



**ARCHDIOCESE OF ST. LOUIS**

**Catholic Renewal Center**

**Spiritual Gifts Inventory**



**CATHOLIC RENEWAL CENTER**  
"AWAKENING THE GIFTS & FRUITS OF THE HOLY SPIRIT"

**Discover Our Gifts  
St Louis Program  
Dr. Carr Elizabeth Worland  
Jane Guenther, M.Div., Director**

**Introduction**

“Now concerning the spiritual gifts, brethren, I do not want you to be uninformed.” **1Cor 12:1.**

St. Paul wants all of us to be aware of our personal spiritual gifts. At baptism we begin a special relationship with the Father, Son and Holy Spirit which grows every day. Baptism opens each of us to spiritual gifts, talents or charisms that help in the building up of the Body of Christ on earth. When we are baptized, we receive His Holy Spirit in a deep and spiritual way. On Pentecost Sunday, Peter repeated Joel’s words, “I will pour out my Spirit upon all.” **Acts 2:17.** From the day of Pentecost, the Church has celebrated and administered Baptism. Throughout our life our baptism is still working. Its waters of refreshment, love and service are still giving us life today.

The purpose of this program is to confirm the work that Jesus has begun in us through baptism. We can use our spiritual gifts and talents to serve Jesus, His Church, His people and His world.

Jesus “willed to make us holy and save us, not as individuals without any bond or link between us, but rather to make us into a people who might acknowledge him and serve him in holiness.” The Holy Spirit “distributes special graces among the faithful of every rank. By these gifts he makes them fit and ready to undertake various tasks and offices for the renewal and building up of the Church. These gifts or charisms are to be received with thanksgiving and consolation since they are fitting and useful for the needs of the Church.” **Vatican II, Constitution on the Church in the Modern World, Sections 9 and 12.**

**Process for Discovering Your Spiritual Gifts**

The same Holy Spirit, who dwells in Jesus, is in you. The same Holy Spirit who enabled and empowered Mary to be the Mother of God dwells in you. Realize the power of the Holy Spirit is in you. Welcome all gifts and charisms. Bear fruit with your gifts, and celebrate the gifts of others. Expect great things to happen when you are using your spiritual gifts.

“Whether extraordinary or simple and humble, charisms are graces of the Holy Spirit which directly or indirectly benefit the Church, ordered as they are to her building up, to the good of all, and to the needs of the world. They are a wonderful rich grace for the apostolic vitality and for the holiness of the entire Body of Christ,” **CCC 799-800.**

**Outline of the St Louis Program**

**Step One** to have knowledge about spiritual gifts from

- The Bible
- Second Vatican Council

- The Catechism (CCC)
- Popes, especially Pope John Paul II and Pope Benedict XVI
- The United States Bishops (USCCB)

### **Step Two**

- Prayerfully complete the survey
- Score the survey
- Identify your five strongest gifts

### **Step Three**

- Receive the Church's teaching on your five strongest gifts
- Share with others in a small group

This survey is one way to clarify and recognize our gifts. Our Catholic Faith tells us that each person's spiritual gifts have been given uniquely. We are each one piece of the body of Jesus on the earth today. All can use their gifts in their families, parishes, at work, or throughout the world.

Some of us are Jesus' hands, others, his eyes or ears. We need each other to share Jesus in His fullness throughout our towns, cities, and the world. If the body of Jesus were only eyes, how would we hear the cry of the poor? If the body of Jesus were only hands, how would we walk to those who need us? **1 Cor 12:12-21.**

"Christ has no body now on earth but yours, No hands but yours, no feet but yours. Yours are the eyes, which look out with Jesus' compassion to the world. Yours are the feet with which he is to go about doing good. Yours are the hands with which he is to bless others now." **St. Teresa of Avila.**

**Ephesians 4:11-13** tells us: "The saints together make a unity in the work of service, building up the body of Christ. In this way we become the perfect body, fully mature with the fullness of Christ himself.

Jesus gave us gifts to serve others. There is a joy in the service of others. We serve with prayers, money, or our talents. For this program we are using interchangeably the words: spiritual gifts, charisms and talents.

