



## Purpose 2.0 Notes: Session Twenty

“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/](https://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 20

We encourage you to focus on the **LEARN** segment of the **Session 20** video (core teaching). As you open the video, this section begins at **18:15 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire.

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

1. What is the best gift you have ever received? Why was it the best gift ever?
2. The Gifts of the Holy Spirit are listed below. Which of these do you struggle with most? Which of these do you do well?
3. A challenge for you and your family this week: Post this list of the fruits of the Holy Spirit somewhere in your home:

## GIFTS OF THE HOLY SPIRIT

**KNOWLEDGE** - treating others fairly

**WISDOM** - judging what's important

**UNDERSTANDING** - seeing things more clearly in daily living

**FORTITUDE** - having courage and endurance

**COUNSEL** - knowing what is right and wrong

**PIETY** - worshipping and adoring God

**FEAR OF THE LORD** - being amazed by God

Which gift(s) of the Holy Spirit would you like to fill you up today? Please pray:

“Come Holy Spirit, come into my heart.

Please bless me with the gift(s) of (*insert gift of the Holy Spirit*) today.

Amen.”

**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.