

# Catching Fire - Meeting 4

Living Bread From Heaven  
Gift of the Spirit

## Part 1 - Living Bread From Heaven

- 1) Take some time catching up with your sponsor/candidate. Share high points and low points from the time since you last saw each other. Share with each other how you have seen God working in your lives since you last met.
- 2) In your Bibles, read John 6:22-59, the Bread of Life Discourse, when Jesus tells the crowds that He is the bread of life come down from Heaven. Discuss the ways you need Jesus to feed you. What good things are you hungry for?

Next time you receive the Eucharist, ask Jesus to feed you in these ways. As Catholics we truly believe Jesus is present body, blood, soul, and divinity in the Eucharist, the living bread come down from Heaven. The Eucharist is not just a sign or symbol of Jesus, but our Lord and God Himself veiled by bread and wine. Can we prove it to you scientifically? No. Not everything can be explained or proven scientifically. If you could prove everything scientifically, there would be no need for faith. This is a beautiful and amazing mystery of our Catholic faith!

There is no other Church in the world in which you can find Jesus truly present in the Eucharist! The Eucharist is uniquely Catholic! When you go to Mass, remember that it's not the music or the priest's homily that makes the Mass; it's the presence of the King of Kings in the Holy Sacrament of the Altar (Eucharist).

You might be thinking to yourself, "I'm not sure if I believe that Jesus is truly present in the host that I receive at Mass." You would be the first person to have doubts. Great faith and great doubt often go hand in hand. There was a priest who lived in Lanciano, Italy around the year 700 who was plagued with great doubts about true presence until one day. After that day, he never doubted that Jesus was truly present in the Eucharist again! So what happened?

The Priest was celebrating Mass in a small church, even though he was filled with doubts about the real presence of Jesus in the Eucharist. As he said the Words of Consecration, ("Take this all of you, and eat of it, for this is my body which will be given up for you."), the bread changed to living flesh and the wine changed into blood right before his eyes. Today you can go to Lanciano and see the flesh and blood that has remained there for more than thirteen hundred years. The flesh and blood have been studied by scientists on a number of occasions, and the following conclusions have been drawn. The flesh is real human flesh, the blood is real human blood, the flesh is muscular tissue from the heart, and the blood is AB positive which is the same type of blood found of the Shroud of Turin, which is believed by many to be the burial cloth of Christ. There is no evidence of preservatives, or any other chemical agents present. This is one of thousands of Eucharistic miracles that have been documented throughout the life of the Church.

Is there a person in your life whose presence just makes you feel calm and safe? Who is that person? What about them makes you feel that way?

**When did you first learn about Jesus being present in the Eucharist? How did you react when you found out?**

**How do you think your life would change if you spent one hour each week sitting quietly in Jesus' presence in the Blessed Sacrament?**

## Part 2 - Gifts of the Spirit

You have already been baptized, you have received your first Eucharist, and now you are preparing to complete the sacraments of initiation to become a full member of the Catholic Church through the Sacrament of Confirmation.

In the Sacrament of Confirmation, you will receive the seven gifts of the Holy Spirit: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. For definitions of the Gifts & the Fruits of the Spirit, see the lists below.

When a person goes skydiving, they get suited up into protective gear so when they are dropped out of a plane from thousands of feet in the air, they are ready to navigate a safe landing. You don't just get suited up to go skydiving and then sit on the couch and eat potato chips. In a sense, the Gifts of the Holy Spirit are your skydiving gear. When you receive them, you are equipped with the "gear" you need to go out and be a mature disciple of Jesus Christ.

If we are really allowing the Holy Spirit to flourish within us, the fruits of the Holy Spirit will be bubbling forth in our lives! Embracing the gifts of the Holy Spirit is the path to the fruits of the Holy Spirit which are : Love, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, self - Control and Chastity.

## 7 Gifts of the Spirit

1. Wisdom = the ability to discern what is true, right, and lasting. It enables you to see life from God's perspective. It helps you to establish the right priorities in your life and leads you to think and act in mature ways.
2. Understanding = allows you to look beyond the shallowness of the world and see the lasting truth in every situation, by recognizing how God is working in our lives.
3. Counsel = the right judgement that allows us to see what is right and what is wrong, and the prudence to act accordingly
4. Fortitude = the courage and strength of will to do what you know you should, even if it means personal loss or suffering
5. Knowledge = the ability to see things from a supernatural viewpoint. In particular, to know what God is asking of you.
6. Piety = loyalty to God that manifests as generous love and affectionate obedience. This is the gift that allows you to love and worship God as he deserves to be loved and worshipped.
7. Fear of the Lord = what helps us to grasp God's greatness and our dependence on him. As a result, we are filled with enormous respect for God and we dread above all offending him or being separated from him. Our Jewish ancestors believed that fear of the Lord was the beginning of wisdom. Of course, it is not a fear like we usually think of today. It is more like an overwhelming sense of not wanting to disappoint the One who has done (and continues to do) so much for us.

## 12 Fruits of the Spirit

1. Love = to love God above all things and to love others as God calls us to
2. Joy = more than just being happy, joy is a feeling awakened by the possession or expectation of something good. And this joy can be present deep within us even when things don't go our way.
3. Peace = The serenity and tranquility that flows from order. The world can make our lives disordered and chaotic. God wants to bring order to our lives - and with that order comes deep and abiding peace.

4. Patience = enables us to endure inconvenience, difficulties, and hardship without complaint
5. Kindness = Concern for others who are in trouble or need
6. Goodness = doing what is good and right in every circumstance
7. Generosity = To give freely of our time, talent, and treasure beyond what justice requires
8. Gentleness = To be submissive to God and considerate of others
9. Faithfulness = to be reliable and trustworthy
10. Modesty = the moderation of our speech, dress, and behavior
11. Self - Control = The control of our desires so that we can focus them on what is good and right
12. = Chastity = the moderation of our desires for sexual pleasure according to right reason, faith, and state in life (vocation)

Which gift of the spirit do you think you are most in need of? Why?

Which person in your life would you like to fill with joy? How can you do this?

How would a lack of self - control make it harder to experience the other 11 fruits of the spirit?

### Prayer Challenge

Say a prayer to the Holy Spirit each day before school/work.