

Grade 8 Session 7 Worksheet

The Fruits of the Spirit

The Fruits of the Spirit are different from the Gifts of the Spirit.
The Fruits of the Spirit are the expression of the Gifts.
They let us know the end result of using our Gifts.

Gifts of the Holy Spirit Review:

- The Gifts of the Holy Spirit are intended to help us understand and follow _____ for our lives. They empower us to become _____.
- The Gifts help us in our personal faith life and to build up _____.
- These Gifts are directed inwardly: _____, _____, _____.
- These Gifts are directed outwardly: _____, _____.
- The Gifts of the Holy Spirit are supernatural gifts given to us at _____.
- All people have certain personality traits and personal qualities but through the _____ (especially Confirmation), we invoke the _____ to take these traits to a whole new level!

Fruits of the Holy Spirit Fill-in-the-blanks:

- The Fruits of the Spirit are the _____ of the Gifts.
- For Example: You may have the Gift of Courage, but when you decide to be courageous and say, "I don't do that!" to someone who is pressuring you into something you shouldn't do, you have actually used the Gift! The Fruit is the _____ - it helped you in your decision.
- The Fruits of the Spirit gives us _____ on how we are doing in our faith life and our growth in personal _____.
- Think of a tree. How do you judge the health of a tree? You usually judge a tree by its _____.
- Your _____ reveal the inner nature of what you feel. Your acts are proof of your inner nature. The _____ are the results of your actions.
- "The giving to use of the Gifts of the Spirit is not where the story ends. If we use these Gifts of the Spirit as they have been given to us, we will reap the _____ or benefits in our lives, and in the life of the Church, and of the world (others) around us. The Church refers to these benefits and rewards as the _____."

Fruits of the Holy Spirit Activity:

Read the handout to learn more about each Fruit of the Holy Spirit. As you read, think and write about the following questions:

1. Which of these Fruits have you experienced in your own life?

2. Which of these Fruits would you most like to receive more? (Refer to example if you get stuck!)

a. Which Gifts of the Holy Spirit would you have to use more in order to receive the Fruit you desire?

b. What would the use of those Gifts look like (action in your life)?

3. What is a second Fruit you would like to receive more? (Refer to example if you get stuck!)

a. Which Gifts of the Holy Spirit would you have to use more in order to receive the Fruit you desire?

b. What would the use of those Gifts look like (action in your life)?

Example If you get stuck with #2 and #3:

I would like to have more self-control (a Fruit) in my life.

I would need to use more courage (a Gift) to receive this.

I could show (an action) more courage by standing up for myself, and removing myself from situations where I am uncomfortable.