

## The Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

Complete the inventory below to discover the how the Holy Spirit is present in your life.  
1=never, 2=sometimes, 3=often, 4=always

### Love or Charity

I am not selfish. I live the Great Commandment to love God and my neighbor. I understand that every person is my neighbor. I reach out to those in need and take care of all creation.

1 2 3 4

### Joy

I do not buy things to make me happy because I recognize that true happiness comes from following Christ.

1 2 3 4

### Peace

I trust that God hears and answers my prayers so I do not worry about trivial things. I also work and pray for peace throughout the world.

1 2 3 4

### Patience

God helps me to see the best in people, which allows me to treat others with thoughtfulness and tolerance. In difficult times, I trust in God's care for me and know that God is always with me.

1 2 3 4

### Kindness

I treat all people the way I would like them to treat me.

1 2 3 4

#### Goodness

I do my best to make good choices and avoid sin. I talk to God in prayer before I make decisions.

1 2 3 4

#### Generosity

Not only am I willing to share my things with others, but I put my gifts and talents to good use to help others, my parish, and my community.

1 2 3 4

#### Gentleness

I do not overreact or deliberately aggravate others. I do not bully others or intimidate people to get them to do what I want.

1 2 3 4

#### Faithfulness

I know, understand and live out the teachings of Jesus, the Bible, and the Catholic Church.

1 2 3 4

#### Modesty

I do not treat people as objects. I do not use my body to attract attention.

1 2 3 4

#### Self-control

I am able to overcome temptation and do what God would want me to do.

1 2 3 4

#### Chastity

Not only do I live a chaste life. I do not make fun of the opposite sex or treat them as being inferior to me.

1 2 3 4

Automatic responses:

Score: 1-12—You might like to review your answers. Then choose two things you can do to be more open and aware of the presence of the Holy Spirit in your life.

Score: 13-24—This is a good start! You are beginning to be aware of presence of the Holy Spirit in your life. Continue to allow the Holy Spirit to be your helper and guide.

Score: 25-36—Great! You are well on your way to being aware of the Holy Spirit's presence in your life. You have found the Holy Spirit to be your helper and guide.

Score: 37-48—Congratulations! You are well aware of the presence of the Holy Spirit in your life. You rely on the Holy Spirit to be your helper and guide.