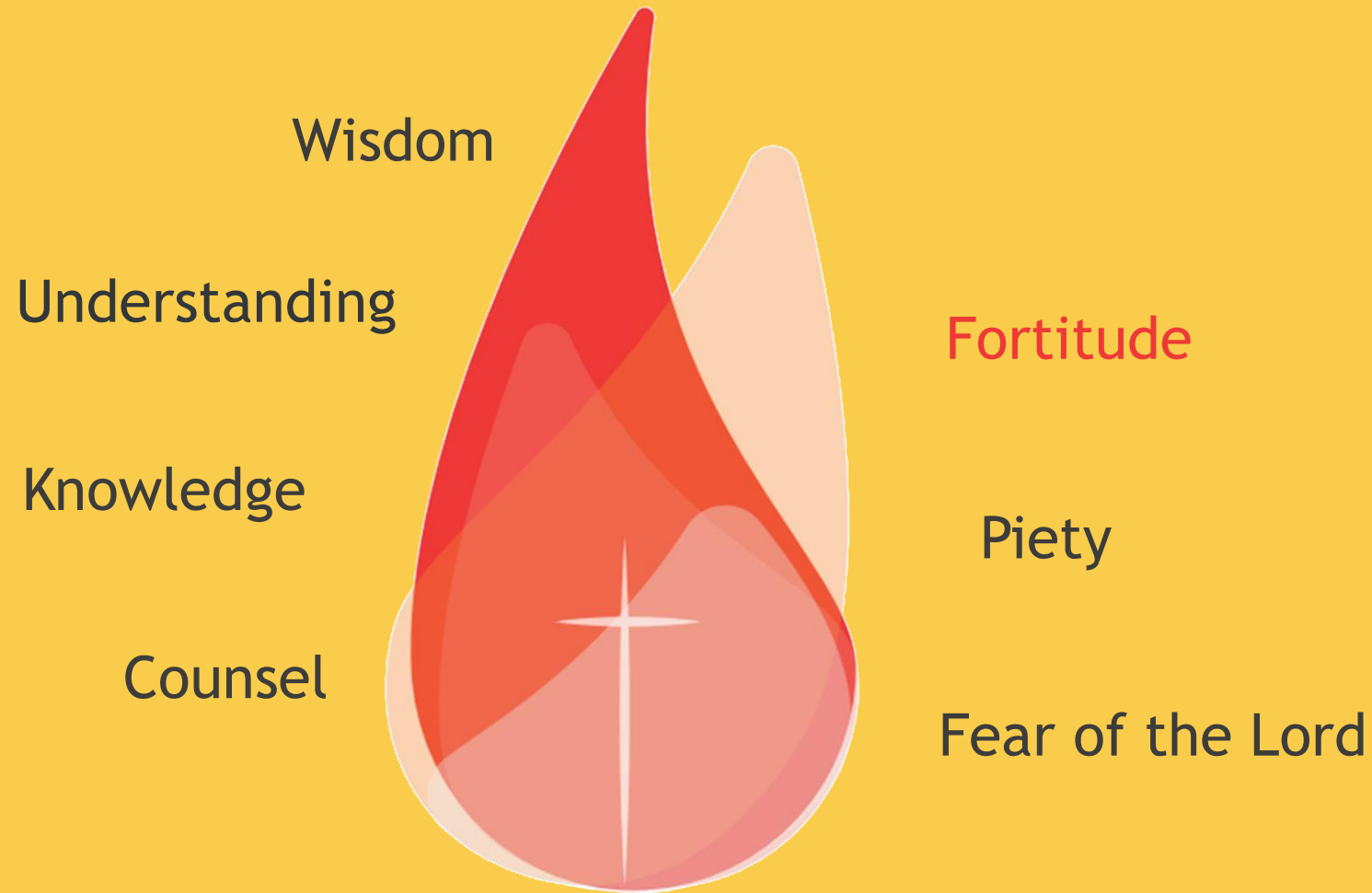


GIFTS OF HOLY SPIRIT

Session 5 - Fortitude

The 7 Gifts of the Holy Spirit



Through Jesus, these are the Gifts we will receive at Confirmation!

