choose what is good, right, noble, and just. Amen.

Matthew Kelly



8. THE HOLY SPIRIT

Have you ever noticed the difference between a person who is inspired and one who is not? Sometimes when you watch two teams compete in sports, you can tell one team is inspired and the other isn't. Inspiration makes a huge difference.

For twenty years I have been working with people of all ages and from all walks of life, and one thing that I have noticed over and over again is that people don't do anything until they are inspired, but once they are inspired there is almost nothing they cannot do.

The disciples are a perfect example. Before Pentecost they were full of fear. After Pentecost they were full of courage. What changed? They got inspired. They got filled with the Holy Spirit. Just like you are going to at Confirmation.

Think about those times in your life when you have felt inspired to do something really great. Where does that inspiration come from? The Holy Spirit. God inspires us to do great things with our lives.

Jesus didn't leave us to face the world alone. He promised he would be with us and that he would send the Holy Spirit to guide, inspire, and encourage us. Jesus made that promise not just to the disciples, and not just to other people; it was a promise he made to you. And in Confirmation Jesus is going to make good on his promise.

So let's take a look at who the Holy Spirit is and what he means to your life.

8.1 WHO IS THE HOLY SPIRIT?

One of the shortest Christian prayers is the Sign of the Cross. Sixteen words. (In the name of the Father, and of the Son, and of the Holy Spirit. Amen.) It's not just the way we begin and end prayer; it is a prayer unto itself. And it contains one of the most sublime mysteries of our faith: the Trinity.

The Trinity is three Persons in one God. We don't worship three different gods, but one single being who is threefold and yet remains one. Confusing? It should be a little confusing if we really think about it.

But to get us started, think about water. Water can take different forms: liquid, ice, or steam. It is still H₂O; it is just taking different forms. Now, God does not change from one form to another at different times; God is always three and always one. Still confused? That's OK.

You see, you cannot come to the conclusion of the Trinity by reason alone. It would not matter how much you thought about it; you would

never arrive at the Trinity through reason alone. And science cannot prove or disprove the Trinity. We know about the Trinity through Revelation. If God had not chosen to reveal himself to us we would not know about the Trinity. This is one of the beautiful mysteries of our faith.

You cannot know everything through reason and science, some things we only know because God has revealed them to us. And if there were no mystery there would be no need for faith, because without mystery religion would be simply an intellectual pursuit . . . and it is so much more than that.

In the Scriptures God is revealed as the Father who creates us (Genesis 1), his Son who redeems us (Matthew 1), and the Holy Spirit who inspires us (Acts 1). The whole history we find in the Bible is the story of God's ongoing concern for the human family, and for each of us individually as his children.

The Holy Spirit is the Third Person of the Trinity. He is the one whom Jesus promised the Father would send to guide and encourage us. When you think of it, the Holy Spirit is incredibly practical. How often in your life do you need guidance and encouragement? Whether you are aware of it or not, you need these things every day, and the Holy Spirit is within you to provide them.

But it would be a mistake to think that the Holy Spirit just came into being after Jesus died and rose from the dead. The Spirit has always been with the Father and the Son. Open your Bibles to the very beginning and you will discover the Holy Spirit in the second verse. Genesis 1:2 reads, "In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while the Spirit of God was moving over the face of the waters."

But what does all this mean to you? Why should you care about the Holy Spirit?

Think about it like this. In the previous session we talked about the power of Jesus' presence. Well, listen to what Jesus says in John 16:7: "I tell you the truth, it is to your advantage that I go away." Now, why would it be to our advantage for Jesus to go away? Jesus continues, "For if I do not go away the Spirit will not come to you."

How powerful must the Spirit be? Are you ready to have that power unleashed in your life? What will unleashing the Holy Spirit in your life mean to you?

