



# Catholic Central Activity Guide

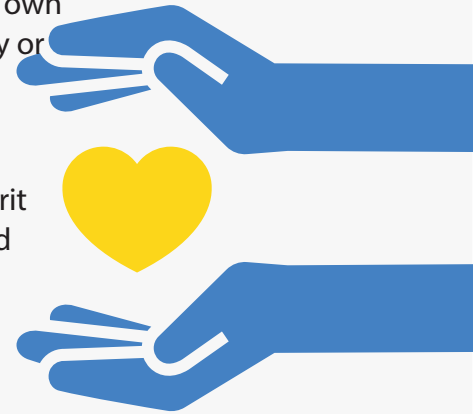
## Episode 43: The Holy Spirit

### Diving Deeper

- ▶ What symbols of the Holy Spirit are most resonant for you? How do you perceive the presence of the Holy Spirit in your daily life?
- ▶ Which gifts and fruits of the Spirit are you most drawn to? Which gifts and fruits of the Spirit do you find the most resistance towards?
- ▶ What fruits of the Holy Spirit do you see unfolding in your life? How does closeness to or distance from the Holy Spirit affect your life day to day?

### Go Forth

- ▶ **Prayer art:** Select a passage from Scripture that describes the movement or work of the Holy Spirit and express it through art! Draw a picture or create a collage with images that represent that scripture passage to you (e.g.: Genesis 2:7, Isaiah 11: 2-3). Since God is Creator, we grow in connection with God when we allow our own creativity to be expressed. Place your prayer art somewhere that you go to pray or reflect as a way to remind you of the Holy Spirit's presence with you.
- ▶ In all your hardships, ask the Holy Spirit to console you. In your decision making, ask the Spirit to help guide you. In your interactions with others, ask the Holy Spirit to teach you what to say and flow through your actions. Take time to breathe and reflect on the Holy Spirit within your breath. Let the Spirit fill you.



### Resources

- ▶ [LifeTeen Blog - Who the heck is the Holy Spirit?](#)
- ▶ [Dynamic Catholic - Who is the Holy Spirit?](#)
- ▶ [Center for Action and Contemplation - Indwelling Spirit](#)

