

The logo features the word "INSPIRE" in a bold, orange, sans-serif font, with a stylized yellow and orange graphic of vertical lines forming a downward-pointing triangle behind it. To the right of this graphic, the word "REFLECTION" is written in a smaller, black, sans-serif font.

Please complete this Reflection Guide to fulfill the *Inspire* badge requirements.

Catechist's Name \_\_\_\_\_ Date \_\_\_\_\_

### SESSION 1: GOD'S LOVE POURED OUT

Reflect: Fr. Dave said that it is the Love of God that gives beauty and meaning to the human person. How do you experience this and how do you share it with others?

**Come Holy Spirit! Pour your love into my heart. Open my heart to God who is Love.**

### SESSION 2: THE BREATH OF GOD

Reflect: Our faith life is not supposed to be lived in fear and in a locked room. Describe encounters with the Holy Spirit that moved you out of fear or a 'locked room' in your heart.

**Come Holy Spirit! Breathe life into the dry bones of my heart. Bring me peace...**

### SESSION 3: BAPTISM IN THE SPIRIT & FIRE

Reflect: Describe the occasions where you have experienced the power of the Holy Spirit in your life. When have you felt the Spirit's peace? fire?

**Come Holy Spirit! Open me to experience your love, peace, closeness. Help me let go of the things that trouble me or cause anxiety. Overshadow me with your forgiveness...**



Called to teach.



#### **SESSION 4: THE SPIRIT AND OUR LADY**

Reflect: When we read the scriptures about Mary and the Holy Spirit, it becomes clear that God had a plan and he uses various people, who submit to the Holy Spirit, to bring forth his plan. How is it apparent that God has a plan for your life? Who are the people who are a part of this plan?

**Come Holy Spirit! Give me the grace to echo Mary's "yes" to your will. Help me put the answers to my questions into your hands that my 'yes' might be full.**

#### **SESSION 5: GIFTS OF THE HOLY SPIRIT**

Reflect: It is essential that our stance before God is one of being open. What does it look like for you to approach the Lord with an open spirit? Are you open to receiving whatever God wants to give you?

**Come Holy Spirit! Bless and anoint me with a sensitivity to your movement in my life. Let me be attentive to your 'nudgings' and respond with what it is you call me to. Help me to use the many gifts you have given me for the furtherance of the Kingdom...**

#### **SESSION 6: THE SPIRIT AND THE EUCHARIST**

Reflect: As Catholics we believe that Sunday Mass is spiritually the most important time of the week. Do you approach Mass in that light? How do you prepare to attend liturgy?

**Come Holy Spirit! Help me to more profoundly grasp the reality that Jesus is present in the Eucharist. Show yourself to me in new and mysterious ways.**



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## SESSION 7: THE SPIRIT OF ADOPTION

Reflect: There is an innate desire in each of us to be chosen. We have been chosen by God and God's Spirit wants to place this reality on our hearts. Describe what it means that God – knowing everything about you – has chosen *you* as his adopted daughter or son.

**Come Holy Spirit! Calm my mind and heart, and show God as my loving Father. Help me to truly know that God loves me and is proud of me as an adopted child belonging to God's family.**

## SESSION 8: THE SPIRIT AND THE SACRAMENTS

Reflect: A grace of Confirmation is the ability to spread the faith by words and actions. Was this your experience of Confirmation? Perhaps that grace needs to be stirred up? How will you do this? How do you see the Holy Spirit working in your life personally and in your ministry?

**Come Holy Spirit! In baptism, you grafted me to Christ. I am now branded, configured to Christ. Reveal Jesus' saving work in my life. Help me to more deeply understand that it is not I who live, but Christ who lives in me.**

## SESSION 9: THE FRUITS OF THE HOLY SPIRIT

Reflect: What words would people who know you best use to describe the fruit your life produces? How about those who are merely acquaintances? Is there a difference?

**Come Holy Spirit! The good things that I do are a grace of living a life led by you, the Spirit of God. Show me the fruit of my life! Help me to bring forth new fruit in my life, and attend to the needs of those around me. Deepen my relationship with you...**



## SESSION 10: THE SPIRIT AND THE DESERT

Reflect: The Holy Spirit led Jesus and can lead us to the desert. What experiences have you had in which you experienced his presence 'in the desert?' How has Jesus been with you in the midst of your suffering and struggles?

**Come Holy Spirit! You are ever present. I am not alone. Help me know that in the wildernesses of my life, times of tragedy, pain, sorrow, death, aloneness, hopelessness – that you are indeed ever present and with me in my times of difficulty. Help me to trust.**

## SESSION 11: THE SPIRIT CONVICTS

Reflect: In the spiritual life, becoming more aware of our sin doesn't separate us from God, but rather it has the capacity to draw us closer to him. Also, in what seems to be a paradox, when we get closer to Christ we become more aware of our sin. The more light we have in our lives the more we are able to see into the darkness. How have you experienced this?

**Come Holy Spirit! Illuminate my mind and heart by the light of your presence. Show me where I need mercy. Show me my sin. Humble me that I might ask for forgiveness.**

## SESSION 12: THE SPIRIT'S FREEDOM

Reflect: Freedom is such a rich, powerful word. What stirs in your heart when you hear that God wants you to be free? How would your life be different if you were experiencing greater freedom?

**Come Holy Spirit! Show me what it is that binds me – is it fear, anger, an inability to forgive? Help me trust that God is bigger than whatever it is that keeps me from being free.**



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### **SESSION 13: THE SPIRIT GIVES WITNESS**

Reflect: What is your experience of each element of the kerygma: God's love, that we are sinners, that Jesus came to rescue us, and the personal choice to follow him? How have you witnessed the Holy Spirit working through you and your students?

**Come Holy Spirit! Enlighten my mind and heart to Jesus' presence. Help me hear what Christ speaks to me. Help me see who Jesus is in my daily life. Provide me with an opportunity to talk about the Lord to someone within the next few days. Help me be sensitive to this and be open to your promptings. Give me courage to speak about Jesus.**

### **SESSION 14: THE SPIRIT REMEMBERS**

Reflect: What are some practical, specific ways that you can help yourself better remember all that God has done for you? In the busyness of your day how do you make time for God?

**Come Holy Spirit! You have been so faithful to me and have continually taken care of me. Expand my capacity to receive you and recognize how you shower your love on me!**

Please complete this form, save it to your desk-top, and e-mail it to: [vocaresupport@catholiccincinnati.org](mailto:vocaresupport@catholiccincinnati.org)



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