The Holy Spirit will help you find and understand truth, and you will never have more happiness in your life than you have truth. The more truth you allow into your heart, mind, and soul, the happier you will be. But if you allow the truth to be crowded out with lies and deceit, you

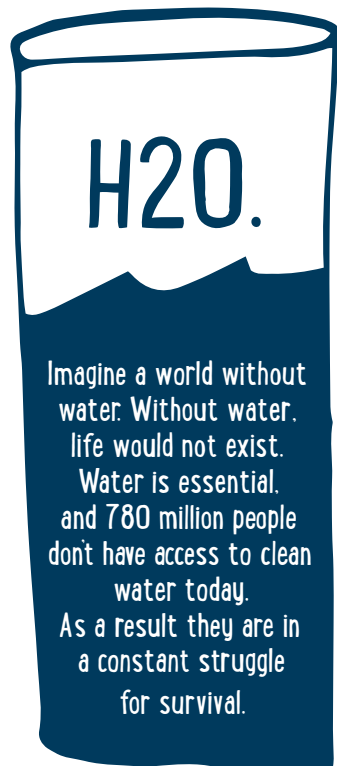


Genesis 1:2

KNOW IT: God created the heavens and the earth. Creation is not an accident. You are not an accident. God intended to create you and the whole universe.

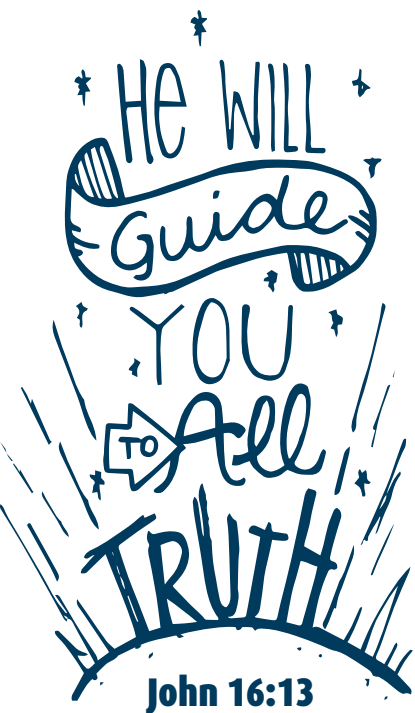
THINK ABOUT IT: Not only did God create you, but he created you in his image. You are therefore creative in your own ways.

LIVE IT: How is God inviting you to be creative?



Imagine a world without water. Without water, life would not exist. Water is essential, and 780 million people don't have access to clean water today. As a result they are in a constant struggle for survival.





"This is a prayer we need to pray every day, every day: Holy Spirit may my heart be open to the Word of God, may my heart be open to good, may my heart be open to the beauty of God, every day."

—Pope Francis

will find yourself miserable. The Holy Spirit wants to help you build a throne for truth in your heart.

The Spirit of God is within you. This is good news. It means that you have a power within you that you have not even begun to comprehend.

The Holy Spirit will give you the courage to face difficult situations.

The Holy Spirit means that you are never alone. He is always with you, ready to guide you, encourage you, comfort you, and challenge you.

The Holy Spirit is a true friend who always wants what is best for you.

The Holy Spirit gives you the wisdom to know what is right and what is wrong, and leads you in the path of what is good and right.

The Holy Spirit empowers you to do things you would not otherwise be able to do.

The Holy Spirit is transformational. Think about Peter, who denied Jesus three times before his death out of selfish fear. But after Pentecost he literally risked his life just to let people know about Jesus.

The Holy Spirit doesn't change us into someone else; he just brings the best and the most out of us.

The Holy Spirit will help you know and do God's will.

But here is my favorite: The Holy Spirit will allow you to maintain joy even in the midst of suffering. Suffering is an inevitable part of life. It is easy to be joyful when things are going well, but the Holy Spirit brings us joy in times of suffering, and that is a thing of beauty.

Saint Paul is a perfect example here. Ephesians, Philippians, Colossians, and Philemon are called the "prison" epistles because they were written during Paul's first imprisonment, mentioned in Acts 28. Throughout these writings he talks about his joy and all the things he rejoices about. When you think about the fact that he was in prison for being Christian and you consider the filthy conditions of prisons at the time, you have to ask yourself: What did he have to be joyful about?

He was joyful even in the midst of suffering because he was filled with the Holy Spirit.

All this is what the Holy Spirit wants to do for you.

I don't know how seriously you are taking this whole Confirmation thing, but trust me, it is worth taking a little more seriously. You will never regret it. But if you don't take it seriously, I can guarantee you there will come a time when you will regret that.

This is important stuff. I want to encourage you to take it seriously. You'll be glad you did.