Introduction

In this unit we consider that in life we have a choice between right and wrong and there is pressure on us when we make these decisions.

The Holy Spirit and the gift of **Fortitude** helps us to make the right choices and be brave enough to make the right choices.

Sometimes there is peer pressure from friends and society to take the easy road but the Church and the Saints show us a better way, the road less travelled which leads to true happiness and everlasting life.



Opening Prayer



Lord Jesus, bless us as we gather together as young people from the Diocese. We are one in your name.

May your light burn brightly within us as we celebrate Your love for us.

Inspire us with your Holy Spirit.

Help us to take Your light and Your love out to the whole world. Show us how to use our gifts and talents to become who You have called us to be.

Amen

St Catherine of Siena, Pray for us.



WOULD YOU RATHER?



Ice breaker

—————
You need to make a choice between option 1 (raise your left hand) or option 2 (raise your right hand)

Option 1 (left hand)

Option 2 (right hand)

Watching TV

**Would you
rather
spend the
evening...**

Reading a book

Option 1 (left hand)

Option 2 (right hand)

Dance

**Would you
rather...**

Sing

Option 1 (left hand)

Option 2 (right hand)

Cold

**Would you
rather live
somewhere**

...

Hot

Option 1 (left hand)

Option 2 (right hand)

On a tropical
island

Would you
rather live

...

In a busy city

Decisions, decisions, decisions



Life is full of choices. Sometimes it is clear which is the best option.

Sometimes we know when something is bad and something is good and we make the right choice.

Other times we are not too sure.

The Holy Spirit and the gift of Fortitude helps us to choose good and keep choosing good no matter what.



The Holy Spirit helps us to choose wisely



“You have a choice between life and death; you will get whichever you choose”