"Life according to the Spirit, whose fruit is holiness, stirs up every baptized person and requires each to follow and imitate Jesus Christ." **Vatican II on the Laity, 16.**

"Remain in the attitude of constant and grateful availability for every gift that the Spirit wishes to pour into your hearts." **Pope John Paul II, Dec 1979.**

No matter how young or old we are, we can always serve. We are right now at the perfect age God created us. God has a plan for each of us, Jer 29:11-14. Did not God infuse our souls within us? Each one is the perfect age for our spiritual gifts, created and brought into being. Each one of us is the perfect age, created and brought into being with our spiritual gifts. Someone may not see Jesus today, or be Jesus today, if we do not use our gifts with them and for them.

## Variety of Gifts

**1 Cor 12, 4-6** informs us, “Now there are varieties of *gifts*, but the same Spirit, and there are varieties of *service*, but the same Lord; and there are varieties of *working*, but the same Lord, the same God, who inspires them all in every one.”

Each one of us has a variety of gifts at different times of our life. Our gifts fluctuate according to our age, where we are called, and according to the dictates of the Holy Spirit. Variety is not only the spice of life; it is also the life of the Church. When we are children, our spiritual gifts are seeds planted within. As adolescents we also have gifts we can share and as adults at different times we use different gifts. St Paul tells us there are varieties of gifts, services and workings.

“Everyone has a responsibility to answer the call to develop the gifts she or he has been given. We do this by sharing our God given gifts in the family, the workplace, the community, the parish or the diocese. The ministries which exist and are at work at this time in the Church are all, even in their variety of forms, a participation in Jesus Christ.”

**Vatican II On the Laity, 21.**

“A sign of Christian maturity is respect for differences. This respect, rooted in humility, understands that unity does not require uniformity. The Catholic tradition welcomes diversity as an enrichment.” “The Church's pastoral ministry can be more effective if we become true collaborators, mindful of our weaknesses, but grateful for our gifts.

Collaboration challenges us to understand that we are, in reality, joined in Christ's body, that we are not separate but interdependent.” **US Bishops Called & Gifted.**

The body of Jesus, “is characterized by a diversity and complementarity of vocations, and states in life, of ministries, of charisms and responsibilities. Because of this diversity and complementarity, every member is seen in relation to the whole body and offers a totally unique contribution on behalf of the body.” **Pope John Paul II, 1987.**

Sometimes we know our spiritual gifts. Sometimes we do not. At some points in our lives we use one gift, at other times we use other gifts. Our gifts are unique and individual to each of us.

## Evangelization is the Result of Using Our Spiritual Gifts

When we spread the Good News of Jesus in our lives, we use our spiritual gifts fruitfully. “The task of evangelizing all people constitutes the essential mission of the Church.” **Pope John Paul II, Evangelization, 14.** It is not just for bishops and priests to evangelize. Evangelization is the mission of all the People of God according to their vocations and spiritual gifts. “The laity can and must, do valuable work for the evangelization of the world.” **Vatican II, On the Laity, 35.** The American hierarchy also invites the laity to share their gifts by evangelization. “The Church needs a well-educated, inquiring, and vocal laity if the new evangelization is to achieve its full potential.” **USCCB Called and Gifted the Third Millennium.**

Evangelization is the spreading of the Good News of our faith by using our spiritual gifts prayerfully asking Jesus, “How can I best use my gift?” “How can I serve the body of Jesus with this gift and where can I use it? How can I better see Jesus in others and in

myself? Since our spiritual gifts come from God and lead us and others to God by the power of the Holy Spirit, sharing our gifts could be in the family, parish, diocese, the workplace, or any place. Evangelization is the goal of all the gifts.

To evangelize and spread the Good News, our attitude must be Jesus' attitude. Scripture invites us to "Put on the mind of Jesus," **Phil 2:4**. Our mission is to "put on the Lord Jesus Christ," **Rom 13:14**, and our goal is, "No longer I who live, but Christ who lives in me." **Gal 2:20**.

"The Church in America is called to respond with loving generosity to the fundamental task of evangelization. It will be our task, as your representatives, Lord Jesus, to be stewards of your divine mysteries to spread among all the treasures of your word, your grace, your example". For the disciple of Christ the duty to evangelize is an obligation of love." **Pope John Paul II, Ecclesia in America**.

"This is the greatest significance. All your spiritual efforts must be directed to a personal encounter of each individual with the Lord in the community of the Church. Real openness to the Holy Spirit, as he vivifies and guides the Church, helps you to live in union with the Lord Jesus." **Pope John Paul II, 1984**.

### **Love, the Root of Evangelization**

Love is the root of all evangelization and all uses of our gifts. St John's First Epistle tells us "God is love and all who abide in love, abide in God," **1 John 4: 7-8**. Jesus told us we only have to love God and our neighbor, "as He has loved us." **John 13:34**. Therefore love is the foundation and the root, the only way to use our spiritual gifts. If we do not love our neighbors, we are incapable of serving them with the mind of Jesus and using our gifts effectively.