Discussion Questions

1. IN YOUR OWN WORDS, WHO IS THE HOLY SPIRIT?

2. DESCRIBE A TIME IN YOUR LIFE WHEN YOU FELT INSPIRED BY THE HOLY SPIRIT.

3. WOULD YOU LIKE TO LEARN HOW TO EXPERIENCE JOY EVEN IN THE MIDST OF GREAT SUFFERING LIKE SAINT PAUL? WHAT DO YOU THINK HIS SECRET WAS?



THE GOAL OF OUR LIFE IS TO LIVE WITH GOD FOREVER.

God, who loves us, gave us life.

OUR OWN RESPONSE OF LOVE ALLOWS GOD'S LIFE

to flow into us WITHOUT LIMIT.

All the things in this world are **GIFTS FROM GOD**,
Presented to us so that **WE CAN KNOW GOD MORE EASILY**

AND MAKE *a return of love* **MORE READILY.**

As a result, we appreciate and use all these gifts of God

Insofar as they help us **TO DEVELOP AS LOVING PERSONS.**

But if any of these gifts become the *center of our lives*,

THEY DISPLACE GOD

And so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance

Before all of these created gifts

insofar as **WE HAVE A CHOICE**

And are not bound by some obligation.

WE SHOULD NOT FIX OUR DESIRES on health or sickness,
Wealth or poverty, success or failure, a long life or a short one.

For everything has the potential of *calling forth* in us

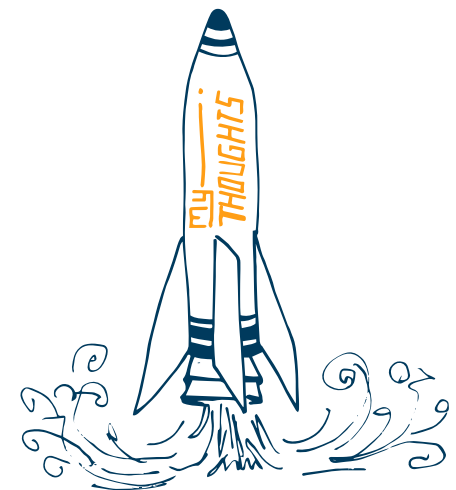
A DEEPER RESPONSE TO OUR LIFE IN GOD.

Our only desire and our **ONE CHOICE** should be this:

I WANT AND I CHOOSE WHAT BETTER LEADS

TO GOD'S *deepening* HIS LIFE IN ME.

St. Ignatius of Loyola



Matthew 6:33

KNOW IT: Seek first the things of God.

THINK ABOUT IT: What are your priorities? Are they worldly priorities or godly priorities?

LIVE IT: Make God's priorities your own today.



Solomon was the son of David and King of Israel from c. 970 to 931 BC. The Bible credits Solomon with building the first temple in Jerusalem and portrays him as the wisest man of his time. This wisdom was a gift from God; the first book of Kings recounts how Solomon prayed for wisdom. During his reign he became incredibly wealthy and powerful, but ultimately his sins, which included turning away from God and idolatry, led to the kingdom being torn in two. The story of Solomon teaches us how seductive and disorienting power, fame, and money can be.

8.2 UNOPENED GIFTS

If God appeared to you in a vision and said, "Ask me for anything and I will give it to you," what would you ask him for? Think about it for a moment. Would you ask for money, a long life, success in a career, victory for your favorite sports team?

This is exactly what happened to Solomon, the son of King David. Biblical scholars believe that Solomon was probably only around twelve years old when he became king. In 1 Kings 3:5–15 we read about God appearing to Solomon in a dream and asking what he would like God to give him. Solomon asked for wisdom. In particular, he wanted the wisdom to discern right from wrong, good from evil. This pleased God so much that he granted Solomon wisdom in abundance, but he also granted him riches, honor, and a long life.

Here we find a connection between how God treated Solomon and Jesus' teachings. In Matthew 6:33 we read, "Seek first the kingdom of God and his righteousness, and all these other things will be given to you in addition." This is what Solomon did, and God responded lavishly.

God is a giver of gifts.

One Christmas when I was a child, I half-unwrapped gifts to see what they were, and if the gift was not the one thing I was looking for, I wouldn't even finish unwrapping it; I would just move on to the next parcel. I remember opening one of those half-unwrapped gifts a few days later and realizing that I had misjudged the importance and value of the gift.

At Baptism you received the seven gifts of the Holy Spirit, but you may not have fully unwrapped them yet. At Confirmation these gifts will be strengthened in you; the question is, how will you respond to them?

