

# Gift of the Spirit

## *A Family Journey of Faith*

We are honored to be able to partner with you as you prepare for the celebration of the Sacrament of Confirmation. A new component to our parish process is this activity which is designed to be interactive between the parents and teen. It is our hope that your family view this as an opportunity to share and grow in our faith as together we explore the seven gifts of the Holy Spirit and how they are evident, or in need of help, in our lives.

Below you will find a definition of each of the gifts. The idea is to have the parents and teens work *separately* on this activity, following the instructions below, then come together to discuss their findings. It is our hope and prayer that this activity leads your family to a better understanding of the Spirit who is constantly acting in our lives. Please use additional papers to record your part of the activity.

### INSTRUCTIONS:

**Parents:** please select from the list 3 - 4 of the gifts that you have witnessed your teen putting into practice at some time in the past. Please indicate on your paper which gifts you identified and write a brief description of the situation when you saw the gift being “used”.

**Teens:** please select from the list 2-3 gifts of the Spirit that you now realize you have put into practice at some time in the past. Please identify the gift on your paper and briefly describe the situation when you put that gift into practice.

### DEFINITIONS:

**Wonder and Awe:** a gift which enables us to realize and respect God in all His majesty; also known as “fear of the Lord”. “In a healthy spiritual life, one fears God out of *love* instead of loving God out of fear”. (G.P Evans)

**Piety:** A gift of religious reverence; pious; sense of truly believing we are children of God and we relate to God as our Loving Father. Encourages a personal devotion to our spirituality.

**Knowledge:** A gift that helps us to comprehend divine truths even when the human mind cannot completely grasp them. Gives us a perspective or point of view that comes from the experience of faith and a personal relationship with the risen Christ.

**Fortitude:** Also known as *courage*, and when defined as such, it is easy to see it is indeed a *gift!* The capacity to remain “firm in hope against all pressures...”(G.P. Evans) Fortitude helps us confront cultural trends, artificial “needs”, and situational pressures; to not let one’s self esteem depend on what culture dictates as “right”.

**Understanding:** A way of seeing and thinking that results from faith, from our love of God. We are able to understand *because* we believe. The gift of understanding helps us to see the importance of the connection between faith and being an active, participating member of the Church.

**Counsel:** A gift that opens us to the Spirit as we reflect or discern on what actions we will take in a given situation. It helps us to see with the eyes of faith, with God’s eyes, what the best course of action would be.

**Wisdom:** The gift of being able to think and act consistent with God’s will. This gift enables us to be aware of our own talents and skills and how to use them appropriately to do God’s will. This gift helps us to make choices based more on love of God than on our own selfish desires.

TOGETHER:

After you have each spent time on your individual activity, spend some time together sharing your findings. Were the gifts the same? Were the situations? Teens, did you even realize that you were living your gifts at the time? What else surprised you about what each of you chose?

***Last step***—After sharing your findings, please take a look at the “remaining” gifts on the list, those that neither the parents nor teens chose as a gift that has been “put into practice”. How can you together, as a family, work to bring that gift “to life” in your daily lives? Please write a brief plan of action.

*The definitions given above are taken from*  
“The Seven Gifts of the Holy Spirit.” Finley, Mitch. Ligouri Publications. 2001