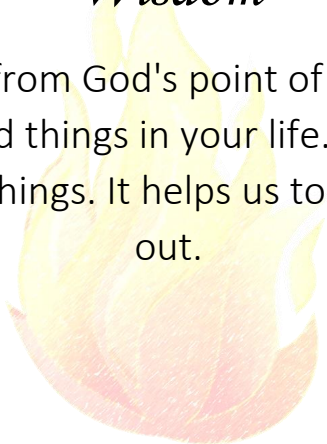


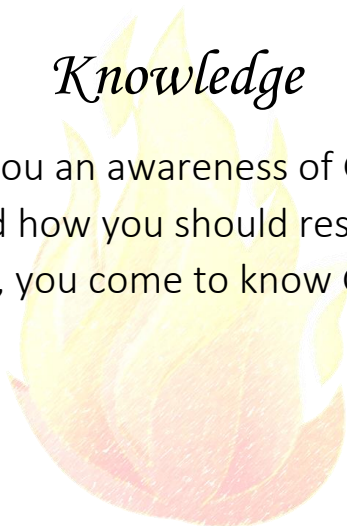
Wisdom

Wisdom helps you to see life from God's point of view and to recognize the real value of people, events, and things in your life. Wisdom helps you to value spiritual things over worldly things. It helps us to desire God's will and to live it out.



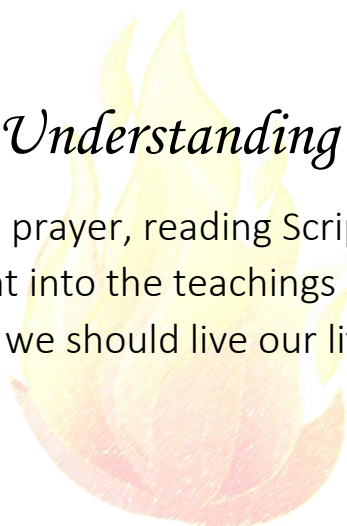
Knowledge

The gift of Knowledge gives you an awareness of God's plan. It helps you know what God asks of you and how you should respond. Through the gift of knowledge, you come to know God better.



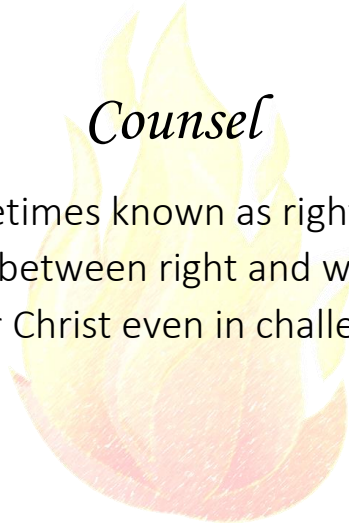
Understanding

Understanding grows through prayer, reading Scripture and participating in the sacraments. It gives us insight into the teachings of Jesus and the church and how we should live our lives.



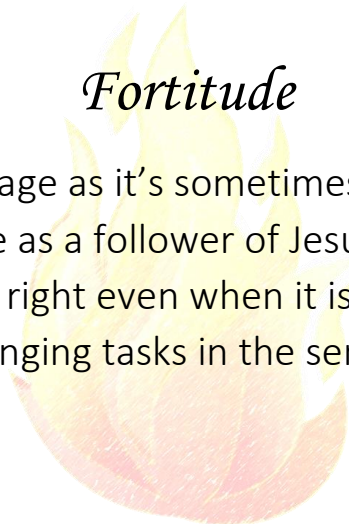
Counsel

The gift of counsel, sometimes known as right judgement, helps us to acknowledge the difference between right and wrong. It helps us to avoid sin and lead a life for Christ even in challenging situations.



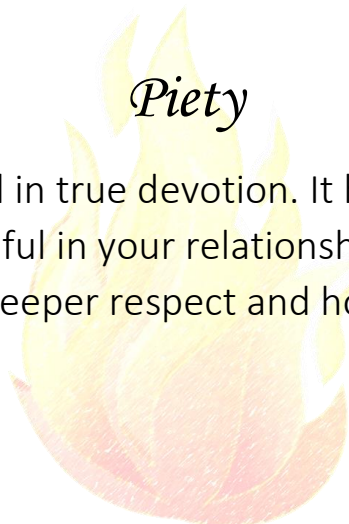
Fortitude

The gift of Fortitude, or Courage as it's sometimes known, enables you to stand up for your beliefs and to live as a follower of Jesus. With this gift, you have the inner strength to do what is right even when it is difficult. Fortitude helps you undertake challenging tasks in the service of your faith.



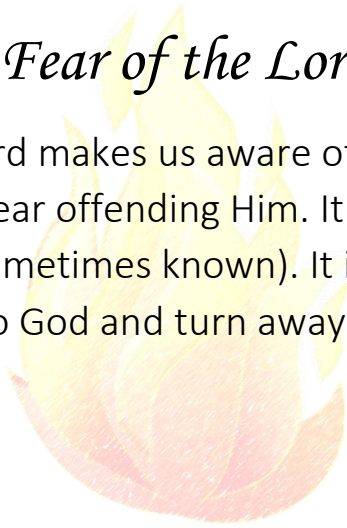
Piety

Piety helps us to pray to God in true devotion. It helps you to love and worship God and calls you to be faithful in your relationship with God and others. Piety also helps you to develop a deeper respect and honour for God and His Church.