Sirach 15:17

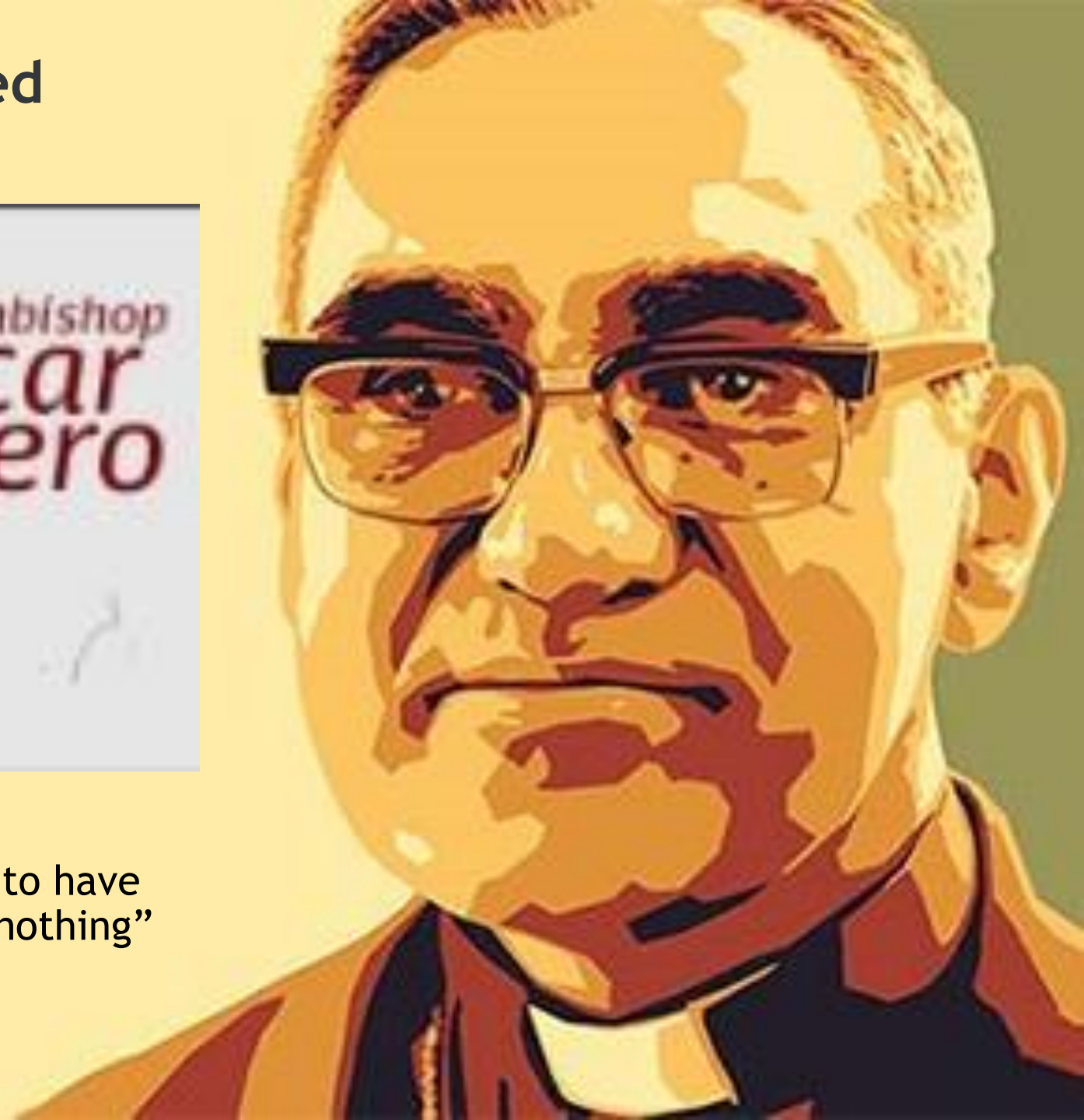




Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it." — Matthew 7:13-14



Standing up for those in need



“It is not God’s will for some to have everything and other to have nothing”

St Oscar Romero



Hero of our Faith - Blessed Chiara Badano



When she was ill she used to say:
'Jesus, if you want it, I want it too'
Could you make this your prayer too?



Input on the Moral Life and Decision Making



“The ones who have a voice must speak for those who are voiceless”
St Oscar Romero





Situation

A friend of yours keeps making bad choices and getting themselves into trouble through peer pressure.

How could you help them based on what we have learnt so far in this session?

Discussion

What are the big decisions that you have to make between right and wrong at the moment and how do you make them?



