



Purpose 2.0 Notes: Session Nineteen

“Holiness consists simply in doing God’s will, and being just what God wants us to be.”
— St. Thérèse of the Little Flower

Dear Purpose 2.0 Parents:

Please use these notes to guide you through each week’s ALIVE session.

You can log in at: damascus.net/alive/

Video Format

Each week’s ALIVE session includes a video for your family to watch and engage in together to learn more about our Catholic Faith. These episodes challenge your family to **play, learn, pray, and discuss** together.

Play: Each ALIVE session begins with a short and spontaneous family game and short humorous videos to engage your family in laughter and fun together!

Learn: This core teaching segment communicates a core faith teaching in an engaging way to touch your minds and hearts.

Pray: This segment prompts families to engage in prayer in different ways.

Discuss: Discussion questions allow your family to engage in meaningful dialogue about the core faith teaching.

Resources

ALIVE Resource Guide: Accessible by clicking a button beneath each ALIVE video.

Previous Purpose 2.0 Notes: notes from past ALIVE sessions can be found at:
<https://littleflowertoledo.org/nextgen/middle-school/>

This Week’s Lesson - Session 19

We encourage you to focus on the **LEARN** segment of the **Session 19** video (core teaching). As you open the video, this section begins at **17:25 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire. Please consider listening to Annie, a Catholic Youth Summer Camper, at **26:17**.

After viewing the **LEARN** segment, please **DISCUSS** the following questions:

1. This video opens with people being asked what superpower they might like to have! What “superpower” might the Holy Spirit wish you to have and why?
2. The fruits of the Holy Spirit include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Which of these do you struggle with the most? Which of these do you do the best with? Explain.

3. A challenge for you and your family this week: Post a list of the fruits of the Holy Spirit for all to see, and when struggling pray: "Come Holy Spirit, come into my heart, please bless me with the fruit of _____ right now."

EXTEND YOUR THINKING: If you would like to engage in more discussion, please consider the following:

1. There are more discussion questions found at the end of each video.
2. Use the **ALIVE RESOURCE GUIDE** tab found below each week's video. Use this resource in advance of each weekly video to consider how you might use these resources to enhance discussion with your child.
3. While watching each week's video, do not hesitate to pause the video if an opportunity for discussion arises. Pause, discuss, and build faith along the way!

IMPORTANT: After viewing each week's video, please scroll down and click on **MARK COMPLETE**. This will allow you to view the next week's video.