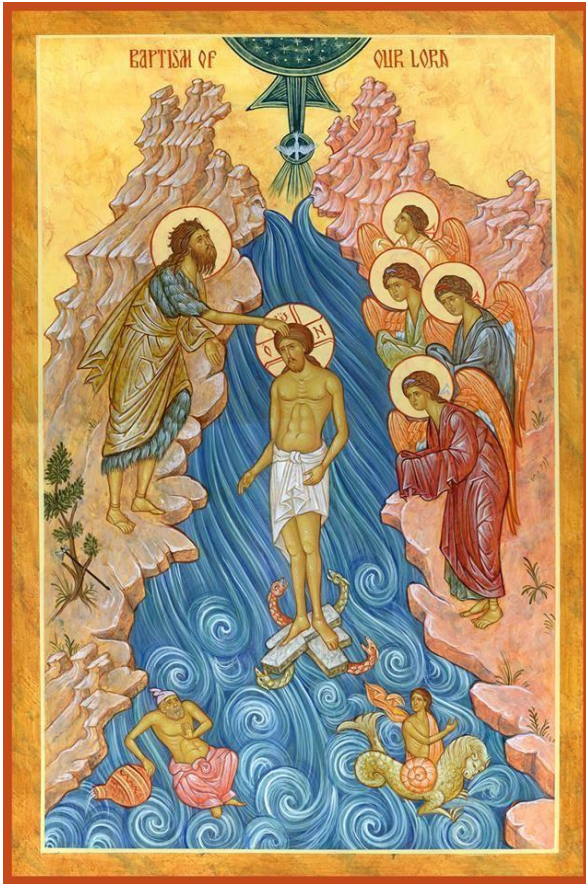


WHY DO WE PRAY?

Session Three, Part 2: The Holy Spirit lives in us



Do you remember what happened as soon Jesus came out of the Jordan after He was baptized? ([the Holy Spirit came down on Him](#)).

The same thing happened to you when you were baptized! When you came out of the baptismal water, you were anointed with oil as the seal of the Holy Spirit, the sign that God has adopted you as one of His children and sent His Spirit to live in you, making you a temple of God. This Mystery is called Chrismation, because the oil used by the priest is called Holy Chrism. ([If you have time, you can discuss the Mystery in more detail: where on their body they were anointed and why, where the Chrism comes from, what is the difference between Christ and Holy Oil etc. You may also discuss other times that anointing takes place such as Holy Unction, Great and Holy Wednesday, Feast Days, etc.](#))

As a child of God, it's only natural that you should communicate with your Father often. The life of the Holy Spirit within you gives you another important reason to pray. Just as you need to exercise your muscles to keep them strong and growing, prayer is the "work out" for the holy part of you...and that part is just as real as your heart and other muscles. Prayer is part of your "total fitness program!"

But the wonderful thing about the Holy Spirit is that He actually gives us the power to pray. [Read John 14: 16-18.](#)

→ [What does Jesus call the Holy Spirit? \(Helper and Spirit of Truth\)](#)

With the help of the Holy Spirit, we can honestly bring our prayers to God. The more we do, the stronger the Holy Spirit grows in us. The Holy Spirit will even do the work for us when we honestly can't. [Read Romans 8:26.](#) Maybe the Holy Spirit is groaning because we're making Him do all the work!

With the gift of the Holy Spirit comes responsibility. We are to "bear fruits" in our life. ([Discuss the vine/branches, what happens to branches w/o fruit, etc.](#)).

→ [What are the fruits of the Holy Spirit? \(Read Galatians 5:22-23. Discuss each of the fruits.\)](#)

1. Love
2. Joy
3. Peace
4. Long-suffering (patience)
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control

Prayer will help us bear these fruits and show the world around us the wonderful gift that is a life with God.

End the session with the Prayer for our enemies: Lord Jesus Christ, in Your great mercy You prayed for the forgiveness of those who crucified You, and You taught us to love our enemies and to pray for those who persecute us. Lord, I pray that You forgive those who treat me unjustly and speak out against me, and that You bless them and guide them according to Your will. Take away any bitterness I may have in my heart against them. Lord, may Your forgiveness, goodness and love be revealed in all of us, to Your praise and glory. Amen

Final Thought from the Church Fathers: Prayer is a conversation directly with God, being always with God, having one's soul united with Him and one's mind inseparable. A person becomes one with the angels and unites with them in perpetual praise and longing for God.

-St. Symeon of Thessaloniki

Silent Contemplation Time: Scripture Reading on Peace - Proverbs 16:3-4

Supplemental Materials:

The Prologue of Ochrid

A true friend prays to God for his friend. A true friend cares about the salvation of his friend's soul. To draw a friend back from false ways and set him on the true path - that is a precious friendship. The saints of God are a man's greatest friends.

The two young men, Barnabas and Saul, were friends and went together to Gamaliel's school. When Barnabas became a Christian, he persistently and with tears prayed to God that He would enlighten Saul's understanding and turn his heart, that he too might become a Christian. Barnabas often spoke to Saul about Christ the Lord, but Saul mocked him and thought him misguided.

But the gracious Lord did not leave Barnabas's prayer unfruitful. He appeared to Saul, turned him from the false way and set him on the way of truth. The converted Saul fell at the feet of his friend and cried: "O Barnabas, teacher of the truth, now I am convinced of the truth of what you said to me about Christ!"

Barnabas wept for joy and embraced his friend. The friend saved his friend's soul by his fervent prayer. If Barnabas had succeeded in making Paul Emperor of Rome, he would have done less than he in fact did by bringing him to the truth by his prayers.

You may learn the Fruit of the Spirit Song –<https://www.youtube.com/watch?v=teirSPJzUAE>

Allow your youth to come up with their own verses for the song.

Additional resource: Fruit of the Spirit Song from Kh. Gigi Shadid
<https://www.youtube.com/watch?v=zax78HiDKGU>