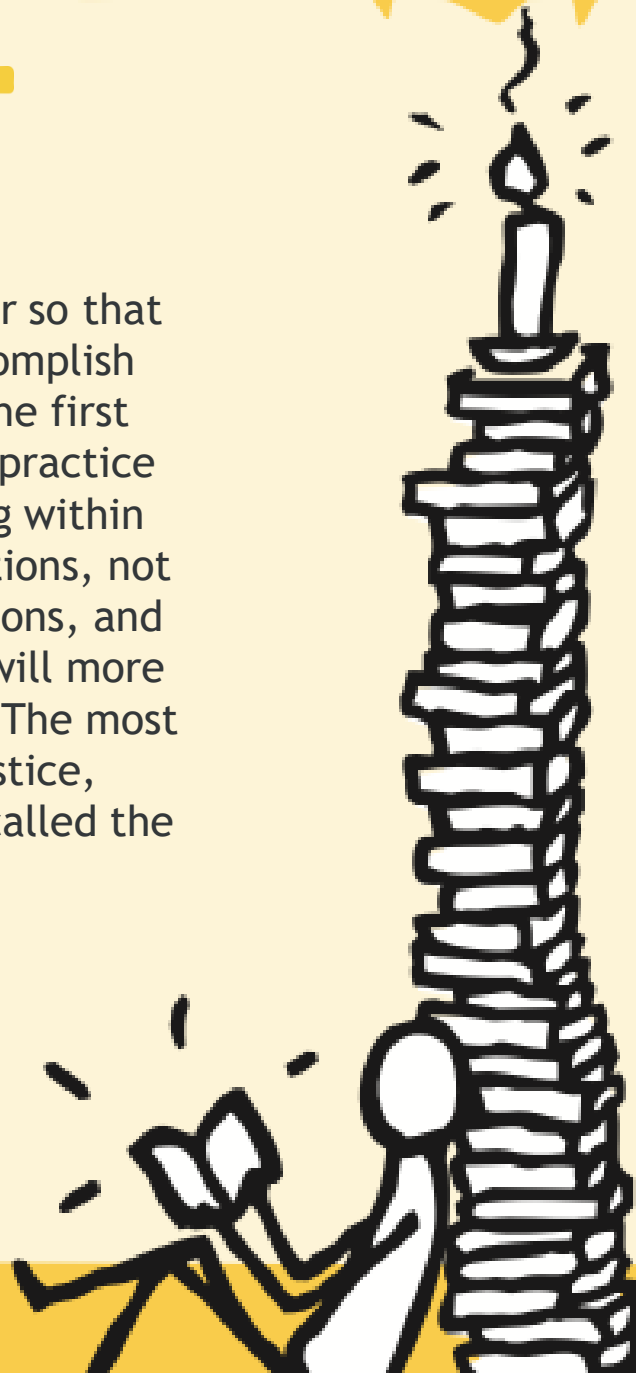
YOUCAT

“We must work at forming our character so that we can freely, joyfully, and easily accomplish what is good. A firm faith in God, in the first place, helps us to do this, but also the practice of the virtues, which means developing within ourselves, with God’s help, firm dispositions, not giving ourselves over to disorderly passions, and directing our faculties of intellect and will more and more consistently toward the good. The most important virtues are: prudence, justice, **fortitude**, temperance. These are also called the cardinal virtues”

YOUCAT 300

“Fortitude is the capacity to say no when the world wants to hear ‘yes’”

Erich Fromm



Where to find out more...



