

SPIRIT,
SHOW ME
the WAY

CONFIRMATION PRAYERS
based on THE FRUITS
OF THE HOLY SPIRIT

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INTRODUCTION

WHAT ARE THE “FRUITS OF THE SPIRIT”? These are qualities that are evident in people who respond to the grace of the Holy Spirit: love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity. Many of these qualities are also found in a list that St. Paul included in his letter to the Galatians. Since the earliest days of Christianity people have recognized that good things grow in those who let God work in them. Jesus himself said in one of his parables “by their fruits you will know them.”

This is a time in your life when you are hearing a lot about growth: growing pains, growth spurts, maybe even the occasional comment that you can't do something until you are grown. You will experience spiritual growth during this time of physical growth, but it's not something that stops once you reach your full height or final shoe size. Hopefully, you have been allowing these qualities to grow in you, with God's grace, for many years already. They will continue to grow for many years to come.

As a teen, you are making decisions right now about what kind of person you want to be, and you are building the habits that may shape your life forever. You don't do this alone. Friends, family, and role models all influence your growth, and through the sacrament of confirmation the Holy Spirit gives gifts that help you to be a virtuous person.

These prayers will help you focus your mind and heart on asking God for what you need. God is always ready to give us more than we ask for and to help us grow slowly and with strength, like a good tree bearing good fruit.

Love

WHAT IS THERE TO SAY ABOUT LOVE, other than everything? It's the biggest of big ideas, the thing that motivates most of our actions, what we spend our whole lives trying to find. There is a liturgical prayer that says, "Love is our origin, love is our constant calling, love is our fulfillment in heaven." It's what we come from and what we are made for. Wow.

If our human nature were perfect, love would always come naturally to us. Since human nature is flawed, though, we let other desires get in the way of living love. But even when we are farthest from the right path we never stop looking for love. We can be tempted to seek it in a lot of things that will never love us back: popularity, fame, drugs, alcohol, wealth, fashion, prizes, or accomplishments. Part of growing in love is being open to the awareness of God's love and of our worth as beloved children of God.

When we grow in love we act more for others than for ourselves. We never stop wanting what is best for others, even in the middle of conflict. We put people before any temptations in the world.

Romantic love is a sliver of this larger life of love (even though early days of excitement can make it seem like the whole world). With time, healthy romantic love settles into a mutual trust and reliance. You learn more about what it means to want the best for someone, and about the freedom you find in knowing you are loved without condition.

Hopefully you have people in your life who give you a taste of what God's unconditional, everlasting love is like. And hopefully you, with the help of the Holy Spirit, will grow into someone with a heart big enough to share such a big love with others.



Prayer for remembering God's love

Spirit of love, you love me!

This can be hard to remember,
harder still to understand.

The Bible says God is love, and that Jesus
was sent to earth out of love.

You created me because you love.

Even when things don't go my way, or when I am
feeling confused or alone, I am loved.

This means I have worth and value.

This means I should show love to my body,
mind, and soul.

This means I was made to share love.

Your fruits are signs of your love. May I always
be grateful and aware.

*Close your eyes and breathe deeply. With each breath,
imagine God's love moving deep into your heart.*

Do this for at least ten breaths.

Prayer for parents

Spirit of family, my parents are among the most important people in my life right now, and they likely will be forever. No matter what they've done, no matter how I came to them, they are part of me. This is one of life's great mysteries.

Give me eyes to see the ways that they love me, especially when I feel annoyed or angry.

Give them whatever strength and consolation they need, especially those things I'm too young to understand or provide.

Help us all adjust as our relationships change, and to have love at the center of our family life.

If you live with your parents, make an extra effort to be loving toward them today. If you don't, consider reaching out with a text or phone call, or simply thank the people who act as parents in your life.

