

Temple of the Holy Spirit

Preparation for the Session

This session has parts that will take place at different times. You will gather with your child for Part 1: Invite. Your child will then work independently on Part 2: Discover, and you will read that section of the chapter on your own as well. Finally, you will come together again later in the week for Part 3 to review and complete the In Summary & Live section.

In this chapter, your child will cover the following objectives:

- Explain Paul's description of the body as a temple of the Holy Spirit
- Relate the health of the body to the health of the soul
- Examine how Baptism and Confirmation strengthen us to be Christ's witnesses
- Explore how the seven Gifts and Fruits of the Holy Spirit help us to live as disciples
- Describe the Mystical Body of Christ as an image of Church, which unites all believers
- Explain how the Holy Spirit animates the Mystical Body of Christ

Parents, Consider This: *What does being Catholic mean to you? What has helped you come to appreciate the gift of faith and the gift of the Church? Reflecting on this and sharing your thoughts with your son/daughter is one way to help him/her learn more about what faith is. Think of touch points that might connect with your child's life, like finding strength in a troubling time, being inspired by a hero of faith, or experiencing the amazing blessing being a parent to him/her has been. Sharing these stories in loving ways can help move your child's concept of faith from the abstract to the real. At this time in your daughter/son's development, becoming independent can take on a high priority. This drive can be so strong that she/he can engage in high risk behaviors that lead her/him down the wrong path. In this chapter of **Alive in Christ**, you and your child will be considering the union of body and soul and the how the help of the Holy Spirit can strengthen us to make choices that lead us to become the people God made us to be. Staying close to the Church and understanding we are the Body of Christ can save your child from choices that could be harmful, physically or spiritually. Speak from your heart as you share this important message with your child.*

Children at This Age: *Eighth graders understand and express most things through the lens of their own experience. That is why it is very important to share experiences that expand your son/daughter's faith, such as opportunities to pray, to serve, and to go on retreats with others who can be a positive influence. Young adolescents sense the Spirit through emotion and imagination more than through intellect. Their comprehension of faith will be built on the foundation of believing it in their heart. You need to reach both the head and the heart of your child to help him/her grow in an understanding of faith and live it.*

PART 1: Invite

Turn to Page 115,
Temple of the Holy Spirit

Make sure you have a Bible, writing tools for both of you, and some paper.

Find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Together make the Sign of the Cross. Pray the first three lines of the leader role. Invite your child to pray the Psalm verse. Both of you respond with the part marked “All.”

Explain that we cannot hide from the presence of God. He is always present through the Holy Spirit.

Say: As the Church, we are temples of the Holy Spirit. God the Holy Spirit lives within each of us.



Guide your child through the Preparing for God’s Word ritual you learned in the Introduction Session.

- Proclaim the Scripture in the Parchment Paper box on the page.
- Maintain several moments of silence.
- *Ask:* What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Say: The Holy Spirit unites the Church, guiding her and giving her life.

Now, look at the *Have you ever thought...* box.

Invite your child to respond to the questions found in the box in the Student Book, also listed here:

- How is the Holy Spirit leading you? *(In prayer and contemplation, we may hear the stirring of the Spirit leading us in the decisions and choices of our life.)*
- How do the Gifts of the Holy Spirit help you live a faith-filled life? *(These gifts strengthen us and guide us to live as strong and caring Christians.)*

Ask what else your son/daughter might wonder about God’s Word and what it means to us today.

Turn to Page 116,
Getting Started

Read aloud the paragraph.

Ask your child to read the directions and complete the first part of the chart on page 116. Work together to determine which things are physical needs and which are spiritual. Discuss how our body and soul make us who we are.

Preview the Catholic Faith Words at the top of the page. Ask your child what she/he thinks the words mean. The definitions can be found in the glossary at the end of the Student Book.

Turn to Page 117 **Read** the instructions for the Identify activity together. Be sure to point out that the gifts God gives us are often simple and seem quite ordinary, such as the gift of listening or the gift of patience. All of God's gifts, small and ordinary or big and extraordinary, can help us meet the needs of others.

Have your child write his/her answers in the book. You can complete the activity on a separate piece of paper. When you both are finished, share with each other the gifts you think God has given you. Discuss how you have or can use your gifts to help others.

PART 2: Discover

Direct your child to independently complete pages 118–123. Have him/her highlight the main sentence in each paragraph while reading through the text. This includes completing all on-page activities. Ask your child to write any question he/she might have about a Catholic Faith Word in the margins of the text. You can review these when you gather again to complete the session.

Be sure to read these pages as well. Doing so will give you insight into chapter topics and will help you engage your child in later discussions.

PART 3: In Summary & Live

Turn to Page 123,
In Summary *When you return,* review the “In Summary/Catholics Believe” section. Read aloud the key concept and each of the bullet points. Ask your child to write one thing she/he wants to remember from the points being made.

Turn to Page 124 **Direct** your daughter/son to silently read Our Catholic Life.

Parents, Consider This: *With body, mind, and soul, we serve and lead as part of the Body of Christ. It can be so easy to take a healthy body and mind for granted, to think our strength, energy, and time are endless. In the same way, we can take the Body of Christ for granted. We can assume there will always be a Church at which to worship, good leaders to guide us, and that the good work that the Church has always done in schools, parishes, and hospitals will continue. But just as we have to dedicate time and resources to our own health, we have to do the same to be a strong part of the Body of Christ. It is good now and then to assess how well we are caring for ourselves and pay attention to ways we can improve self-care. Sometimes we find it easier to care for those in our family than to nurture and rest our own body and mind. And while the care, prayer, and generosity we give to our immediate family is important, we must remember we are part of a bigger family as well. Remind your child that part of our work as Catholics is keeping the Body of Christ healthy by praying for her work in our communities and around the world; offering our time, talents, and treasure (financial resources) to continue that work; and celebrating God's gifts to us.*

Ask: What are some things you can do to stay healthy? What is one way you can help keep the Body of Christ healthy?

Say: We talked earlier about the gifts God has given you. Now let's read about Blessed Cyprian Michael Iwene Tansi and how he shared his gifts by preaching, teaching, and praying.

Invite your child to read aloud the People of Faith story.

Say: We read about keeping the Body of Christ healthy in the Our Catholic Life text. Let's take that a little further by working on the Identify activity. I'll ask a question about various ways to keep the Church healthy, and we'll work together to come up with some action steps that we could take for each one.

- How can we pray for the work of the Church?
- How can we continue the work of the Church by offering gifts of time, talent, and treasure?
- How can we support the priest, deacons, and those consecrated to religious life?

Conclude the session by praying the Act of Hope on Page 387.



To access and send an eAssessment to your child, go to the Student & Family section of aliveinchrist.osv.com.