

# Parent/Adult Catechesis

## Living Our Baptismal Promises

God continues to journey with us, to make and keep his promises even when we turn away from him.

*What does this tell me about who God is in my life?*

---

---

---

---

God came to dwell among us in the person of his own Son, Jesus. Jesus is God's great gift to us.

*How have I responded to the gift of Jesus in my life? What steps have I taken to develop a relationship with God?*

---

---

---

---

God does not expect us to follow our promises all by ourselves. He gives us a family of faith, a community of believers to help us. That community is the Church, the People of God.

*Who in my own parish has been a witness to me of what it means to live out our Baptism? How or why?*

---

---

---

---

## **Living Our Baptismal Promises** (continued)

We meet the living God in all of the sacraments. Through the Sacraments of Initiation—Baptism, Confirmation, and Eucharist—we become members of the Body of Christ and temples of the Holy Spirit. We receive the fullness of the Holy Spirit, and share in Christ’s Body and Blood to be nourished to live as Jesus’ disciples.

*How has my experience of these sacraments strengthened and empowered me, through the Holy Spirit, to grow closer to Jesus and to deliver his message to others?*

---

---

---

---

The Church is a sacrament, a living symbol of God’s presence. As a member of the Church, we are invited into a deeper relationship with God the Father, Jesus the Son, and the Holy Spirit who dwells in us.

*What difference does being Catholic make in my life?*

---

---

---

---

Through the sacraments of the Church, we are invited to seek and see the face of God. The Holy Spirit animates and empowers us so that this is possible.

*How do I seek and see the face of God?*

---

---

---

---

## **Living Our Baptismal Promises** (continued)

The Holy Spirit guides us into a deeper faith.

*Who do I know whose life mirrors the love and harmony of the Spirit? How does my life reflect the love and harmony of the spirit?*

---

---

---

---

# Parent/Adult Catechesis

## Renewal of Our Baptismal Promises

Pray the Renewal of Baptismal Promises together with the members of your household. Use the holy water to bless each other at the conclusion of the prayer.

**Leader:** Heavenly Father, at Baptism, we were joined to you, your Son Jesus Christ and your Holy Spirit. We were welcomed into the family of the Church. Hear our prayer as we remember our Baptism. We ask this through your Son, Jesus, who lives and reigns forever.

**All:** Amen.

### Renunciation of Sin

**Leader:** Do you reject sin so as to live in the freedom of God's children?

**All:** I do.



**Leader:** Do you reject the glamor of evil, and refuse to be mastered by sin?

**All:** I do.

**Leader:** Do you reject Satan, father of sin and prince of darkness?

**All:** I do.

### Profession of Faith

**Leader:** N., do you believe in God, the Father almighty, creator of heaven and earth?

**All:** I do.

**Leader:** Do you believe in Jesus Christ, his only Son, our Lord...

**All:** I do.

**Leader:** Do you believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting?

**All:** I do.

"Rite of Christian Initiation," 224–225

**Leader:** Now we bless each other with the water of our salvation, in the name of the Father, and of the Son, and of the Holy Spirit. May the Holy Spirit be with us on our journey of faith. Amen.

Pass around the holy water, and bless each other on the forehead with the Sign of the Cross.

# Parent/Adult Catechesis

## Keeping the Flame of Faith Alive

Faith is part of a life-long relationship with God. The Holy Spirit supports and guides us as we grow in faith. We nurture and strengthen our personal faith and our communal faith by our practices and disciplines. Here are some of the ways we can keep the flame of faith alive:

*Spend time in personal prayer*  
*Meditate on Scripture*  
*Reach out in service to those in need*  
*Participate in the liturgies and celebrations of the Church*

*Celebrate the sacraments*  
*Learn more about our faith*  
*Participate in the parish community*  
*Pray as a household of faith*

What practices and disciplines do you incorporate now in your own life to keep the “flame of faith alive”? What things can you start doing that will help you grow in faith?

Personal Practices or Disciplines		Communal Practices or Disciplines	
What I do now...		What I do now...	
What I can start doing...	My plan...	What I can start doing...	My plan...

# Parent/Adult Catechesis

## Come, Holy Spirit

A Prayer for Households of Faith

**Gather** with the members of your household around a table, or around a simple prayer space. Place a Bible and a candle in the prayer space.

