

Am I actively depending on the Holy Spirit to Guide me in Life so or am I wrapped up in myself? Whatever the answer why not try Living with the Spirit this Lent.

If we are led by the Spirit and open to Gods gifts, the Fruits of the Holy Spirit will be evident in our Lives, in the way we treat others and in how we serve the community of the Church. People will see that the Holy Spirit is active in our lives. This is the practical living out of the Gifts and Fruits of the Holy Spirit received at Confirmation. The Fruits of the Spirit are:

Love

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope and to endure. Love does not come to an end. (1 Corinthians 13 4-7) The word love doesn't refer to warm feelings, but deliberate attitude of only wanting good for the other person. Love gives freely without looking at whether the other person deserves it and gives without expecting anything back. Here's some practical ways to practice love: 1) Show love to God by praying to him 2) Learn a new prayer and practice it daily 3) Say grace before meals, the angelus or reading from the Bible 4) Show love to others by telling them you love them 5) Do something kind 6) Give hugs often.

Joy

Am I experiencing a joy of life regularly, or is my happiness dependent on things going smoothly in my day? Unlike happiness, joy is gladness that is completely independent of the good or bad things that happen during the course of the day. In fact Joy is a supernatural gladness given by Gods Spirit that shows up best during hard times. Here's a few ways to practice Joy: 1) Find a moment every day to laugh. 2) Be funny make everyone around you laugh 3) Let humour be a part of your daily life. 4) Smile at everyone you meet.

Peace

Peace is the calm feeling we experience when we hand over our Lives to God. Peace is a sense of wholeness and completeness that is content knowing that God controls the events of the day. Here's how to practice peace: 1) Remind yourself to hand over your worries and anxieties to God. 2) Try not to be in control and let things happen. 3) Take a few minutes each day of complete silence, put away your phone and turn off the TV, sit somewhere without distraction, and allow the **Peace of the Holy Spirit** to flow.

Patience

Am I easily annoyed when things go wrong or people irritate me or am I able to keep calm? Patience is the ability to and willingness to endure irritating circumstances caused by others. Patience offers plenty of opportunities throughout the day to exercise. Patience takes practice, so, until you get the hang of it, pick one particular daily situation where you can work patience in. For example, if your brother is slow to get ready in the morning when you want to get to school on time practice being helpful rather than critical.

Goodness

While kindness is the soft side of good, goodness reflects the character of God. Goodness in you desires to see goodness in others. We can be so quick to assume the worst, but good things can happen at any time! Be on the look-out for small miracles. 1) Marvel at something pretty like a flower. 2) Choose a person who challenges you at home or in school and see if you can focus on the good things about them for a week. Practice looking out for the good things in life and in others. and you'll see goodness everywhere you go.

Kindness

Is it a goal in my life to serve others with kindness or am I mainly focused on my own needs and problems? When kindness is at work in a person's life, he or she looks for ways to adapt to meet the needs of others. It is a goodness that overflows in order to serve others. Practice kindness by, 1) Helping at home 2) Give something to charity 3) Help an elderly neighbour 4) Make sure to include everyone in your games.

Faithfulness

A faithful person is one with real integrity. It is someone others can look to as example and someone who is truly devoted to others and to Christ. It refers to being loyal and trustworthy. Extend your faith beyond just a simple knowledge of Jesus Christ. Watch your faith take shape in your words and your behaviour. Be willing to stand up and say I am a Christian, and I believe in God. Be a good example to everyone around you. Try practicing faithfulness by asking yourself the question; **What would Jesus do in this situation? Would God be happy with what I have just done?**

Gentleness

Do I come across as harsh or headstrong, or am I allowing the grace of God to flow through me to others? Gentleness happens when we show tenderness and consideration for others. It forgives others, corrects with kindness, and lives with tranquillity. Practicing gentleness begins with speaking to and treating others gently. Practice using kind words rather than harsh ones 2) Use a softer voice when correcting someone 3) Take a moment before you respond in a challenging situation and choose a soft voice and tender words.

Self-Control

Am I allowing the Spirit to direct me to the things that please God and others? We have so many ways in our lives that we can exercise restraint and self-control. It refers to doing all things in moderation. Here are some examples: 1) Try to not complain for one whole day; 2) Every time something happens that irritates you, practice self-control and hold your tongue 3) Give up your favourite food or drink for a week, 4) Take a week of no technology 5) Use only kind words for a day. **As you stop focusing on negativity, you will see everything around you in a positive light.**

Take some time for self-reflection and then choose a Fruit of the Spirit to practice each week of Lent. Write down some things that you will do in order to make sure you practice Living that Fruit. Don't be afraid to ask for help from a parent or your teacher. Remind yourself each morning of the Fruit you are practicing and several times throughout the day. Turn over to write your plan.