I could put a million dollars in a bank account for you, but if you ignored it and never used it, it wouldn't do you any good. The gifts of the Holy Spirit are worth more than many millions of dollars, but if you don't engage them and nurture them, you will not experience all that they have to offer.



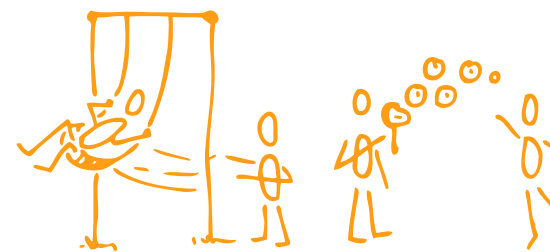
How was Mary different from Solomon?

So, what are the seven gifts of the Holy Spirit?

- 1. Wisdom:** The ability to discern what is true, right, and lasting. Wisdom enables us to see life from God's perspective. It helps you to establish the right priorities in your life, and leads you to think and act in mature ways.
- 2. Understanding:** Allows you to look beyond the shallowness of the world and see the lasting truth in every situation, by recognizing how God is working in our lives.
- 3. Counsel:** The right judgment that allows us to see what is right and what is wrong, and the prudence to act accordingly.
- 4. Fortitude:** The courage and strength of will to do what you know you should, even if that means personal loss or suffering.
- 5. Knowledge:** The ability to see things from a supernatural viewpoint. In particular, to know what God is asking of you.
- 6. Piety:** A loyalty to God that manifests as generous love and affectionate obedience. This is the gift that allows you to love and worship God as he deserves to be loved and worshipped.
- 7. Fear of the Lord (Reverence):** Helps us to grasp God's greatness and our dependence on him. As a result, we are filled with enormous respect for God and we dread above all offending him or being separated from him. Our Jewish ancestors believed that fear of the Lord was the beginning of wisdom. Of course, it is not a fear like we usually think of fear today. It is more like an overwhelming sense of not wanting to disappoint the One who has done (and continues to do) so much for us.

These are the seven gifts of the Holy Spirit. When the bishop prays over you at your Confirmation, he will be praying that you are filled with them. Each of these gifts helps you to become the-best-version-of-yourself and live the life God created you to live.

Every day you face situations that require these gifts. We have taken a few minutes to explore them, but I want to encourage you to delve into them more. If you don't know what they are, you won't use them. Knowing them is essential if you are going to activate them in your daily life.



WHAT YOU CHOOSE TO THINK ABOUT IS A REALLY IMPORTANT CHOICE YOU MAKE EVERY DAY.



WISDOM
Understanding
COUNSEL
FORTITUDE
KNOWLEDGE
Piety
FEAR OF THE LORD (REVERENCE)



Discussion QUESTIONS

1. HAVE YOU EVER GIVEN SOMEONE A GIFT AND HE OR SHE WAS UNGRATEFUL? HOW DID THAT MAKE YOU FEEL?

2. WHICH OF THE SEVEN GIFTS OF THE HOLY SPIRIT DO YOU FEEL MOST IN NEED OF AT THIS TIME IN YOUR LIFE?

3. HOW WOULD YOUR LIFE BE BETTER IF YOU REALLY OPENED YOURSELF UP TO THE GIFTS OF THE HOLY SPIRIT?



8.3 The Fruits of the Holy Spirit

• FRUITS •

OF THE SPIRIT •

Love
JOY
 Peace
PATIENCE
 Kindness
GOODNESS
 Generosity
GENTLENESS
 Faithfulness
MODESTY
 Self-control
Chastity

How do we know if we are filled with the Holy Spirit? How will you know if you are seeking God's loving plan for your life and responding to it? Jesus advises us that we can judge a tree by its fruits. "A good tree cannot bear bad fruit, nor can a bad tree bear good fruit." (Matthew 7:18) What fruit is your life bearing today? What fruit do you want your life to bear in the future? What fruit do you think God wants you to bear?

If we are really allowing the Holy Spirit to flourish within us, the fruits should be bubbling forth in our lives. Those fruits are: love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

You might not know it yet, but these are the things you want. You want these fruits more than anything else you have ever wanted. In fact, every yearning you have is for these things. We try to substitute other things for them, but it never works.

Embracing and engaging the gifts of the Holy Spirit that we spoke about earlier—wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord—is the path that leads to the fruit of the Holy Spirit.

