

# APPENDIX 2

## PARENT / GUARDIAN CONNECTION

### LEVEL II - JUNIOR HIGH: TOB UNIT 4



## THEME: LIFE ACCORDING TO THE SPIRIT

### SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) unit your child will dive deeply into the theme **Life According to the Spirit**.

In this unit, we will unpack what it means that in Christ we have put off the “old self” and take on the “new self” (Eph 4:22-25). As Christians, the Spirit of God lives in us in a new and powerful way, bringing His gifts and helping us to live with freedom and purity of heart. The Holy Spirit gives us the strength and moral courage to live a life of integrity, a life where our words and actions correspond with sacrificial love. Though all of us and the world around us, experience brokenness and suffering, our Creator continually draws us to a new kind of life; and through our newness of life, we are called to bring healing and wholeness to others and to the world.

In this unit, your child will be praying with Romans 8:1-5, 11, 31-34, 37-39, which includes, “If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you.” Think about this for a moment: God, our great and good Creator, does not want to simply come by for a visit, but He wants to make a permanent home within us.

As the lessons unfold, your child will participate in an activity that will help him/her to understand that purity of heart begins with one’s words and actions being united in love and learning to live unselfishly. While this can sometimes be a challenge, living with purity of heart according to the Spirit is ultimately freeing, and brings about a deeper sense of joy and happiness.

### GERMINATE THE SEED



#### FAMILY DISCUSSION QUESTION:

What are some things we can do to allow the Holy Spirit more space to dwell within us? *\*(Note to parents: Having the courage to give up a sin in our lives; Making more time to pray each day and receive the Sacraments more often encourage our life in the Spirit).*



# APPENDIX 2

## GROW THE SEED



### **FAMILY ACTIVITY:**

The Holy Spirit at Work In Me — Have each family member recall a recent conflict in his/her life. Think about your response. Were you guided by the Holy Spirit? If not, how could you have responded differently. Decide if you need to take further action to resolve or make peace with this conflict with the help of the Holy Spirit. Ex: God may be calling us to ask for forgiveness or receive it from someone.

### **FAMILY PRAYER:**

Rosary Decade — Pray the 3rd Glorious Mystery “The Coming of the Holy Spirit.” St. Maria Goretti, pray for us!

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Want to learn more? Visit [RuahWoodsInstitute.org/parents](https://RuahWoodsInstitute.org/parents) to view a TOB parent presentation.