

## **The Life in the Spirit Seminar**

“Renew in our day, O Lord, your wonders as in a new Pentecost”

Pope John Paul II

The Life in the Spirit Seminar is an opportunity for people to experience the work of the Holy Spirit within them. The Seminar offers the basic presentation of the Gospel and the basic teaching about what the Lord is willing to do for all who come to Him.

The Seminar provides a way to learn more about living in the Spirit. It provides the opportunity which will allow Jesus Christ to establish, or restore, or deepen a relationship with you. For Catholics who have experienced the sacramental graces, Jesus will give you a new and fuller relationship with Himself.

The gift of the Spirit fills our whole life and changes us so that we begin to know and experience God's love and the abundant life Jesus spoke of ... "I came that they might have life and have it to the full." (John 10:10)

The Life in the Spirit Seminar consists of 1 ½ day retreat, which is comprised of 7 components. The components are:

Session 1: GOD'S LOVE

God loves us with everlasting love.

Session 2: SALVATION

God freed us from darkness & the power of Satan through Jesus Christ.

Session 3: THE NEW LIFE

God wants to give us a new life through the Holy Spirit

Session 4: RECEIVING GOD'S GIFTS

How to turn to the Lord (repentance and faith.)

Session 5:

The entire session is set aside for making the commitment to Christ and prayer for the release of the Holy Spirit, already present from the Sacraments of Baptism and Confirmation.

Session 6: GROWTH

Prayer, study, service and community

Session 7: TRANSFORMATION IN CHRIST

Going on with Life in the Spirit in a new relationship with the Lord.

A typical session includes:

- Prayer
- Songs of praise
- Explanation of the session
- Talk on the session theme
- Small group discussion
- Closing prayer and song