St Paul tells us, "Make love your aim, and earnestly desire the spiritual gifts." **1 Cor 14, 1**. Love is the greatest gift and without love other gifts are useless, inefficient, or wasted. When we serve without love, our service is weak or even harmful. When we pray without love, our prayer is wanting. When we share hospitality without love for the recipient, we are lacking the very essence of hospitality. All spiritual gifts are generated by love and increase our love.

St Paul even gives us characteristics of love, "Love is patient, kind, not jealous nor boastful, not arrogant or rude, does not insist on its own way, is not irritable or resentful, does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, and endures all things. Love never ends." **1 Cor 13:4-8**.

Love is the way we evangelize and live our spiritual gifts. When we love, we are being Jesus and seeing Jesus in others. We can only evangelize, using our gifts, by sharing Jesus with love.

St Paul goes on to tell us the fruit of the Holy Spirit is, "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." **Gal 5:22**. When these virtues are present, we know we are using our spiritual gifts correctly to serve and build up the body of Jesus.

"Always allow yourselves to be surprised by God." **Pope John Paul II, April, 1998**.

Discovering your spiritual gifts will provide you with a pathway to living “life more abundantly.” We invite you to come to new and surprising ways to share Jesus and his Holy Spirit when you examine and share your spiritual gifts.

## **More Biblical Images of Spiritual Gifts**

We have already seen how our spiritual gifts can be used for the building up of the body of Jesus on earth today. The Bible also has other images to deepen our knowledge of spiritual gifts. First there is **the parable of the talents**. **Matt 25:14-28**, tells us that we receive different gifts in different quantities. If we use this parable only to say that some get more gifts than others, then we miss the opportunity to see it as a teaching that each of us has different gifts at different times in different quantities in our lives.

The word “talents” occurs only in Matthew’s Gospel in this parable. A man going on a journey (God or Jesus) called his servants (us) and gave five talents to one servant, two talents to another and one to a third. Jesus told this story to the people of his day about God and himself, to get them ready for his death, his “going on a journey.”

The man with 5 talents “traded” for 5 more. The man with 2 talents “made” two more. The man with 1 talent buried it in the ground. Jesus told us this story to remind us that he gives us talents, not necessarily money. Talents are gifts to the individual and Jesus wants us to know that they are His gifts. We do not deserve or earn them. He loves us and he gives them to us. According to this story, talents vary according to how we use them. They vary according to our age, our vocation and our experience.

Some of our talents are new, others have been used more often. The more we use our spiritual gifts, the greater the benefit to us, to others, and to Jesus. Then we are “good and faithful servants.” When we bury our talents, no good comes from it. We lose, and the body of Jesus loses our contribution. This program is designed to help us identify and use our greatest gifts and talents now. We focus on what you can do for the Lord. What gifts He gives you and how you can use them in His Kingdom: in your home, in your parish, and throughout the world.

We do have to pay attention to the man with the one talent. He buried it because “he was afraid.” Fear never comes from Jesus. He is not afraid of anyone or anything. Yet sometimes we may be afraid of using our gifts. When we live in fear we lose the power of the Holy Spirit to use these gifts in his name and in his service.

Another Biblical reference is about **the fruits of our spiritual gifts**. Jesus said we will know our spiritual gifts by their fruit, “By their fruit you will know them.” **Mt 7:15-20**. The fruit we produce reveals and reflects our gifts. Jesus said that good fruit comes from good trees. When we are using our gifts fruitfully, then Jesus and the Church, the body of Christ will be glorified. We produce good fruit when we use our spiritual gifts prayerfully, humbly, respectfully and in union with others.

This program centers on our most fruitful gifts. We ask that you do the survey and find the 5 gifts that are the strongest for you at this point in your life. Some of these may surprise you. Some may not, for you have used them for years. In any case, rejoice because Jesus says, “Well done, good and faithful servant. You have been faithful over a little, I will set you over much; enter into **the joy** of the master.” Jesus also says, “I

chose you and I commissioned you to go out and to bear fruit, fruit that will last.” **John 15:16.**

The Old Testament has the same concept. A faithful believer is “like a tree planted near streams; it bears fruit in season and its leaves never wither, and every project succeeds.” **Ps 1:3.** When Jesus plants us in the right place, our projects succeed. Yet there are different seasons for our gifts, and different places.