**Light** the candle, praying:  
*Light of Christ, fill us with your life.*

**Proclaim** John 8:12.

**Reflect** quietly on how your household has followed Jesus, the light of the world, in your attitudes and actions.



**Pray together:**

*Come Holy Spirit,*

*Open our eyes that we may see the events of our lives through the eyes of faith.*

*Open our ears that we may hear the word of God spoken to us.*

*Open our heart, that we may grow more in love with God who has loved us first.*

*Open our hands and move our feet in faith to serve others.*

*We ask this in the name of Jesus Christ, who is Lord.*

*Amen.*

# Parent/Adult Catechesis

## The Holy Spirit

### *A Scriptural Reflection*

Read the following Scriptures and afterward reflect silently on the questions.

<p>“When the <b>Spirit of truth</b> comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come.”</p> <p><i>(John 16:13)</i></p>	<p>How does the Spirit of truth guide you?</p>
<p>Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, “Cursed is everyone who hangs on a tree”—in order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the <b>promise of the Spirit</b> through faith.</p> <p><i>(Galatians 3:13–14)</i></p>	<p>When has the promise of the Spirit been evident on your journey of faith?</p>
<p>For you did not receive a spirit of slavery to fall back into fear, but you have received a <b>spirit of adoption</b>. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God...</p> <p><i>(Romans 8:15)</i></p>	<p>Slowly breathe in and out. Pray “Abba, Father.” Remember that you are a child of God, through a spirit of adoption.</p>
<p>Concerning this salvation, the prophets who prophesied of the grace that was to be yours made careful search and inquiry, inquiring about the person or time that the <b>Spirit of Christ</b> within them indicated when it testified in advance to the sufferings destined for Christ and the subsequent glories.</p> <p><i>(1 Peter 1:10–11)</i></p>	<p>Who, through his or her actions, has shown you the Spirit of Christ?</p>

**The Holy Spirit *A Scriptural Reflection*** (continued)

<p>Now the Lord is the Spirit, and where the <b>Spirit of the Lord</b> is, there is freedom. (2 Corinthians 3:17)</p>	<p>Through the death and Resurrection of Jesus, we are free from death. How has the Spirit of the Lord brought “life” into your life?</p>
<p>But you are not in the flesh; you are in the spirit, since the <b>Spirit of God</b> dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. (Romans 8:9–13)</p>	<p>Meditate on this Scripture passage. Thank and praise God for his Spirit who dwells in you.</p>

# Parent/Adult Catechesis



All-powerful God, Father of our Lord Jesus Christ,  
by water and the Holy Spirit  
you freed your sons and daughters from sin  
and gave them new life.  
Send your Holy Spirit upon them  
to be their Helper and Guide.  
Give them the spirit of wisdom and understanding,  
the spirit of right judgment and courage,  
the spirit of knowledge and reverence.  
Fill them with the spirit of wonder and awe in your presence.  
We ask this through Christ our Lord.  
Amen.

“Rite of Confirmation,” 25

## Parent/Adult Catechesis

Gifts of the Holy Spirit		
Wisdom	—the power to love what is of God and to value all of God’s creation	With wisdom I...
Understanding	—the power to know how to live my life as a follower of Jesus and apply the teachings of the Church to my life	With understanding I...
Right Judgment	—the power to know how to make right choices and good decisions	With right judgment I...
Courage	—the power to stand up for my beliefs and the values of Jesus’ message even when it is difficult	With courage I...
Knowledge	—the power to see all of life and creation through God’s eyes	With knowledge I...
Reverence	—the power to see God’s presence in all people and life experiences	With reverence I...
Wonder and Awe	—the power to recognize how awesome God is	With wonder and awe I...

## Parent/Adult Catechesis

Think for a few moments of all the possible images associated with wind and fire. In the third column, write down a few of these ideas. Note that the images do not have to be only religious or spiritual ones.

Images of the Spirit	Scripture	Images
Wind	And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. (Acts 2:2)	
Fire	“I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire.” (Matthew 3:11)  Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. (Acts 2:3-4)	

## Parent/Adult Catechesis

Thus the Church's mission is not an addition to that of Christ and the Holy Spirit, but is its sacrament: in her whole being and in all her members, the Church is sent to announce, bear witness, make present, and spread the mystery of the communion of the Holy Trinity... Because the Holy Spirit is the anointing of Christ, it is Christ who, as the head of the Body, pours out the Spirit among his members to nourish, heal, and organize them in their mutual functions, to give them life, send them to bear witness, and associate them to his self-offering to the Father and to his intercession for the whole world. Through the Church's sacraments, Christ communicates his Holy and sanctifying Spirit to the members of his Body.

*The Catechism of the Catholic Church, 738, 739*

According to these paragraphs of the *Catechism*, we are sent to: announce, bear witness, make present, and spread the mystery of God (the communion of the Holy Trinity), nourish, heal, and give life.

