

Chapter
5

Discover!
Finding Faith in Life

The Holy Spirit Helps Us Pray

Scripture Focus: Romans 8:26–30

Lesson Goals

- to identify that the Holy Spirit helps us to pray
- to state that when we pray, the Holy Spirit strengthens us to do God's will
- to recall that the Holy Spirit first came upon us at Baptism

Parent Preview

- Review the Scripture on page 1779 of *The Catholic Children's Bible* (Romans 8:26–30).
- Read the Background Reflection on page 4 of the chapter 5 activity booklet.
- Review this home guide chapter.

Get Ready! (10 minutes)

Pray the prayer on page 1 of the chapter 5 activity booklet.

Help your child think about and brainstorm ways the Holy Spirit helps us (by inspiring good thoughts and actions, by helping us think through problems, etc.).

Tell your child that today's lesson explores how the Holy Spirit helps us to pray.

Dive In! (20 minutes)

Read the Scripture on page 1779 of *The Catholic Children's Bible* (Romans 8:26–30).

Invite your child to answer the numbered questions on page 2 of the chapter 5 activity booklet.
Answers: 1. The Spirit comes to help us. The Spirit pleads for us. 2. God works for good in all things. 3. God set them apart to be like his Son. 4. God shares his glory.

Discuss together the questions in the blue box on page 2 of the chapter 5 activity booklet.

Read the Understand It! and Live It! sections on page 1 of the chapter 5 activity booklet. Invite your child to retell the Scripture passage in his or her own words.



Chapter 5

Discover! (20 minutes)

Read with your child the article “Holy Spirit, Help Us Pray” on the third page of this home guide chapter. Review the key words. Use the review questions to check your child’s understanding.

Invite your child to complete the puzzle at the top of page 3 of the chapter 5 activity booklet. *Answers: See solution below.*

Optional: If you have additional time, you may ask your child to color the Scripture verse on page 2 of the activity booklet or to answer the journal question in the box at the bottom of page 3.

Go! (10 minutes)

Invite your child to share one thing he or she learned from today’s lesson.

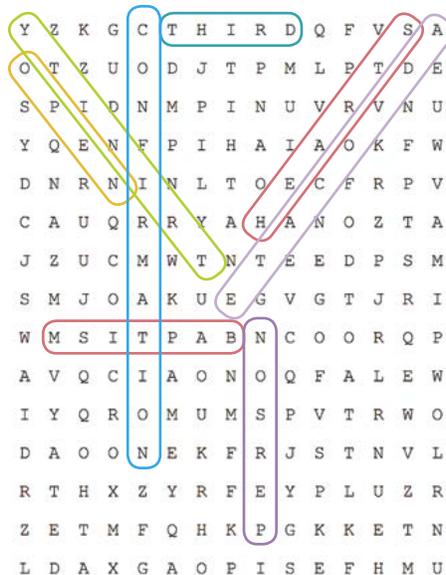
Choose one of the Family Activities on page 4 of the chapter 5 activity booklet to complete together during the next week.

Invite your child to pick a mission strip from the hat or bowl you have prepared.

Ask your child to locate in the mission booklet the challenge that was selected and to mark it with a bookmark or sticky note. Encourage your child to complete the mission during the coming week.

Conclude by praying the prayer on page 4 of the chapter 5 activity booklet.

Answer Key




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Holy Spirit, Help Us Pray

By now you know that the **Holy Spirit** comes upon us at Baptism, when we are baptized in water and the Spirit. The Sacrament of Confirmation strengthens us in the Holy Spirit, who helps us do God's will and live the mission of Christ and the Church. And in the previous lesson, you learned that the Holy Spirit was present at the very moment of God's Creation, hovering over the Earth, as the Book of Genesis tells us.

So who, exactly, is the Holy Spirit?

The Holy Spirit is the Third Person in the Holy Trinity: the Father, the Son, and the Holy Spirit. We sometimes describe the Holy Spirit as the love between the Father and the Son. The Holy Spirit is the same love that God shares with us. The Holy Spirit gives us life in God when we are reborn in Baptism.

Key Words

Advocate Helper; one name Jesus gave to the Holy Spirit.

Holy Spirit The Third Divine Person in the holy Trinity; the Advocate, or Helper, who works in us and through us for good.

We Know and Live Our Faith

The following article in the *We Know and Live Our Faith* resource corresponds to the concepts introduced in this lesson:

- "What Is Prayer?" page 64

If you have additional time, read the selection together, and ask some questions to check your child's understanding.

The Holy Spirit is always with us—working in us, and through us, for the good of all creation. The Holy Spirit helps us pray, gives us courage to follow Jesus, and shows us opportunities to help others. That is why Jesus called the Holy Spirit the **Advocate**, which means "helper."

That is why we must make sure our hearts and lives are welcoming places for the Holy Spirit. We were created with free will, so we can and must choose to be open to the Holy Spirit.

Today, ask the Holy Spirit to come into your heart and mind: "Come, Holy Spirit, come."

Review

1. When did we first receive the Holy Spirit?
2. When is the Holy Spirit with us?
3. In what ways does the Holy Spirit help us?

Turn this page upside down to check your answers!

