

Goodness



Peace

Gentleness



Long Suffering



Self-Control



Generosity



Kindness

Chastity



Charity

Fruits of the Spirit

Modesty



Joy

Patience



Laminate both sheets and cut out oranges. Invite young people to match the words and actions and explain why. Invite them to think of or act out their own actions. Use the definitions below to help with your explanations.

Joy, a feeling of deep happiness that comes from God

long suffering, to patiently endure wrongs done to you especially when they are unjust

patience, to keep our balance when we are in a hurry or frustrated by the pace of others

peace, to resolve conflicts without violence, an inner sense that God is with us and our world

kindness, to treat all other with graciousness and goodwill, manners and etiquette, respect for others and their good

generosity, to give as much as we can without expecting in return, gratitude is one of the ways we respond to the blessings we've received

self control, to know our limits and exercise restraint, to be disciplined

modesty, to be truthful about who we are, but not to brag or boast or make ourselves seem better than another

charity, to love those we may not know personally as God loves them,

goodness, to be aware of the needs of others and to do the right thing

chastity, to respect human sexuality and our ability to co-create with God, abstaining from sexual intimacy before marriage and respecting the sexual union within marriage

gentleness, to treat one another and yourself with care and concern as children of God.