God “sends seasons of fruitfulness.” **Acts 14:17.** A gift we use in adolescence or childhood may be shifted or even changed in our adult life. Jesus picks the time and place where we use our gifts. Jesus gives us another “fruitful” image. He is the vine we are the branches. “As a branch cannot bear fruit all by itself, unless it remains part of the vine, neither can you unless you remain in me, I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing.” **John 15:4-5.**

Jesus also said in **Mt 12:33**, “Make a tree good and its fruit will be good.” The fruit we produce reveals and reflects our spiritual gifts. Jesus said that good fruit comes from good trees. When we are using our gifts fruitfully then Jesus and the Church, the body of Christ is glorified. We produce good fruit when we use our spiritual gifts prayerfully, humbly, respectfully, and in unity with others.

No one is too young or too old to serve the Lord. Everyone receives gifts from Baptism. Children, adolescents, and adults can all benefit from completing this program. St Paul wrote Timothy, “Let no one disregard you because you are young, but be an example to all the believers in the way you speak and behave, and in your love, your faith and your purity.” You have in you a spiritual gift which was given to you when the prophets spoke and the body of elders laid their hands on you; do not neglect it.” **1 Tim 4:12-14.** The young bring us gifts of enthusiasm, energy, hard work and creativity. The book of Ruth says, **Ruth 4:15**, “Your (grandson) shall be to you a restorer of life and a nourisher of your old age.”

Children and adolescents all have gifts to share. This program is for all ages to discern their gifts and offers places to use them.

No one is too old to share a spiritual gift; older Catholics bear fruit over many years, Sometimes in one area, sometimes in others, “In old age they will still bear fruit, will remain fresh and green.” **Ps 92:14.** And again, “The Lord gave him strength, which remained with him to old age.” **Sirach 46:9.**

We cannot leave the image of bearing fruit without addressing the concept of “bad fruit.” “Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more.” **John 15:2, Mt 7:17.** “There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit.” **Lk 6:43.** There is no bad fruit when we use the spiritual gifts Jesus has given us. But we need to pray for the ability to let God prune us when it is necessary.

Another Biblical image we can use to deepen the awareness of our spiritual gifts is that of **light**. Jesus twice said. “I am the light of the world.” **John 8:12; 9:5.** Light dispels darkness. It nurtures and warms us up. It gives comfort. Light purifies. It consumes

garbage. When we are connected to the light of Jesus, we become his light in the world today. Our spiritual gifts are the way we shine as Jesus' light in the world. St Paul says in **1Thes 5:5**, "For you are all children of light and of the day; we are not of the night or darkness." Jesus said, "Do not hide your light under a bushel"

**Lk 15:8**. "If we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. " **1 John 1:7**.

Spiritual gifts that are hidden, ignored or destroyed by another cannot light up the world today. St Paul tells us, "Now you are the light in the Lord; walk as children of light for the fruit of light is found in all that is good and right and true," Then St Paul says "Christ shall give you light." **Eph 5:8-9**. Jesus has given us everything we need to use our spiritual gifts, to be His light and to bring His light to the world.

Pope Benedict XVI asked some questions we can all answer, "How are you using the gifts you have been given, the power which the Holy Spirit is even now prepared to release within you? What legacy will you leave? What difference will you make?" **Pope Benedict XVI, World Youth Day, 2008**.



## How do you know you are not working in a gift?

By the grace of the Holy Spirit, we have completed the survey and found that there are gifts we do not have in our current list of top five spiritual gifts. For some of us this may be disappointing. For others it may be a relief. Can we accept the decision of the Holy Spirit? By completing and scoring the survey, we have been given our top gifts and we are invited to concentrate our efforts on the Holy Spirit's decision.

This requires humility and self-knowledge. It requires honesty as well. Sometimes we feel a loss when we no longer have a gift or when we find out we do not have a gift we thought we had. But the Good News is that Jesus does not leave us orphans. He gave the gifts we identify through the Holy Spirit now for this present moment. We go forth to use these gifts for "the greater honor and glory of God," for the service of others and in the presence of the love of God.

"Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." **1 Thes 5:16-18.**

Besides the gift of this survey telling us we do not have some gifts, there are other indications to tell us that.

When we have used a gift in the past, but it is not one of the top five today, we can rejoice that other gifts have been opened up for us.