Input on the Moral Life and
Decision Making
www.youtube.com/watch?v=cXEqd6iyISY



Decision Point Videos

www.dynamiccatholic.com/confirmation/decision-point.html



Ascension Presents

www.youtube.com/channel/UCVdGX3N-WIJ5nUvklBTNhAw



Life Teen

www.youtube.com/user/LifeTeenInc/featured

Time of Prayer



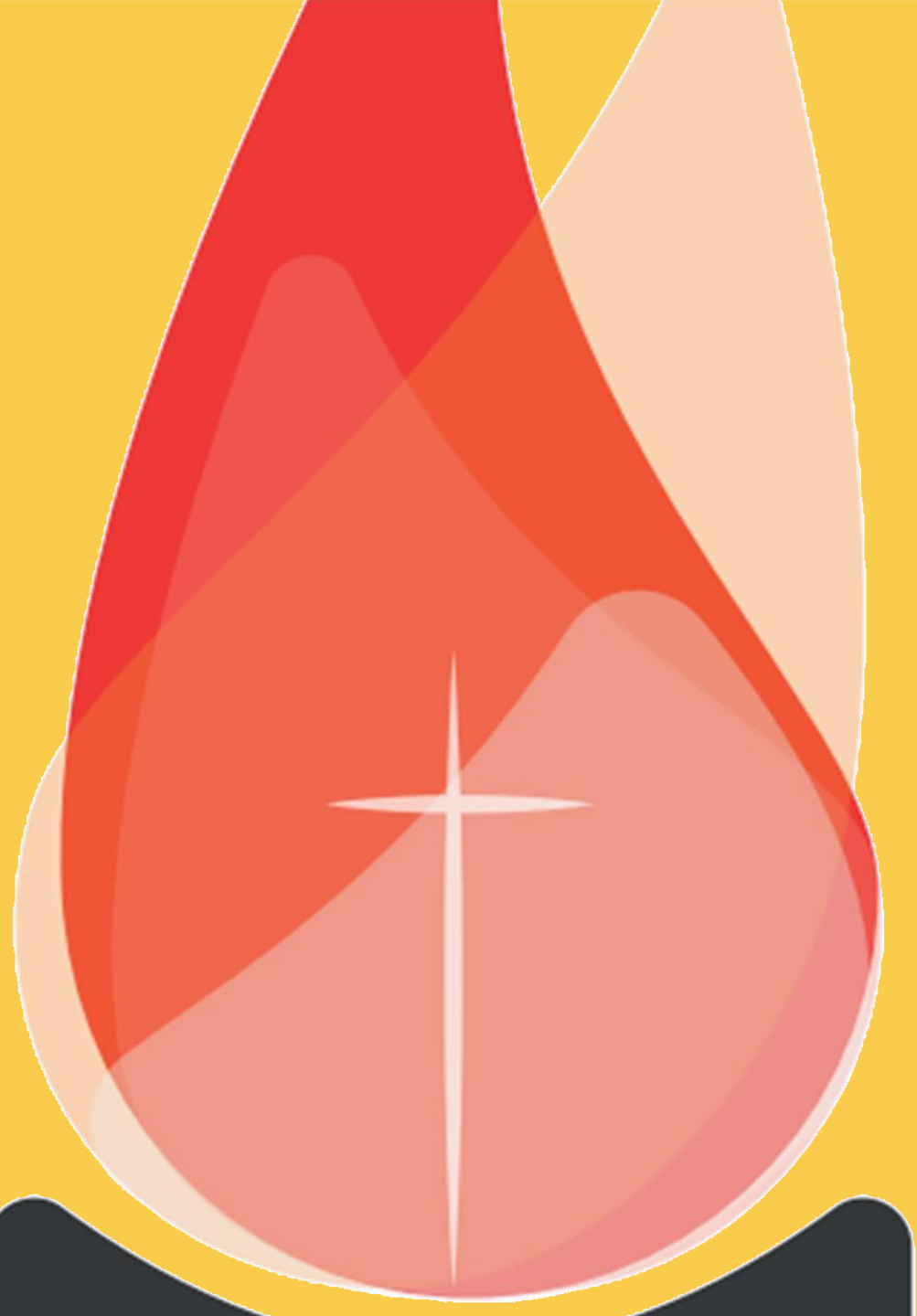
As your prayer for this week watch this video of Matt Maher singing Lord I need you on his knees before Jesus present in the Blessed Sacrament. Over 3 million young people joined Pope Francis on Copacabana Beach in Brazil for World Youth Day in 2013 singing this same prayer.

Prayer

Lord I need you, every hour
I need you. You're my one
defence, my righteousness,
O God how I need you.

Amen





“Jesus said to them again:
Peace be with you.
As the Father sent me,
so I am sending you’

