

PREVIEW



CCO FAITH STUDY SERIES
PARTICIPANT GUIDE

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Source Participant Guide

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Feast of the Chair of St. Peter

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The cover image for *Source* depicts the Holy Spirit as the living water inside us. In French, *source* means “spring of water.” In the Gospel of John, Jesus says,

“Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, ‘Out of the believer’s heart shall flow rivers of living water.’ Now he said this about the Spirit, which believers in him were to receive.”

John 7:37-39

“...whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

John 4:14

The word *source* also means starting place, resource or supply. With the Holy Spirit as our helper, we are enabled and empowered to follow God.

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*To Our Lady
who, as a youth, courageously and generously welcomed
the Holy Spirit into her life, changing history forever.*

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Participants are given an opportunity to open their lives to the Person and presence of the Holy Spirit.

Source Small Group Information

TIME:

PLACE:

LEADER:

PHONE NUMBER:

EMAIL:

PARTICIPANTS:



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LESSON 1

The Holy Spirit

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Introduction

As Catholics, we are filled and sealed with the Holy Spirit at Baptism and Confirmation. This is a tremendous gift: the Third Person of the Trinity, alive within us. Despite his presence, however, we may not have really noticed that the Holy Spirit has taken up residence in our souls! How can we get to know the Holy Spirit and experience him?

The Chocolate Milk Analogy

Suppose we consider all human beings as glasses of milk, and the Holy Spirit as chocolate syrup. Let's say that Christian glasses of milk receive a squirt of chocolate syrup when they are baptized.

1 How does the chocolate milk analogy relate to the spiritual life?

Our situation could be compared to someone who has a high-end computer equipped with all the latest technology, but only uses it to type out an occasional letter. What a waste! There is so much more that could be experienced, accomplished and accessed with this computer.

The same is true for us in encountering the Holy Spirit. There is so much more to him than we realize. The purpose of *Source* is to encounter the Person of the Holy Spirit so that we can experience his joy, love, power, help and freedom in our lives. In today's lesson we begin by looking at who he is and what he does.

Who is the Holy Spirit?

The Holy Spirit is the Third Person of the Trinity who proceeds from the intimate and infinite love of the Father and the Son. In fact, the Church teaches that the Holy Spirit *is* the love of the Father and the Son.

“ I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets. ”

The Nicene Creed

“ Not only is He the direct witness of their mutual love from
which creation derives, but he himself is this love. He himself,
as love, is the eternal uncreated gift. ”

Dominum et Vivificantem, 34

“ God’s love has been poured into our hearts through the Holy
Spirit that has been given to us. ”

Romans 5:5

It may seem that the Bible doesn’t often speak of the Holy Spirit. His most dramatic appearance seems to occur only at Pentecost, after the Resurrection and Ascension of Christ. However, this is not his first manifestation. He is described repeatedly in the Old Testament through the use of images and symbols. These symbols can help us better understand who the Holy Spirit is.

2 What biblical images of the Holy Spirit are familiar to you?

The Holy Spirit and My Life

Although all three Persons of the Trinity accomplish all that is done by the divine nature together, certain works are more appropriately attributed to specifically the Father, the Son or the Holy Spirit. For example, the work of creation is attributed to the Father, salvation to the Son, and sanctification to the Holy Spirit, even though the same Triune God is active in all of these.

3 The Holy Spirit's role can seem more obscure. What do you know about the actions of the Holy Spirit?

To begin learning about the specific actions of the Holy Spirit, we will look at Scriptures that illustrate three major roles the Holy Spirit plays—helping us to *know*, *grow* and *show*.

Know: The Holy Spirit helps us believe.

Faith is not just an intellectual decision to believe in God, nor is it an emotional response to God. Faith is a gift God offers to everybody through the Holy Spirit. God is not a distant force hiding in heaven, waiting for us to find him. God has revealed himself to the world, and he actively seeks to help us believe and to enter into a relationship with him. One of the roles of the Holy Spirit is to point us towards God and strengthen us so we can believe.