How are we as Christians called to be active in the world and give witness to these mandates? List some actions or places where this witness is being proclaimed, or needs to be proclaimed.

- Announce
- Bear witness
- Spread the mystery of God
- Nourish
- Heal
- Give life

## Parent/Adult Catechesis

Jesus stood up to read and was handed a scroll of the prophet Isaiah.

He unrolled the scroll and found the passage where it was written:

**“The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.**

**He has sent me  
to proclaim release to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
to proclaim the year of the Lord’s favor.”**

And he rolled up the scroll, gave it back to the attendant, and sat down.

The eyes of all in the synagogue were fixed on him. Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

Luke 4:17-21

# Parent/Adult Catechesis

## The Holy Spirit—God’s Gift

733 “God is Love”<sup>124</sup> and love is his first gift, containing all others. “God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”<sup>125</sup>

734 Because we are dead or at least wounded through sin, the first effect of the gift of love is the forgiveness of our sins. The communion of the Holy Spirit<sup>126</sup> in the Church restores to the baptized the divine likeness lost through sin.

735 He, then, gives us the “pledge” or “first fruits” of our inheritance: the very life of the Holy Trinity, which is to love as “God [has] loved us.”<sup>127</sup> This love (the “charity” of 1 Cor 13) is the source of the new life in Christ, made possible because we have received “power” from the Holy Spirit.<sup>128</sup>

736 By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear “the fruit of the Spirit... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”<sup>129</sup> “We live by the Spirit,” the more we renounce ourselves, the more we “walk by the Spirit.”<sup>130</sup>

“Through the Holy Spirit we are restored to paradise, led back to the Kingdom of heaven, and adopted as children, given confidence to call God ‘Father’ and to share in Christ’s grace, called children of light and given a share in eternal glory.”<sup>131</sup>

*The Catechism of the Catholic Church, 733–736*

---

124 1 Jn 4:8,16.

125 Rom 5:5.

126 2 Cor 13:14.

127 1 Jn 4:11–12; cf. Rom 8:23; 2 Cor 1:21.

128 Acts 1:8; cf. 1 Cor 13.

129 Gal 5:22–23.

130 Gal 5:25; cf. Mt 16:24–26.

131 St. Basil, *De Spiritu Sancto*, 15,36:PG 32,132.

# Parent/Adult Catechesis

## Our Call to Holiness

“All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity.”<sup>65</sup> All are called to holiness: “Be perfect, as your heavenly Father is perfect.”<sup>66</sup>

In order to reach this perfection the faithful should use the strength dealt out to them by Christ’s gift, so that... doing the will of the Father in everything, they may wholeheartedly devote themselves to the glory of God and to the service of their neighbor. Thus the holiness of the People of God will grow in fruitful abundance, as is clearly shown in the history of the Church through the lives of so many saints.<sup>67</sup>

*The Catechism of the Catholic Church, 2013 (65 LG 40 § 2; 66 Mt 5:48; 67 LG 40 § 2)*

...all the faithful of Christ of whatever rank or status, are called to the fullness of the Christian life and to the perfection of charity... They must follow in His footsteps and conform themselves to His image seeking the will of the Father in all things. They must devote themselves with all their being to the glory of God and the service of their neighbor. In this way, the holiness of the People of God will grow into an abundant harvest of good, as is admirably shown by the life of so many saints in Church history... The classes and duties of life are many, but holiness is one—that sanctity which is cultivated by all who are moved by the Spirit of God, and who obey the voice of the Father and worship God the Father in spirit and in truth. These people follow the poor Christ, the humble and cross-bearing Christ in order to be worthy of being sharers in His glory. Every person must walk unhesitatingly according to his own personal gifts and duties in the path of living faith, which arouses hope and works through charity.

*Dogmatic Constitution on the Church, Lumen Gentium, 40, 41*

...as he who called you is holy, be holy yourselves also in all your conduct for it is written, “You shall be holy, for I am holy.”

(1 Peter 1:15–16)

I... beg you to lead a life worthy of the calling to which you have been called...

(Ephesians 4:1)

# Parent/Adult Catechesis

## Examination of Conscience

Read and reflect on these passages. From them form questions you can use to examine your conscience or questions that would be suitable for young people. The word of God reveals how God wishes us to live!

“You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.”

*(Luke 10:27)*

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.”

*(Matthew 5:3–10)*

**Examples of questions:** Do I truly love my neighbor? Do I deal in a caring way with my friends who are ill or hurt?

# Parent/Adult Catechesis

## Suggested Scripture passages for celebrating the Sacrament of Reconciliation

Deuteronomy 6:3-9—Love the Lord your God with your whole heart.

