

LIFE IN THE SPIRIT

Name: _____



Fruits of the Spirit are the outward signs that the Holy Spirit is working within us. When we plant a fruit tree, we need good soil, fertiliser, lots of water and sunshine to grow good fruit. It's the same for the Fruits of the Holy Spirit. In order for these to grow within us, we need to feed them by being strong in our faith, loving towards one another and kind to those around us.

Choose one fruit of the Holy Spirit that you would like to see grow more in your life. Write down how you might help that fruit to grow? What will you do or change in your life so that fruit has the best chance to become big and strong in you?

The fruit I choose is: _____

I will help it grow by _____

Can you think of people in your life who have these beautiful qualities within them?

List them here!

gentleness _____

faithfulness _____

self-control _____

patience _____

kindness _____

joy _____

generosity _____

peace _____

love _____

Thinking about growing in Spirit...

Things grow! Plants, animals and even CHILDREN! When things start to grow they usually start tiny and get bigger. Think of the ways that you have grown so far. You started as a baby and now you are so big. As a baby you didn't know how to do very much, but now you can walk, talk and read.

God gives us his Holy Spirit as a gift of love in our lives. We can also grow spiritually; our love and faith can grow.

The Gifts of the Holy Spirit...

are like special tools God gives us when we're baptised and confirmed. These help us love God more and make good choices. It's like getting a superhero toolkit to help us do good things!

The Fruits of the Holy Spirit are what grow in our hearts when we use those tools. They are the good things people can see in us—like love, joy, peace, and kindness—when we live the way God wants.

So:

Gifts = the tools God gives us.

Fruits = the good things that grow in us, that others see. when we use our gifts well.



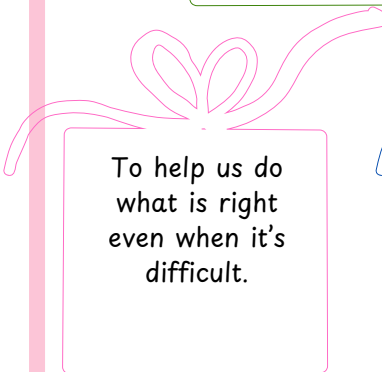
To see things the way God sees them.



To help us know the true meaning of what we are taught



To help us make right choices.



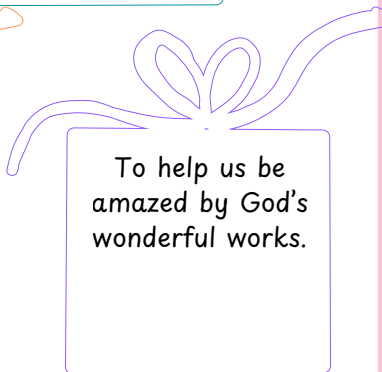
To help us do what is right even when it's difficult.



To help us know who God is in our lives.



To help us respect God's greatness.



To help us be amazed by God's wonderful works.

Using the following list of God's Gifts of the Holy Spirit, write the name of the gift in the box, to show that you understand the meaning of each word.

FEAR OF THE LORD WISDOM FORTITUDE UNDERSTANDING COUNSEL PIETY KNOWLEDGE

To complete at home this week:

Find out some facts about the life of the Saint you are choosing as your Confirmation name ☐ (tick)

List some of the ways you helped your spirit grow this week. _____