Prayer of gratitude for the Church

Spirit who came at Pentecost, thank you for enlivening the Church for thousands of years. You have seen the Church through times of hardship and sadness. Now I can be part of this ancient community. I can receive the sacraments and grow closer to you, and I can gather with others to learn and to praise.

Remain with our Church so that we can serve and pray with energy and love. The Church is a community of love. Even though we fall short, I want to make loving choices and live up to Jesus' words from the Gospel of John: "This is how all will know that you are my disciples, if you have love for one another."

Educate yourself today on what life is like for Catholics in other parts of the world.

Prayer to keep friends safe

Spirit of care and concern, as a young person, I don't have much power, and neither do my friends. There may be times when someone close to me is a victim of someone with more power, someone who uses that power wrongly. I feel helpless just thinking about it.

Still, every time I let someone know they can share their pain with me, I help to make them safer.

Help me to listen well and be attentive to problems friends may have. Help me to be fearless in calling out abusive behavior, no matter the consequences. When I am overwhelmed or afraid, help me to know how to bring about healing.

- *Listen closely to your friends.*

Joy

JOY IS A LOT LIKE HAPPINESS, ONLY BETTER! It is more than just a good feeling; it is a good feeling that comes from connection with God and with others—and that strengthens that connection as well. A conversation full of affection and laughter, the awareness that we are loved, the feeling of doing something you are meant to do—all of these lead to joy. The word “joy” appears often in the Bible, in hymns, and in prayers. The angels announce to the shepherds “good news of great joy”: the news that Jesus was coming into the world. We are open to that joy every time we are open to God and to others.

Joy helps us to know what we are meant to do in our lives. God gives us interests and enthusiasm to help us know where our talents can be best used. Even when we have to do boring things that don't excite us, we can be motivated by joy because these tasks let us use our concentration or commitment or hard work.

Joy is meant to be shared. You can demonstrate for others what it is like to enjoy life, or you might

lighten someone else's load so that they can focus on the joyful elements of life. Imagine what our world would be like if we could all be motivated by joy!



Prayer for having fun

Spirit of excitement, even though I am not a little kid anymore, I still love to play.

I can feel self-conscious about how much I want to have fun.

I want to shine bright with laughter and joy, but I fear standing out.

When I should worry less about what others think, can you ease my mind?

I am not ashamed of my longing for fun, and I count on you to show me how to ensure others are having fun too.

Enjoy moments of fun, knowing they are a gift from God.

Prayer for enjoyment of studies

Spirit of all knowledge, I study so many things, and I see in my teachers what it is like to love a topic. Guide me to recognize the subjects that interest me and to go the extra mile when I'm curious to learn more.

I pray, too, that even if I am not excited about a subject I can be motivated by the challenge of learning and feel pride in knowing that I have grown by learning more.

What can you do to go the extra mile in your studies?

Choose one thing you can do in a class that will help you learn, and do it.

Prayer for tryouts and auditions

Spirit of enthusiasm, you give me a passion for the sports and arts I pursue. This passion has driven me to grow in skill and interest, and now it is time to demonstrate that growth. Sharing that love with others can be frightening; now I have to share the thing that means the most to me and invite others to judge it. Never let me forget that I am a beloved creation of God with unique talents and interests, so that I can be confident and show

everyone all that I have to give. Thank you for this gift of an activity that I love so much.

Think about all the smaller skills that go into being successful in your chosen activity. Thank God for helping you to grow in skills large and small.

Prayer for discovering my vocation

Spirit of direction, when I feel joy and deep satisfaction, that is a sign that I am where I'm meant to be. Paying attention to joy in my heart can help me see what clubs to join, what classes to take, and what activities to stick with as I get older.

Whether there are big decisions to make or not, help me learn to be attentive to joy. Maybe you'll send me guidance in a lightning flash. More likely, you will help me see the direction of my life as I wake up every morning and try to make decisions that move me—and those around me—into greater joy, a joy that has your love at its core.

When you are doing something that really fires you up, savor that feeling of excitement.