Sirach 28:1-7—Forgive your neighbor when he hurts you, and then your sins will be forgiven when you pray.

Isaiah 55:1-11—Let the wicked man forsake his way and return to the Lord, and he will have mercy on him because he is generous in forgiving.

Jeremiah 7:21-26—Listen to my voice, and I will be your God, and you will be my people.

Ezekiel 18:20-32—If a wicked man turns away from his sins, he shall live and not die.

Hosea 14:2-10—Israel, return to the Lord your God.

Joel 2:12-19—Return to me with your whole heart.

Micah 6:1-6—Do right and love mercy, and walk humbly with your God.

Psalms 25—Turn to me, Lord, and have mercy.

Psalms 51—Give back to me the joy of your salvation.

Psalms 95—If today you hear his voice, harden not your hearts.

Psalms 130—With the Lord there is mercy, and fullness of redemption.

Matthew 3:1-12—Repent, for the kingdom of heaven is close at hand.

Luke 19:1-10—The Son of Man has come to seek out and save what was lost.

John 8:1-11—Go and sin no more.

Romans 6:16-23—The wages of sin is death; the gift of God is eternal life in Christ Jesus our Lord.

2 Corinthians 5:17-21—God reconciled the world to himself through Christ.

Ephesians 5:1-14—You were once in darkness; now you are light in the Lord, so walk as children of light.

1 John 1:5-10, 2:1-2—If we confess our sins, he is faithful and just and will forgive our sins and cleanse us from all injustice.

# Parent/Adult Catechesis

## Blessing for Mission

**Leader:** Just as the disciples were filled with the Holy Spirit and went out to tell the Good News in word and action, so are you. Let us pray for God's blessing.

Jesus went about the earth doing good. He left us his example to follow. May his love be the guide for all you do.

**All:** Amen.

**Leader:** Lord, you came on earth to serve others. May your example strengthen us.

**All:** Amen.

**Leader:** Through your dying and rising, you made a new world where we are all neighbors called to love one another. May we live our lives according to your Gospel.

**All:** Amen.

**Leader:** Let us pray that God who is love will light our hearts with the fire of the Holy Spirit and give us a love for others, like Christ's love for us.

*Bow your heads and pray for God's blessing.*

Blessed are you God of mercy, through your Son Jesus you gave us an example of love. Send down your blessing on us. Help us to generously serve others when we see their need. Let us serve you in our neighbor.

**All:** Amen.

[adapted from the *Book of Blessings*, 585–586]

## Closing Prayer

*Come forward and make the Sign of the Cross with the holy water.*

**Leader:** Let us go forth to love and serve the Lord.

**All:** Thanks be to God.

# Parent/Adult Catechesis

## We Go Forth

Read the following selection from *Sacrosanctum Concilium* (The Constitution on the Sacred Liturgy) from the Second Vatican Council.

For the liturgy, through which “the work of our redemption takes place,” especially in the divine sacrifice of the Eucharist, is supremely effective in enabling the faithful to express in their lives and portray to others the mystery of Christ and the real nature of the true Church... The liturgy daily builds up those who are in the church making of them a holy temple of the Lord, a dwelling-place for God in the Spirit (see Eph 2:21–22), to the mature measure of the fullness of Christ (see Eph 4:13). At the same time it marvelously enhances their power to preach Christ and thus show the church to those who are outside as a sign lifted up among the nations (see Is 11:12), a sign under which the scattered children of God may be gathered together (see Jn 11:52) until there is one fold and one shepherd. (SC, 2)

Reflect on the following points drawn from the reading, and answer the reflection questions.

- The Eucharist allows us to express in our lives, and manifest to others, the mystery of Christ. We do this first in our common participation in the Lord’s Supper. Then we take that which we have been fed, Christ himself, out into the world for the service of others.

*In what ways do you take Christ into the world?*

- We do not participate in Eucharist only for our own contentment or blessing. Rather, we are sent forth from the Eucharistic banquet to be food for others. The words of dismissal (“Go to love and serve the Lord”) are a mission. Nourished by our reception of, and participation in the Body of Christ, we accept that mission.

*How would you describe your mission in concrete everyday terms?*

- All of us are called to preach Christ. Some (the ordained) are commissioned to do it in formal ways during liturgy. But all Christians are called to preach by the virtue and generosity of our lives. It is our job to go forth from Eucharist into the world and proclaim the Gospel in all we do, both explicitly and implicitly.

*What does “preaching Christ” mean to you?*