

Chapter 10: The Coming of the Holy Spirit

The Holy Spirit pours grace and virtues into our hearts.

Chapter Summary

The Holy Spirit was sent by the Father and the Son on Pentecost. Through the power of the Holy Spirit, the Apostles grew in holiness. They received courage and the power to proclaim the Good News. Through the power of the Holy Spirit, we are sanctified, or made holy. Through the sacraments, the Holy Spirit infuses grace and virtues into our souls. In order for the Holy Spirit to work in our lives, we need to have open hearts. Besides the theological virtues, the cardinal virtues of fortitude, justice, temperance, and prudence are given to us in Baptism in a special way. Fortitude strengthens us to overcome fear and difficulties in order to do what is good. Justice enables us to give to God and others what is their due. Temperance helps us control and direct our desires so that we desire that which is truly good. Prudence enlightens our intellect to know how to be virtuous in a situation.

More for Parents

When we read about the Apostles and the incredible feats they performed after receiving the Holy Spirit, it can be hard to believe we have received the *same* Holy Spirit at our Baptism. It might seem like the Holy Spirit isn't active in our lives (we're likely not miraculously speaking in different languages). However, the graces and virtues we have received from the Holy Spirit are meant to help us in our current state in life as parents and spouses. Being patient with a car full of children after a long day or courageously searching for a new job to provide for the family or making time for God in prayer are all moments of the Holy Spirit acting in our lives. They are made possible when we open ourselves up to the Holy Spirit through fasting, spiritual reading, or simply saying, "Come, Holy Spirit." The Holy Spirit is willing to help, but we must cooperate.

Virtue in the Family

At our Baptism, we have been infused with the four cardinal virtues of fortitude, justice, temperance, and prudence. They can weaken if we sin or if we don't use them. We can strengthen them if we put them into action in our daily lives.

Living with Cardinal Virtues

- Family prayer activity
 - Pray the following in the morning together: "Holy Spirit, I give You permission to work in my life today."
 - Take a moment in silence for everyone to think of which virtue he needs most that day. Guide everyone through the following questions:
 - What challenges will I face today?
 - Whom am I called to love and respect today?
 - Take turns praying the following: "Strengthen the virtue of _____ within me today. Amen."
- To grow in prudence, read Proverbs 10–15 and choose a few wise proverbs that your family could benefit from. Each day, as a family, read and discuss the meaning of one proverb and how to apply it to your lives.
- On the doorframes, label the hinges on one or all the doors of your house with the four cardinal virtues. Challenge the family to say the four cardinal virtues before they open the labeled door in order to memorize the virtues.

Vocabulary Words for Your Children to Review

- **cardinal virtues**
- **fortitude**
- **justice**
- **prudence**
- **temperance**

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