JOHN **20:21**

Game

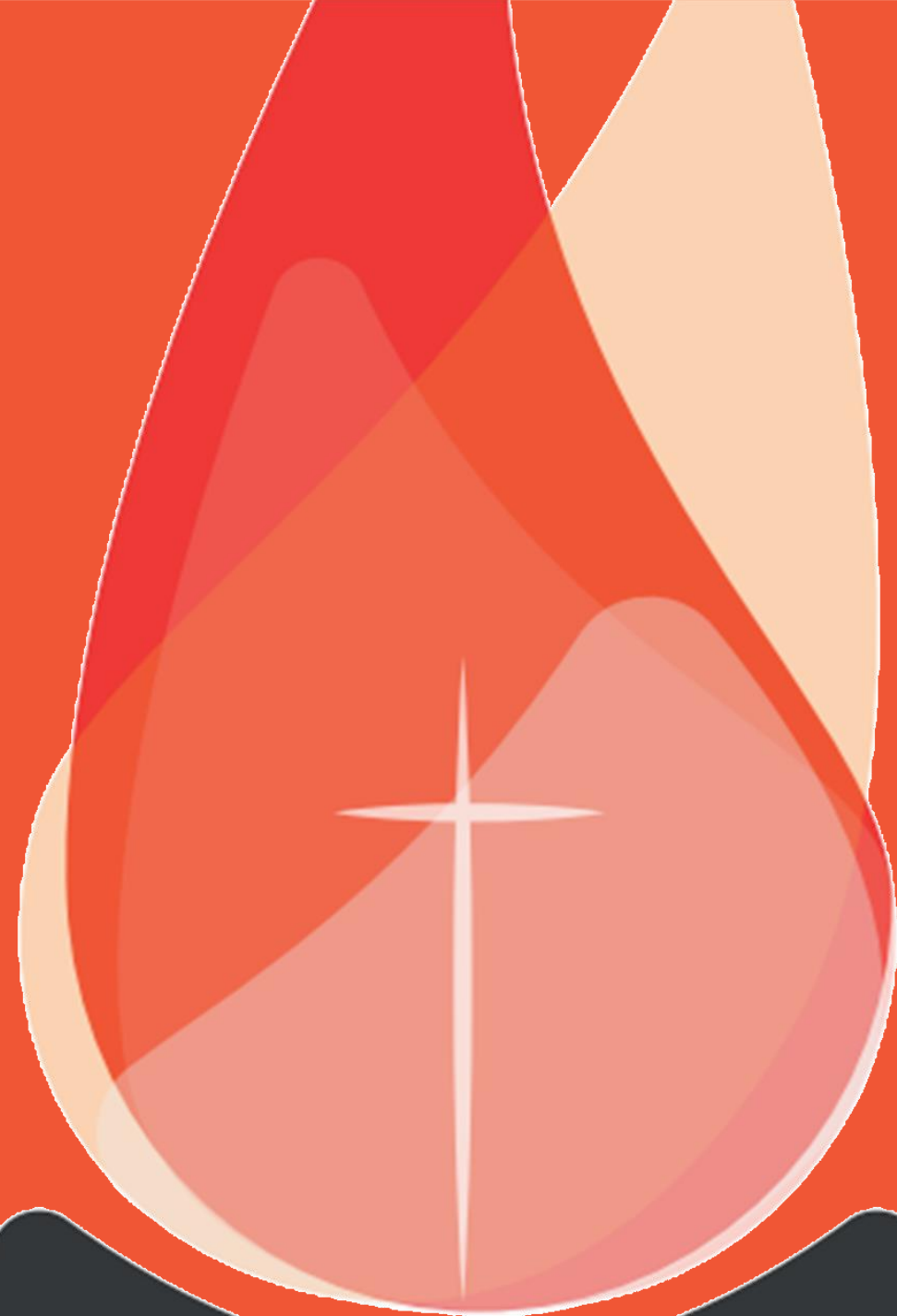
Take it in turns to tell two truths and one lie, you shouldn't lie but it's allowed for this game only, and the rest of the group needs to guess which is the lie. If they get the wrong lie, you will.

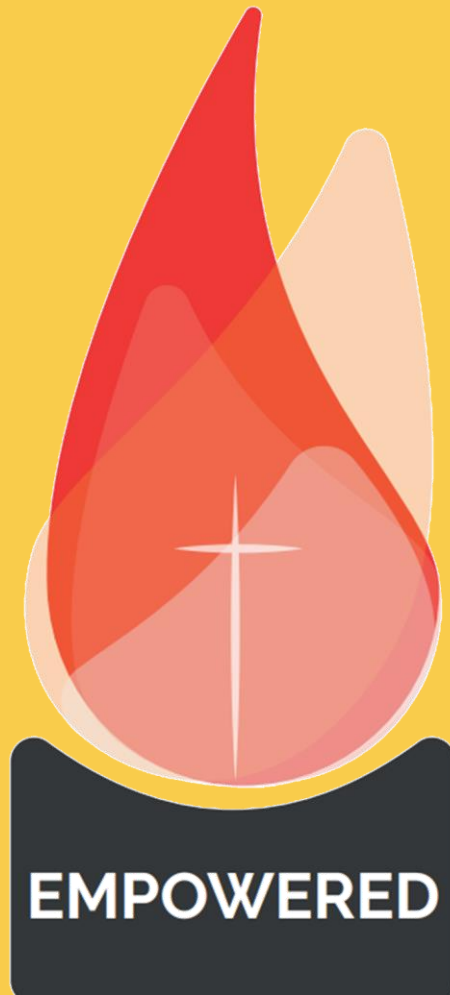
two

TRUTHS

and a **LIE**

can you spot the lie?





GIFTS OF HOLY SPIRIT

Session 5 - Fortitude