

The Role of the Holy Spirit in the Sacraments

VIDEO LINK:

https://www.youtube.com/watch?time_continue=2&v=ytj7Ip4AahU

GOAL SUMMARY:

The goal of this session is to help young people realize that within the 7 Sacraments, while each of us has a role, it is that of 'recipient', because God is at work within them. Specifically, the Holy Spirit is at work in each of the sacraments. We want to help teens realize that the focus of the sacraments is God and how He is working within our lives within the sacraments.

VIDEO SUMMARY

This video does a short introduction on the 7 Sacraments and very briefly explains what happens during each of them.

DISCUSSION QUESTIONS:

1. Considering each of the sacraments and the work of the Holy Spirit in each one, which sacrament seems the most awesome? Why?
2. The Holy Spirit is at work in each of the sacraments. What does He do in each of them?
3. How do we live each of the sacraments?
4. Since Jesus instituted each of the sacraments, how does the Holy Spirit have a role within them?
5. Often we focus on our own roles within the sacraments, thinking they are all about 'us'. Why is it more appropriate to put the emphasis on the Holy Spirit and what He is doing?

SEND:

Today was an opportunity to look at each of the sacraments and consider the work of the Holy Spirit within each one. It is important to remember that such amazing, supernatural things happen everyday within our lives and the life of the Church. Pray to the Holy Spirit and ask Him to help you be a better child of God and to help you as you receive Holy Communion and the rest of the sacraments in your life. The sacraments were instituted by Christ, but it is the Holy Spirit who is presently acting within them, transforming them and making them supernatural.

To close, read aloud the prayer after communion from Pentecost Sunday:

O God, who bestow heavenly gifts upon your Church, safeguard, we pray, the grace you have given, that the gift of the Holy Spirit poured out upon her may retain all its force and that this spiritual food may gain her abundance of eternal redemption. Through Christ our Lord.