- Was I performing this gift according to the **ministry guidelines** of the Church or are there aspects you are not good at performing or you have difficulty doing all of the parts required of this gift?
- Did you have difficulty pronouncing the names and words of the Scriptures and yet continue to read?
- Did you not have the gift of hospitality necessary for being an usher or greeter?
- Are you doing administration and wish you were doing actual service?

Did you have difficulty making the **physical** commitment to the gifts?

- Did you have difficulty going up steps to be an Eucharistic minister?
- Were you resentful at being called to make food once a month for the homeless, or for funeral luncheons, yet you stayed on the list?

Did you not have **enough time** to commit to the time required for the ministry?

- Did you not like to go out at night and the service meets at night, or, are you busy in the daytime and this gift is used in the daytime?
- Can you no longer make the required meetings?
- Did you like the status the job gives you, but were not willing to do the work?

Are you unable to make the **financial** commitment to the service?

- Do you complain about the cost?
- Could you afford the finances in the past, but not at this time in your life?

**Emotional** commitment, are you lacking joy, peace when you use your spiritual gift?

- Did you dislike children and yet teach them?
- Did you dislike hospitals and yet are an Eucharistic Minister there?

- Do you spend your time at Mass, criticizing what everyone else is doing and thinking you could do it better?
- Did you get a heavy or unpleasant feeling just thinking about serving with this gift?
- Did you **committing sins** while you used this gift? The seven deadly sins: pride, envy, anger, gluttony, lust, greed and sloth. Were you committing any sins at the time before, during or after using this gift? If so, sins are barriers to healing, barriers to using our gifts correctly and spiritually to the fullest extent possible.

Before you go forth to use your spiritual gifts, we would like to say a word about burnout. In the business world, burnout is a negative concept. We are no longer doing the work we enjoyed before. Now it has become a burden, not life giving, or counter-productive for us and for others.

In our faith life, burnout is a gift. It tells us that a gift we use to use regularly, we no longer have. That gift is no longer working according to the Holy Spirit and it is time to let go of it. When we are in our 20's we need and have certain spiritual gifts. When we are in our 40's or 60's we need other gifts. Just as when we go to school we are in a learning mode. When we graduate we move on to work, the next step of our journey. So if you are experiencing a dryness, an irritability, or a pride or anger from a gift we use to love to share, Jesus is saying through the Holy Spirit that it is time to move on.

Our faith journey is ever exciting, new and moving. Where we are today is not where we were yesterday. Where we will be tomorrow is not where we are today.

## How do you know you have this Spiritual Gift?

You have taken the survey and the Holy Spirit has led you into an awareness that you have certain spiritual gifts. Know that your spiritual gifts come from Jesus and they are for the service of others.

The first sign that you have a particular gift is that it **bears fruit**. The Holy Spirit gives us the fruit of our gifts, “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”

**Gal 5:22-23.**

So the first question is “Do I experience this fruit in what I am doing for the Lord? “By their fruits you will know them.” Does this ministry make my heart sing? Am I happy, loving, joyful etc. when I do this?

If this is true, we can rejoice, we are doing what God wants, when God wants it.

Love is the way we use every gift. “Love is patient, kind, not jealous nor boastful, not arrogant or rude, does not insist on its own way, is not irritable or resentful, does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.” **1 Cor 13:4-8.**

## Guidelines for Our Spiritual Gifts

- Am I knowledgeable about the Church’s guidelines on this gift?
- Am I open to follow the Holy Spirit while I use these guidelines?
- Am I willing to listen to others who share the gift and may have some experiences to share?
- Will the use of this gift conform to Scripture, Church teaching and tradition?
- Will I be love using this gift?
- Will I make other peoples’ hearts sing? Are they brought closer to the Lord?
- Do I need other peoples’ affirmation telling me how good I am, or would I use this gift simply out of my love for the Lord?

## Physical commitment

- Can I do the work required or can I get others to help me use this spiritual gift?
- How does my age (young or old) affect the way I use this gift now?

## Time commitment

- Can I make the time commitment necessary to the preparation, duration and aftermath of this gift?
- Have I discussed this time commitment with the Church- pastor, parish council, and others using this gift?
- Have I discussed this commitment with my family?

## Financial commitment

- Does this ministry conform to the budget I/we have been given?
- Can I volunteer with this gift, to serve others?

**Emotional commitment**

- The Holy Spirit has identified this gift in me, am I afraid to use it?
- How am I willing to use it?
- Am I excited about this gift? Am I open to new, as well as old, ways to serve others with this spiritual gift?

