

# Young Apprentices

A RESOURCE FOR THE OCIA

## CATECHUMENATE SESSION: THE HOLY SPIRIT

Pentecost Sunday • Year C • June 8, 2025

### Ev'ry Time I Feel the Spirit

Ev'ry time I feel the Spirit  
Movin' in my heart, I will pray!  
Ev'ry time I feel the Spirit  
Movin' in my heart, I will pray!

African-American Spiritual



### Sunday Word

**Acts 2:1-11**

**Psalms 104:1, 24, 29-30, 31, 34**

**1 Corinthians 12:3b-7, 12-13**

**John 20:19-23**

The above readings are available at  
[usccb.org/bible/readings](http://usccb.org/bible/readings).

### To Help You Remember



When we are confirmed, we receive the Gifts of the Holy Spirit. The Gifts of the Holy Spirit are wisdom, understanding, knowledge, counsel, piety, fortitude, and fear of the Lord (see Isaiah 11:1-3).

When the Holy Spirit is active in our lives, people see the fruits. The Fruits of the Holy Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (see Galatians 5:22-23).

## A Fruit I Have and How I Use It

Think about a Fruit of the Spirit you have in your life. Write its name here. Then write about one way you use that Fruit of the Spirit in your life.

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## A Fruit I Need More Of

Think about a Fruit of the Spirit you need more of. Write the name of that Fruit here. Then pray to the Holy Spirit for more of this Fruit in your life.

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## With My Family



### We Listen

The Holy Spirit appears in all three of the readings. In the First Reading, the “tongues as of fire” are the sign of the Spirit. In the Second Reading, the spiritual gifts of the Spirit are given to each person. In the Gospel, breath is the sign Jesus uses to give the Holy Spirit to the disciples.

### We Believe

Pentecost Sunday is one of the most important days of the Church year. On this day, we celebrate that Christ’s passage from death to new life is complete with the full outpouring of the Holy Spirit.

### We Live As Disciples

We celebrate the birth of the Church on Pentecost Sunday. The disciples were given the fullness of the Holy Spirit and went out to spread the Good News. Confirmation is the sacrament that gives the baptized the full outpouring of the Holy Spirit. What is the Good News that you will tell others when you are confirmed?

### We Pray

Red is the liturgical color for Pentecost Sunday. The color red reminds us of the fire that came to rest on the disciples. Light a candle and together pray this prayer in English and in Latin!

Come, Holy Spirit!  
Veni, Sancte Spiritus!

# The Gifts of the Holy Spirit

The seven special Gifts of the Holy Spirit help us to live faithfully God's will. The chart below lists the seven Gifts of the Holy Spirit and how they help us. Read the chart to learn more!

Gifts of the Holy Spirit	How the Gifts Help Us
<b>Wisdom</b>	The Holy Spirit helps us to know God's plan for us and how God wants us to live.
<b>Understanding</b>	The Holy Spirit helps us to know better who we are so we can deepen our relationship with God.
<b>Counsel</b> (Right Judgment)	The Holy Spirit helps us to make good decisions.
<b>Fortitude</b> (Courage)	The Holy Spirit helps us to be strong when we are faced with challenges.
<b>Knowledge</b>	The Holy Spirit helps us to reflect on the mystery of God and the mysteries of the Catholic faith.
<b>Piety</b> (Reverence)	The Holy Spirit helps us to show our love for God the Father in worship and prayer.
<b>Fear of the Lord</b> (Wonder and awe)	The Holy Spirit helps us to be filled with wonder and thanks for all that God has done for us.

## FAMILY ACTIVITY

1. Share with your family a time when one of the Gifts of the Holy Spirit helped you. Tell what the Gift of the Holy Spirit was and how it helped.
2. Share with your family the Gift of the Holy Spirit you would like more of in your life and why. When everyone in your family has shared, pray together the Prayer to the Holy Spirit.