My Lenten Challenge

Week 1: This week I will practice _____. I will take the following actions:

- _____
- _____
- _____

Week 2: This week I will practice _____. I will take the following actions:

- _____
- _____
- _____

Week 3: This week, I will practice _____. I will take the following actions:

- _____
- _____
- _____

Week 4: This week, I will practice _____. I will take the following actions:

- _____
- _____
- _____

Week 5: This week, I will practice _____. I will take the following actions:

- _____
- _____
- _____

Week 6: This week, I will practice _____. I will take the following actions:

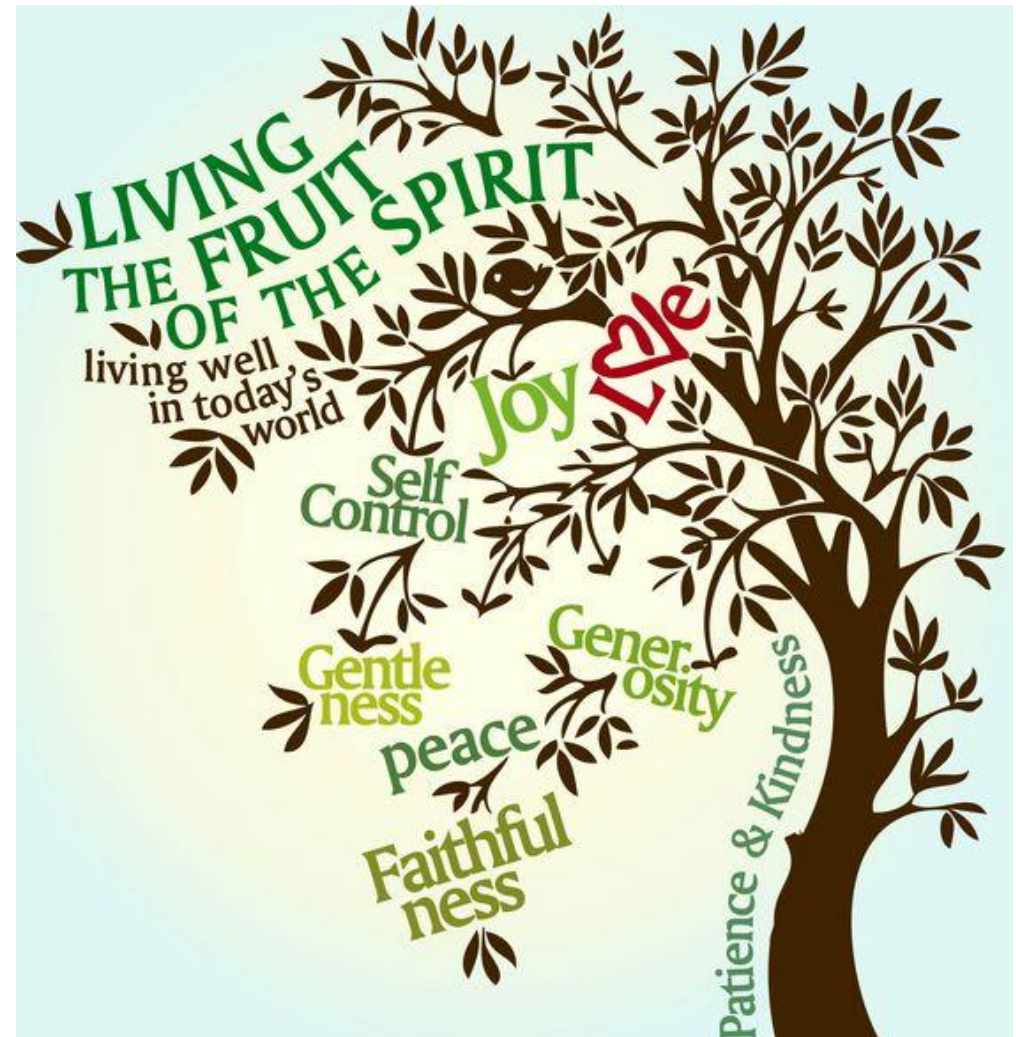
- _____
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*Come Holy Spirit,
Fill the hearts of your Faithful
and kindle in them
the fire of your Love,
Amen*



My Lenten Challenge 2025



LIVING THE FRUIT OF THE SPIRIT

Your challenge is to choose a Fruit of the Spirit to 'Live' for a week for the 6 weeks of Lent. You can choose a different fruit for each week. You are invited to find ways to practice Living that Fruit and to put it into practical use using tasks, thoughts and prayer.

The Diocese of Meath Lenten Programme