

### **What is a Life in the Spirit Seminar?**

A Life in the Spirit Seminar is a seven session retreat centering on God the Holy Spirit. We Catholics receive the Holy Spirit in Baptism and Confirmation, but too often file Him away under past experience. We seldom allow Him to actually work in our lives. These Seminars help us be open to the spiritual power we all long for.

The Seminars can be seven weekly sessions of about 1 ½ hours each, or may be given all in one weekend. Typically they are sponsored by a Charismatic Prayer Group as a mission to fellow Catholics. The format of each session usually consists of:

1. Opening prayer and song,
2. A talk by the main presenter of the session.
3. A sharing about the experience of God in someone's life.
4. A time for small group discussion and questions,
5. Usually a prayer time for individual needs as requested.
6. There is often a social time after each session.

The seven sessions/topics of the whole Seminar are:

1. God's Love.
2. How Jesus saves us.
3. Everyday life as a full-gospel Christian.
4. Being open to all the gifts of the Holy Spirit.
5. Allowing the Holy Spirit to work in our lives.
6. Growing in our New Life.
7. Becoming more like Jesus.

What will the Holy Spirit do in my life?

- Lead me to a better personal friendship with Jesus and the Father.
- Help me better appreciate the Holy Mass and Holy Bible.
- Help me to pray more effectively.
- Lead me to become a better Catholic.
- Give me boldness to be more active in my parish.
- Help me be a better parent, neighbor, parishioner, or citizen.
- Lead me to be all God created me to be.
- Help me deal with some of my personal problems.
- Make real the power of the sacraments.
- Help me lead a happier life.
- And more and more and more. Come Holy Spirit.