## Barriers to Using Our Gifts

There are barriers to using our Spiritual Gifts. One of the barriers to using our spiritual gifts is our personal sin. Our sins can cloud our vision of who we are and what Jesus and His Holy Spirit want us to do.

### Sins

“All have sinned and are deprived of the glory of God,” **Romans 3:26.**

St Paul, “I do not understand my own behavior; I do not act as I mean to, but I do things that I hate.” **Rom 7:14-24.**

St Paul, “You began your race well; who came to obstruct you and stop you obeying the truth?” **Gal 5:7.**

Jesus said, “Every sin will be forgiven.” **Mark 3:28.**

Jesus said, “You must love one another as I have loved you.” **John 13:34.**

“If we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. “ **1 John 1:7**

Sin is the refusal to love self  
others  
God  
nature

Sins can be thoughts  
actions  
words

### Sins can be sins of

an individual

family

group - companies, bridge groups, organizations, etc.

nation - sins of our country different from those of poorer nations, etc.

There are **sins of omission** - not doing the holy and loving thing.

There are **sins of commission** - doing something wrong.

**Sins** can occur one time.  
habitually.  
rarely.

There is a **difference** between temptation and sin. Jesus was tempted but did not sin  
**Temptations are not sins. When we give into them, they become sins.**

**Mortal sins** require three conditions

1. serious offense
2. conscious of what you are doing at the time
3. consenting to commit a mortal sin at the time - alienate self from God totally

A mortal sin **must** be taken to the sacrament of reconciliation.

### Ripple Effects of Sin

1. separation from others
2. feel dirty, uncomfortable with self

3. alienation from God
4. neglect and abuse nature

### **An Examination of Conscience**

**Myself** - Have I refused to use my spiritual gifts? Am I lazy in coming forward with my spiritual gifts?

**Family** - Is my family benefiting from my spiritual gifts? Am I allowing them to use their spiritual gifts?

**Parish** - Have I offered my spiritual gifts to the parish?

### **Solutions for sin in our life**

1. Sacrament of Reconciliation - take your sins to the Lord and ask Him to repair the damage to you and to others.
2. Act of Contrition.
3. Having Masses said for the healing of sin in your life, in your family, your culture etc.

### **A second barrier is our feelings**

I can't do anything - Am I stuck in unforgiveness of others or myself?

I am unworthy - Do I fear rejection?

Others have spiritual gifts, I didn't get any - Do I carry guilt?

I'm too old. I'm too young - Am I a paralyzed perfectionist?

Am I afraid?

Do I lack hope?

Am I afraid of being rejected?

### **Solutions of these feelings**

1. Prayer for God to restore your self-image, your vocation as a child of God and heir to heaven. Jesus has already won the victory.
2. Renounce anything in your life which is not under Jesus' authority - satan's hold on your feelings. "Our struggle is not against human forces but against principalities and powers, the rulers of this world of darkness, the evil spirits." **Eph 6:10.**

### **Addictions**

The way we know that addictions are running our lives is that they take up hours of our days.

They become "false gods" and keep our focus on ourselves instead of Jesus and his Holy Spirit.

Am I addicted to gossip, alcohol, sports, cigarettes, soap operas, pornography, etc.?

Am I preoccupied with myself, my health, my finances, my possessions, etc. so that I cannot use my spiritual gifts?

Am I compulsive about anything?

### **Solutions to Addictions**

1. Make a decision to give up all attachments to addictions and self.
2. Attend a support group or get a group of friends to help you quit and refocus your life. This takes time.
3. Attend Mass or Adoration and pray to be freed from all bondages and addictions.

## **Where Do I Go from Here?**

Now that I have identified God's gifts to me, where do I go from here?

The first thing we can do is thank God for giving us gifts. We did not earn them, or deserve them, or pay for them. They are gifts from God to use for the service of God and others. So thank God for your top five gifts. They are the strongest gifts in you today at this present moment. In the past you may have used other gifts. Today these are the ones that Jesus wants you to concentrate on.

Pray about the ways and places that God wants you to use your gifts. It may be in your parish, archdiocese, workplace, family or someplace else. God does not give gifts to waste or to bury them. Learning about your gifts gives you perspective and opportunity to grow in wisdom about your faith. So learn as much as you can about them.

You may choose to attend Mass frequently or read the Bible where gifts and their uses abound. You can look these gifts up in Theological Dictionaries or on Catholic Web sites. You can research papal statements, Vatican II documents, the Catechism or other Church documents to show you the Church's direction for the use of your gifts.