Let's take a look at the twelve fruits of the Holy Spirit.

Love: To love God above all things and to love others as God calls us to.

Joy: This is more than just being happy. It is a feeling awakened by the possession or expectation of something good. And this joy can be present deep within us even when things don't go our way.

Peace: The serenity and tranquility that flows from order. The world can make our lives disordered and chaotic. God wants to bring order to our lives – and with that order comes a deep and abiding peace.

Patience: Enables us to endure inconvenience, difficulties, and hardship without complaint.

Kindness: Concern for others who are in trouble or in need.

Goodness: Doing what is good and right in every circumstance.

Generosity: To give freely of our time, talent, and treasure beyond what justice requires.

Gentleness: To be submissive to God and considerate of others.

Faithfulness: To be reliable and trustworthy.

Modesty: The moderation of our speech, dress, and behavior.

Self-control: The control of our desires so that we can focus them on what is good and right.

Chastity: The moderation of desire for sexual pleasure according to right reason, faith, and state in life.

If you really take the time to consider what you want from life, you will discover that a life filled with the fruit of the Holy Spirit is what you are yearning for. If you consider the opposite of each of the fruits, you will discover that they lead to a life of slavery and misery.

When we reject the fruit of the Holy Spirit we fall into a life of sin. Sin rejects God's design for who we are and the way we should live our lives. In doing so, sin rejects order and embraces the chaos of disorder. This disorder robs us of the tranquility and peace that God desires for us. When your room is tidy and things are in the places they belong, there is a certain peace and tranquility that comes from that. If your room is a mess, with things scattered all around, the chaos of that environment robs you of peace and tranquility and creates anxiousness.

The way of God is one of peace and order. The way of sin is one of chaos and anxiousness. Which will you choose?



VIRTUE IN

 FOCUS

Gentleness

[jen-tl-ness]

mildness of speech, temperament, and behavior; kindness and tenderness

Who do you know who exemplifies the virtue of gentleness?

In what ways is God calling you to be gentle with others?

How is God inviting you to be gentle with yourself?

"DO NOT BE AFRAID. DO NOT BE SATISFIED WITH MEDIOCRITY. PUT OUT INTO THE DEEP AND LET DOWN YOUR NETS FOR A CATCH."

—JOHN PAUL II



DISCUSSION QUESTIONS

1. WHICH PERSON IN YOUR LIFE WOULD YOU LIKE TO FILL WITH JOY?

2. HOW WOULD A LACK OF SELF-CONTROL MAKE IT HARDER TO EXPERIENCE THE OTHER ELEVEN FRUITS OF THE HOLY SPIRIT?

3. CAN YOU SEE HOW GOD'S WAYS ARE DESIGNED TO BRING ORDER TO OUR LIVES AND LIBERATE US FROM WORLDLY CHAOS?

MEMORIZE
THE
FRUITS
OF
THE
HOLY
SPIRIT



8.4 PROMPTED

When I was a teenager I thought I could make every decision on my own. As I got older I came to the realization that so many people have gathered so much wisdom from their successes and their failures—and most people are more than happy to share that wisdom if you ask them to. Since then I have learned many things from many people. But every day I call on the Holy Spirit to guide me.

Do you remember in Session 4 when I talked about walking the Camino? While I was walking that path across northern Spain, at every fork in the road I was looking for the sign that showed me which way to go. Life is a long journey. Every day we come to many forks in the road and we have to decide which path we will walk. The signs are there to guide us, but they tend to be less visible. Our conscience sometimes nudges us in a particular direction; at other times it alerts us to danger ahead. This is the Holy Spirit prompting us to act in ways that are good and noble.

What does it mean to be prompted? To prompt means to encourage, inspire, or remind someone to act. Sometimes we need the Holy Spirit to encourage us. We know what we should do, but it seems difficult and we need the Holy Spirit to give us courage. At other times we need the Holy Spirit to inspire us. We don't know what to do and we need him to fill our minds with the right ideas. And then there are times when we get carried away or distracted and simply need the Holy Spirit to remind us.

Learning to listen to the promptings of the Holy Spirit is one of the most important skills you can develop. As with most things, we get good at recognizing the promptings of the Holy Spirit by practicing. The Holy Spirit is always prompting us toward truth and away from lies. He is always encouraging us toward the-best-version-of-ourselves and away from a-lesser-version-of-ourselves. The Holy Spirit is always prompting us toward what is good for us, and away from what is not.