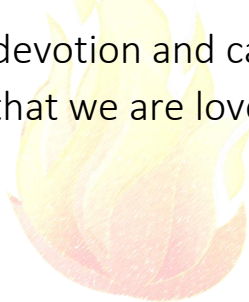
Fear of the Lord

The gift of Fear of the Lord makes us aware of the greatness of God and therefore dread sin and fear offending Him. It makes us look to God with wonder and awe (as it is sometimes known). It increases our desire to draw closer to God and turn away from sin.



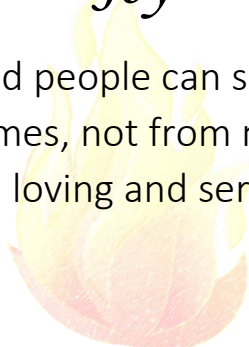
Love

We show love by our unselfish devotion and care for God, ourselves, our world and others. We are sure that we are loved unconditionally by God.



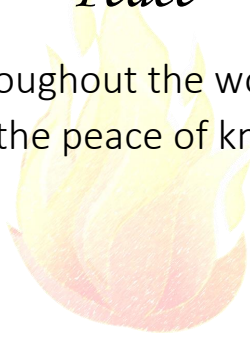
Joy

We share our joy with others and people can see that we are happy because of our faith. We know that joy comes, not from money or possessions, but from knowing, loving and serving God.



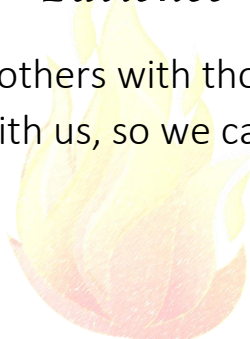
Peace

We work and pray for peace throughout the world. We don't worry about small things because we have the peace of knowing God in our hearts.



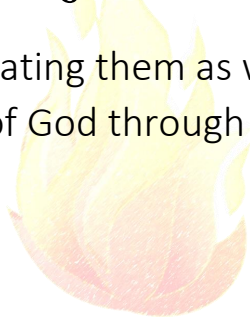
Patience

We show patience by treating others with thoughtfulness and tolerance. We know that God is always with us, so we can cope with difficult times.



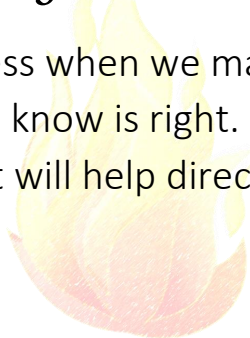
Kindness

We show others kindness by treating them as we ourselves want to be treated. We can see the kindness of God through the beauty of His creation.



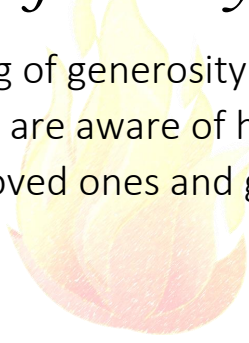
Goodness

We can be witnesses to goodness when we make good choices by avoiding sin and always trying to do what we know is right. We know the Gospel is the Good News that will help direct our lives.



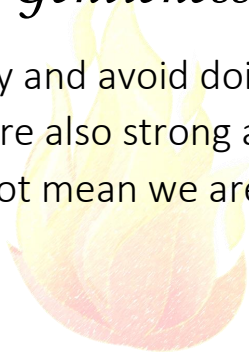
Generosity

We show the world the meaning of generosity when we share our gifts, talents and possessions with others. We are aware of how generous God has been to us by surrounding us with our loved ones and giving us our gifts and talents.



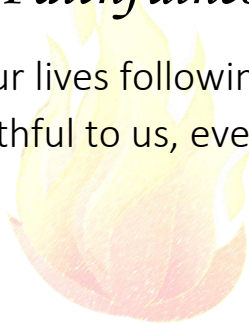
Gentleness

When we are gentle we act calmly and avoid doing things to upset others. We can see that gentle things in nature are also strong and we know that being a disciple does not mean we are weak.



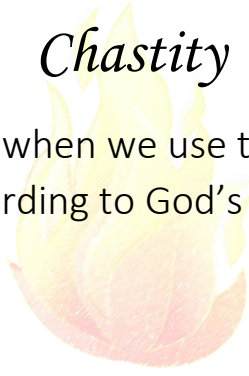
Faithfulness

We are faithful when we live our lives following the teachings of Jesus. We are sure that God remains faithful to us, even when we make mistakes.



Chastity

We live the virtue of chastity when we use the gift of our sexuality wisely, according to God's plan.



Modesty

We exhibit modesty by being pure in our thoughts, words, and dress.



Self-control

We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.



The Gifts and Fruits of the Holy Spirit

Activity Ideas

- Test a partner:
 - Can they name all of the Gifts/Fruits?
 - Do they understand the meaning of the gift/fruit of the Holy Spirit?

- Using your own words describe the Gift or Fruit of the Holy Spirit see if your partner can guess correctly.

- Using a whiteboard or scrap paper write an acrostic poem for one of the Gifts/Fruits of the Holy Spirit

- Can you group the Gifts and Fruits of the Holy Spirit? Which Gifts would produce certain fruits in your life e.g. In order to demonstrate faithfulness we might need the gift of fortitude(courage).

- Using a whiteboard answer the following questions about a Gift or Fruit of the Holy Spirit:
 - Can you think of a time when you demonstrated this gift/fruit?
 - Can you think of a saint/person who demonstrates this gift?
 - Write some practical ways that you might live out this gift/fruit.
 - Draw an image or make up a mnemonic that will help you to remember this gift/fruit.