Use personal prayer time to ask Jesus. How do you want me to use these gifts at this time in my life? You can also seek out a Spiritual Director who is familiar with you or your gifts. She/he can help you to discern where to go from here. You can attend courses on Spiritual gifts or retreats to give you time apart with the Lord to ignite your gifts and find His uses for them.

### **Learn all you can about Spiritual Gifts**

- Adoration
- Community
- Courses
- Personal Prayer Time
- Prayer Group
- Research- Parish libraries, Catholic book stores, etc.
- Sacraments
- Spiritual Direction
- Retreats

Network and find others with your gift. Learn from those who share the same gifts you have. You can join a prayer group where multiple gifts are manifested or form a prayer group around a particular spiritual gift to get support from others and to support others.

### **Gifts of the Holy Spirit Summary**

The same Holy Spirit that was in Jesus is in you. Realize the power of the Holy Spirit is in you and moves through you. Be open to all gifts and charisms. Be able to bear fruit with your gifts, and celebrate the gifts in others. Expect great things to happen when you are using your spiritual gifts.

Rejoice always and be thankful always. If you find one door closed for your spiritual gifts, see where God is opening a window.

## **Gifts and Ministries for St Louis Program**

**Administration** - Annual Catholic Appeal, Blood Drive, Capital campaign, Employment Job Search Network, Endowment Committee, Finance Committee, Meals on wheels, Parent/School Association, Parish Directory, Scholarship Committee, School Marketing committee, Sports, Stewardship Committee, Together We're Better Sales

**Celibacy** – Administration, Adult Day Care, Adult Faith Development, Altar Servers, Baptismal Prep Team, Bible Study, Blood Drive, Card Clubs, Bulletin Stuffer, Cantor, Capital Campaign, Casseroles for the Poor, Cemetery Committee, Choir, Christian Formation, Christian Service, Church Art, Church, Coaches, Coffee and doughnut Volunteers, Ecumenical Outreach Committee, Employment Job Search, Endowment, Eucharistic Adoration and Ministers, Evangelization Committee, Finance, Food Pantry, Fundraising, Funeral Lunch Program, Garden Club, Get Well Cards, Gift Bearers, Habitat for Humanity, Immigration, Knights of Columbus, Ladies' Guild, Lectors, Legion of Mary, Liturgy, Maintenance, Meals o Wheels, Men's Club, Missionaries, Money Counters, Nursing Home or Office Volunteer, Parish Council, Parish Directory, Parish Library Volunteer, Parish Life, Prayer Group, Prayer Chain, Prison Ministry,

**Craftsmanship** – Advent Giving Tree, Church Art & Environment, Casseroles and Sandwiches for the Poor, Church cleaning, Coffee and Doughnut Volunteers, Food Pantry, Funeral Lunch Program, Garden Club, Get Well Cards, Maintenance Committee or Volunteers, Quilters, Sacristans, Soup Kitchen, Temporary Meal Assistance, Vacation Bible School,

**Discernment** – Baptismal Prep Team, Bible Study, Bereavement Committee, Christian Formation, Christian Service, Ecumenical Outreach Committee, Eucharistic Adorers, Eucharistic Ministers, Evangelization Committee, Immigration and Refugee Committee, Prayer Groups, Vocation Committee

**Encouragement** – Adult Day Care, Athletic Association, Bereavement Committee, Blood Drive, Christian Service and Outreach, Employment Job Search Network, Get Well Cards, Habitat for Humanity, Immigration and Refugee Service, legion of Mary, Missionaries, Nursing Home volunteer, Office Volunteer, Prison Ministry, Respect Life Committee, Shut In Assistance, Ushers/Greeters

**Faith** - Adult Faith Development, Baptismal Prep Team, Bible Study, Christian Formation'/Education, Ecumenical Outreach Committee, Eucharistic Adoration, Eucharistic Ministers, Evangelization Committee, Legion of Mary, Marriage Prep Team, Missionaries, Parish School of Religion teacher/volunteer/aide, Petition Writer, RCIA for adults/Children, Respect Life Committee, Retreat Group, Rosary Group, Sacristans, Small Church Communities, Vacation Bible School, Vocation Committee.