So, how do we learn to recognize the promptings of the Holy Spirit?

A great place to start is with a few minutes of prayer each day. Prayer creates a stronger connection between you and God. The stronger the connection, the clearer the message. We have all been on phone calls when the connection is horrible and you either can't hear the other person at all, or you only get every second or third word. How is your connection with God? Is it a good, strong, clear connection? Or is it a weak and jumbled connection? How can you increase the number of bars you have in your connection with God?

PEOPLE DON'T DO ANYTHING UNTIL THEY ARE *Inspired* BUT ONCE THEY ARE INSPIRED THERE IS ALMOST *Nothing* THEY CAN'T DO.

Daily prayer is an opportunity to strengthen our connection with God. The stronger the connection, the more clearly we will hear the promptings of the Holy Spirit. The more we follow those promptings, the happier we will be.

In Session 4 we practiced The Prayer Process. Have you been using it each day in your daily prayer? I hope so. It is a game changer.

The reason I bring it up again now is because it is perfectly suited to teach us to listen to the promptings of the Holy Spirit. Let's walk through it again quickly and I will explain.

You will remember there are seven parts to the Prayer Process. The first part is Gratitude.

1. GRATITUDE: Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

Here we are asking the Holy Spirit to remind us of all the people, things, experiences, and opportunities we have to be grateful for today.

2. AWARENESS: Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

Now we are asking the Holy Spirit to inspire us to learn from the events of the past twenty-four hours.

3. SIGNIFICANT MOMENTS: Identify something you experienced in the past twenty-four hours and explore what God might be trying to say to you through that event (or person).

We don't always recognize the signs God places in our path at the time. Here we ask the Holy Spirit to let us know if we missed any significant signs today.

4. PEACE: Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

Here the Holy Spirit enlightens us to the mistakes we have made along the way, so that we can avoid them in the future.

5. FREEDOM: Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

Now the Holy Spirit challenges us and encourages us to change.

What is a Promise?

A promise is a statement telling someone that you will definitely do something or that something will definitely happen in the future.

Jesus made many promises. One of those promises was that he would send us the Holy Spirit. What other promises did Jesus make? Do you believe him? Do you take him at his word? Do you trust Jesus?

“EVERY TRUE PRAYER IS A PRAYER OF THE CHURCH; BY MEANS OF THAT PRAYER THE CHURCH PRAYS, SINCE IT IS THE HOLY SPIRIT LIVING IN THE CHURCH, WHO IN EVERY SINGLE SOUL ‘PRAYS IN US WITH UNSPEAKABLE GROANINGS.’”

—EDITH STEIN



“LET’S ASK OURSELVES: ARE WE OPEN TO THE HOLY SPIRIT?”

—POPE FRANCIS

6. OTHERS: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

Here the Holy Spirit reminds us of all those who need our love, support, and encouragement.

7. Pray the Our Father.

Allowing the gifts and fruit of the Holy Spirit to animate us is an everyday job. With every choice you either embrace or reject the Holy Spirit—and the fruits and gifts he wants to fill you with.

Take a few minutes out of each day to connect with God in prayer. This will strengthen your connection with him and allow you to hear the promptings of the Holy Spirit more clearly. Listen to those promptings and you will discover something I have learned over the years: Every regret in life comes from not listening to the voice of God in our lives. You will never regret following your conscience and the promptings of the Holy Spirit. All of life’s regrets come when we ignore our conscience and the promptings of the Holy Spirit.



Pentecost is the feast commemorating the descent of the Holy Spirit upon the Apostles of Jesus as described in Acts of the Apostles 2:1–31. For this reason Pentecost is referred to as the Birthday of the Church.



1. IF YOU WERE GOING TO GO ON A PILGRIMAGE AND WALK THE CAMINO, WHOM WOULD YOU TAKE WITH YOU? WHY?

2. WHEN WAS THE LAST TIME YOU FELT THE HOLY SPIRIT PROMPTING YOU TO DO SOMETHING? OR NOT TO DO SOMETHING?

3. WHAT IS YOUR FAVORITE PART OF THE PRAYER PROCESS? WHY?



PSALM 139

O LORD, thou hast searched me
and known me!

²Thou knowest when I sit down
and when I rise up; thou discernest
my thoughts from afar.

