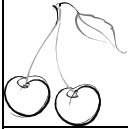


# Fruits of the Spirit



**Faithfulness:** *Loving God and obeying his commands. Taking time to pray, going to Mass, respecting your parents and guardians, telling the truth, respecting other people and their property, thanking God for his blessings, following the examples of Jesus, making the right choice even if it is difficult, and following the Ten Commandments.*



**Gentleness:** *Being reasonable and gracious with people and humble before the Lord. Working together with people, acting humbly not bragging or boasting, expressing gratitude for gifts and blessings, helping others achieve goals or overcome hardships, praising God, putting others before yourself, not complaining, and leading by example not by force.*



**Goodness:** *Living life according to God's desires and turning away from sin. Following the rules, having a good attitude, following the Golden Rule model, choosing right from wrong, encouraging people to make the right choice, and intervening when you see wrongful actions being done.*



**Joy:** *Expressing the cheerfulness of Christ in all situations. Following the commands of Jesus so that we might remain in his love, seeking happiness in God—not in material things or earthly experiences, relying on God in difficult times, seeking God's forgiveness, doing good things for other people, spending time in prayer and service with people we love, smiling, and being cheerful.*



**Kindness/Generosity:** *Living for others and for God beyond the minimum and not for personal gain. Sharing what you have with people who don't have as much, helping the disadvantaged around the world and in our town, volunteering your time-talent-treasure, giving all people a fair chance, acting with justice, including others, being friendly, smiling, giving up your place in line for another, praying extra, picking up trash, and being a good steward of the earth.*



**Love/Charity:** *Loving one another as Jesus loves us. No putting other people down, not teasing or bullying, not putting yourself down, allowing others the lime light, acting with love, living out the Beatitudes, loving your enemies, thinking of others before yourself, and acting with politeness and good manners.*



**Patience:** *Enduring struggles for the sake of others. Waiting your turn, not pushing in line, keep on trying, not hitting in order to get your own way, sharing, being tolerant of others, and working to understand that good things come to those who wait.*



**Peace:** *Being calm, quiet, and in harmony with others, yourself and God. Acting with peace not violence, being quiet in the hallway, giving someone else a chance to share their idea, acting with justice, allowing for quiet moments in your day- turning off the radio/TV/etc., not bullying, including others in your activities, and accepting yourself.*



**Self-control:** *Being aware of your thoughts, words, and actions and using them to serve others and God. Keeping an even temper, not throwing items inappropriately, waiting your turn, finishing your work on time, stopping when asked to stop, and practicing moderation in your activities.*