

Unlike the material gifts we receive from others, the gifts we receive from God do not wear out but develop as we grow. This exercise is designed to help you reflect on the gifts you have.

**Your natural gifts.** Check your specialties:

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> cooking      | <input type="checkbox"/> talking          |
| <input type="checkbox"/> writing      | <input type="checkbox"/> dramatics        |
| <input type="checkbox"/> art          | <input type="checkbox"/> singing          |
| <input type="checkbox"/> music        | <input type="checkbox"/> schoolwork       |
| <input type="checkbox"/> sports       | <input type="checkbox"/> comforting       |
| <input type="checkbox"/> baby-sitting | <input type="checkbox"/> praying          |
| <input type="checkbox"/> cleaning     | <input type="checkbox"/> organizing       |
| <input type="checkbox"/> sewing       | <input type="checkbox"/> helping others   |
| <input type="checkbox"/> math         | <input type="checkbox"/> mechanics        |
| <input type="checkbox"/> selling      | <input type="checkbox"/> gardening        |
| <input type="checkbox"/> nursing      | <input type="checkbox"/> boating          |
| <input type="checkbox"/> listening    | <input type="checkbox"/> horseback riding |
| <input type="checkbox"/> teaching     | <input type="checkbox"/> other (list)     |

**Your spiritual gifts.** St. Paul writes that the Spirit's presence is shown in some way in each person in spiritual gifts. Circle those you think you have:

- |                      |                     |
|----------------------|---------------------|
| wisdom               | encouragement       |
| knowledge            | sincerity           |
| counseling           | working hard        |
| love                 | sharing belongings  |
| perseverance         | humility            |
| hope                 | feeding others      |
| helping others       | miracles            |
| authority            | preaching           |
| respect              | interpretation      |
| praying              | patience            |
| understanding others | kindness            |
| peacefulness         | teaching            |
| faith                | listening           |
| healing              | serving             |
| tongues              | joy                 |
| generosity           | welcoming newcomers |
| truthfulness         | forgiveness         |
| prophecy             | doing good          |

(See 1 Corinthians 12:4-12, 14, 30; 1 Corinthians 13—14; Romans 12.)

**More gifts.** The *fruits of the Spirit* (see Galatians 5:22-23) are those qualities that result from a habit of listening to the inspirations we receive from God.

Circle those you have felt in your life:

- |                   |            |
|-------------------|------------|
| love              | generosity |
| joy               | faith      |
| peace             | mildness   |
| patient endurance | chastity   |
| kindness          |            |

Some people insist that our natural talents are not to be considered the same as our "spiritual gifts." Do you agree or not? Why?

Add any other gifts you have (whistling, telling jokes, finding things):

_____	_____
_____	_____
_____	_____