³Thou searchest out my path and my lying
down, and art acquainted with all my ways.

⁴Even before a word is on my tongue,
lo, O LORD, thou knowest it altogether.

⁵Thou dost beset me behind and before,
and layest thy hand upon me.

⁶Such knowledge is too wonderful for me;
it is high, I cannot attain it.

⁷Whither shall I go from thy Spirit?
Or whither shall I flee from thy presence?

⁸If I ascend to heaven, thou art there!
If I make my bed in Sheol, thou art there!

⁹If I take the wings of the morning
and dwell in the uttermost parts of the sea,

¹⁰even there thy hand shall lead me,
and thy right hand shall hold me.

¹¹If I say, "Let only darkness cover me,
and the light about me be night,"

¹²even the darkness is not dark to thee,
the night is bright as the day;
for darkness is as light with thee.

¹³For thou didst form my inward parts,
thou didst knit me together in
my mother's womb.

¹⁴I praise thee, for thou art fearful and
wonderful. Wonderful are thy works!

Thou knowest me right well;
¹⁵my frame was not hidden from thee,
when I was being made in secret, intricately
wrought in the depths of the earth.

¹⁶Thy eyes beheld my unformed substance;
in thy book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.

¹⁷How precious to me are thy thoughts,
O God! How vast is the sum of them!

¹⁸If I would count them, they are
more than the sand.
When I awake, I am still with thee.

¹⁹O that thou wouldst slay the wicked,
O God, and that men of blood would
depart from me,²⁰ men who maliciously
defy thee, who lift themselves up
against thee for evil!

²¹Do I not hate them that hate thee,
O LORD? And do I not loathe them
that rise up against thee?

²²I hate them with perfect hatred;
I count them my enemies.

²³Search me, O God, and know my heart!
Try me and know my thoughts!

²⁴And see if there be any wicked way in me,
and lead me in the way everlasting!



1 Corinthians 6:19

KNOW IT:
You are a temple
of the Holy Spirit.

THINK ABOUT IT:
Are you honoring your
body as a temple of
the Holy Spirit?

LIVE IT: What changes
do you need to make to
make your body a better
home for God?

8.5 DECISION point

You have another decision to make. Are you going to welcome the Holy Spirit into your life or ignore and reject him?

If you are going to welcome the Holy Spirit, then prepare yourself to receive him. If you had an important visitor coming to your home, you would tidy up and make special preparations.

In the previous session we talked about the beautiful churches all around the world and why we build such beautiful churches. The reason is because they are Jesus' home. But visit a great cathedral in any major city in the world and you will find two types of people. The first type is there to pray. The second is just there to look around. The first recognizes that Jesus is present. The second does not. Pilgrims and tourists. Don't be a tourist!

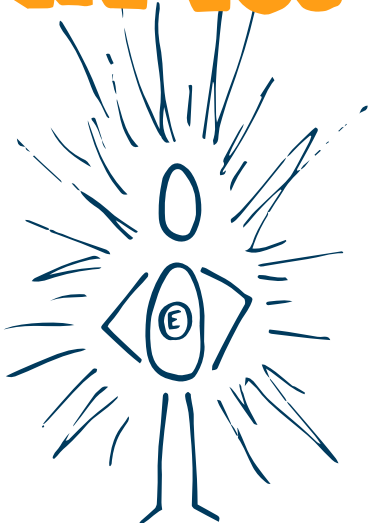
The Scriptures teach us that you are a temple of the Holy Spirit (1 Corinthians 6:19). The Holy Spirit is always present within us. Embrace that. Celebrate that. The Holy Spirit is the ultimate adviser.

You are of course free to ignore or reject the Holy Spirit. But keep in mind that there are consequences if you do. The consequences of embracing the Holy Spirit are peace, joy, order, and purpose. The consequences of rejecting the Holy Spirit and his direction in your life are anxiety, chaos, and the despair of purposelessness.

If you do choose to welcome the Holy Spirit into your life, he will invite you to join in his work. The Holy Spirit is the great encourager. Life is not easy and everyone needs daily encouragement, because the world is full of discouragement and bullying.

I hope you will live an inspired life. I hope you will live in the Spirit. If you do, I know you too will become a great encourager.

JESUS I TRUST IN YOU



What do you think was the best conversation Mary ever had with the Holy Spirit?

JOURNAL

.....questions.....