4 Read 1 Corinthians 12:3 and 1 Corinthians 2:9-10.
How does the Holy Spirit help us believe?

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5 Read Romans 8:26. What are some ways the Holy Spirit helps us pray?

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6 Read John 14:26 and John 16:13. How does the Holy Spirit help us to understand Jesus?

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Grow: The Holy Spirit helps us grow in holiness.

Another important role the Holy Spirit plays in our lives is to help us grow in holiness. We are called to know, love and serve God with all our mind, all our heart, and all our strength and to love others as Jesus has loved us. But like faith, holiness is not a goal we can accomplish on our own; we have been given the Holy Spirit as a helper. The Holy Spirit gives us the strength to live holy lives; our job is to cooperate with the gift of the Holy Spirit every day. As we grow in our relationship with God, we become more like him. The Holy Spirit always points us in the right direction so that our decisions and habits increasingly resemble God's holiness.

7 There are endless ways the Holy Spirit helps us grow in holiness. What are some ways with which you're familiar?

8 Read John 14:15-17, Romans 5:5. How does the Holy Spirit help us build our relationship with God?

- 9** Read Galatians 5:22-23, Romans 14:17, 2 Timothy 1:6-7. What are some of the gifts the Holy Spirit gives us to help us grow in holiness?

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Show: The Holy Spirit sends us on mission to witness to God's love and to proclaim his salvation to others.

- 10** Read Acts 1:4-5,8. How were the disciples (and how are each of us) called to participate in the Holy Spirit's mission to unite all people to the Father and the Son? Why do you think Jesus told the disciples to wait for the Holy Spirit?

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The Holy Spirit makes us children of God. He is God's love poured out into the world. In heaven, we will live in perfect communion with God forever and will experience his love and presence more than we can ever imagine on Earth. God is not content to make us wait to enjoy a first taste of heaven; the Holy Spirit is God's gift to us, and our encounters with the Holy Spirit give us a small sampling of all that awaits us in Heaven.

More About the Holy Spirit

We have seen that the Holy Spirit glorifies Jesus, helps us pray, enlightens our minds to understand spiritual truths, and sends us out to be witnesses of the Gospel. Some other important roles of the Holy Spirit include:

- **Inspiring the authors of Scripture (2 Timothy 3:16).**

- **Guiding the Tradition of the Church (teachings passed on from one generation to the next) (1 Thessalonians 2:13).**

- **Assisting the leadership and discernment of the pope and the bishops (also called the Magisterium—the teaching office of the Church) (Acts 15:1-35).**

- **Acting directly in the sacraments, bringing us into union with God (1 Corinthians 12:13).**

11 What did you learn about the Holy Spirit in today's lesson?

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Summary

“ Through the Holy Spirit we are restored to paradise, led back to the Kingdom of heaven and adopted as children, given confidence to call God “Father” and to share in Christ’s grace, called children of light and given a share in eternal glory. ”

St. Basil, *De Spiritu Sancto*, as quoted in CCC 736

The Holy Spirit is the Third Person of the Blessed Trinity. When we recognize his activity in the world, in salvation history, in the Church and in our own spiritual lives, we see how truly powerful he is. He makes us children of God and gives us a first taste of the joy of heaven. What a gift we have in the Holy Spirit!

Living It Out

CHALLENGE

Read some of the book of Acts to relive the adventures of the apostles at the coming of the Spirit.

HERE ARE SOME RECOMMENDATIONS:

- Chapters 1-2—Pentecost
- Chapters 3-4—Peter and John: signs and wonders
- Chapter 8—Philip: supernatural experiences
- Chapters 9-10—Saul’s Conversion
- Chapter 12—Peter’s imprisonment
- Chapters 19-28—Paul’s voyages and adventures

MEMORIZE ROMANS 5:5

God’s love has been poured into our hearts through the Holy Spirit that has been given to us.