1. ARE YOU GOING TO WELCOME THE HOLY SPIRIT INTO YOUR LIFE?

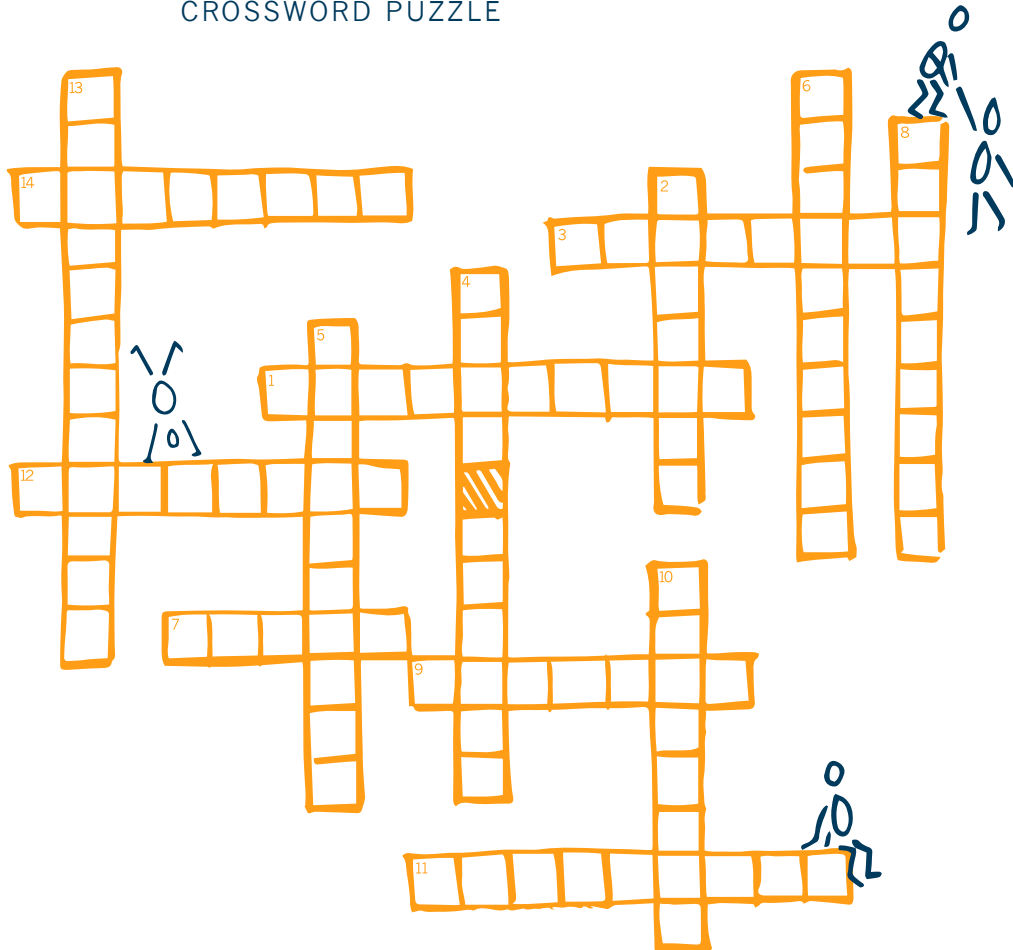
2. HOW WILL HAVING THE HOLY SPIRIT AS YOUR CONSTANT COMPANION MAKE LIFE BETTER?

3. WHOM DO YOU FEEL CALLED TO ENCOURAGE TODAY?



THE HOLY SPIRIT

CROSSWORD PUZZLE



ACROSS

1. Mildness of speech, temperament, and behavior; kindness and tenderness
3. Virtue; moral excellence
7. Something that is in accordance with fact or reality
9. Three persons in one God: Father, Son, Holy Spirit
11. When the Holy Spirit descended on the disciples after the Ascension of Jesus
12. Filled with a desire to do something that is good
14. Friendliness, generosity, and considerateness

DOWN

2. Behavior, manner, or appearance intended to avoid impropriety or indecency
4. The third person in the Trinity, sent by God to guide and encourage us
5. What God has allowed us to know about him that cannot be discovered by reason alone
6. Giving more of something than is strictly necessary or expected
8. Followers and students of Jesus
10. The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset
13. Loyalty, constancy, and steadfastness