**Giving** – Adult Day Care, Advent Giving Tree, Annual Catholic Appeal, Blood Drive, Capital Campaign Healing, Adult Day Care, Babysitting, Baptismal Prep Team, Bereavement Committee, Blood Drive, Christian Formation/Education, Christian Service



& Outreach, Coffee & Doughnut Volunteers, Employment Job Search Network, Eucharistic Ministers, Funeral Lunch Program, Get Well Cards, Immigration & Refugee Service, Legion of Mary, Marriage Prep Team, Missionaries, Nursing Home Volunteer, Parish Nurse Program, Peregrine Society, Pray Chain, Prayer Group, Prison Ministry, Respect Life Committee, Retreat Group, Seniors Group, Shut In Assistance, Small Church committee, Soup Kitchen, St Vincent de Paul, Youth Ministry.

**Healing** – Adult Day Care, Adult Faith Development, Babysitting, Bereavement Committee, Casseroles for the Poor, Cemetery Committee, Christian Service and Outreach, Eucharistic Adoration/ Ministers, Funeral Lunch Program, Missionaries, Nursing Home Volunteer, Parish Nurse Program, Peregrine Society, Prayer Chain, Prayer Group, Prison Ministry, Respect Life Committee, Retreat Group, Rides for Doctors Appointments/ Church, Seniors Group, Small Church Communities, Shut In Assistance, Social Justice Committee, Soup Kitchen, St Vincent de Paul Society, Telephone Tree, Small Faith Communities, temporary meal Assistance, Ushers, Greeters.

**Helps** – Adult Day Care, Altar Servers, Babysitting, Baptismal Prep Team, Bereavement Committee, Blood Drive, Bulletin Stuffer, Capital Campaign, Casseroles/sandwiches for the Poor, Christian Service and Outreach, Church cleaning, Coffee & Doughnut Volunteers, Food Pantry, Fundraising Events, Funeral Lunch Program, Get Well cards, Gift Bearers, Habitat for Humanity, Immigration and Refugee Service, Legion of Mary, Liturgy planning, Maintenance volunteer or committee, Marriage Prep Team, Meals on Wheels, Missionaries, Nursing Home Volunteer, Office volunteer, Parish Directory, Parish Library Volunteer, Parish Nurse Program, Parish School of Religion teacher/volunteer/aids, Peregrine Society, Pray Group Prayer Chain, Retreat Group, rides for parishioners, Sacristans, School Volunteer, Seniors group, Shut in Assistance, Small Church Communities, Social Justice committee, Soup Kitchen, Telephone Tree, Temporary Meal Assistance, Greeters.

**Hospitality** – Adult Day Care, Babysitting, Baptismal Prep Team, Bereavement Committee, Blood drive, Bridge (Card) Clubs, Casseroles/sandwiches for the Poor, Christian Formation/Education, Christian Service and Outreach, Church Cleaning, Coffee and Doughnut Volunteers, Ecumenical Outreach Committee, Eucharistic Adoration, Eucharistic Ministers, Food Pantry, Funeral Lunch Program, Garden Club, Get Well Cards, Gift Bearers, Habitat for Humanity, Immigration & Refugee Service, Knights of Columbus, Ladies' Guild, Lectors, Legion of Mary, Liturgy, Maintenance, Meals on Wheels, Missionaries, Nursing Home Volunteer, Office volunteer, Parish Library Volunteer, Parish Nurse Program, Parish School of Religion, School Volunteer, Seniors Group, Shut In Assistance, Small Church Communities, Social Justice Committee, Soup Kitchen, St Vincent de Paul, Telephone Tree, Temporary Meal Assistance, Greeters,

**Intercessory Prayer** – Adult Day Care, Bible Study, Christian Formation/Education, Ecumenical Outreach Committee, Employment Job Search, Legion of Mary, Liturgy of the Word Planning, Missionaries, Nursing Home Volunteer, Peregrine Society, Petition Writer, Prayer chain, Prayer Group, Prison Ministry, Respect Life Committee, Retreat Group. Seniors Group, Shut in Assistance, Small Church Communities, St Vincent de Paul Society.

**Knowledge** – Adult Faith Development, Coaches, Baptism Prep Team, Bereavement Committee, Bible Study, Christian Formation/Education, Church Art & Environment, Employment Job Search network, Evangelization Committee, Finance Committee, Food Pantry, Fundraising, Immigration & Refugee Service, Liturgy Planning, Marriage Prep Team, Office Volunteer, Parent/School Association, Parish Library, School of Religion, Petition Writer, Prayer Chain Prayer Group, Ministry, RCIA for kids or adults, Respect Life Committee, Retreat Group;, Scholarship Committee, Social Justice Committee, Stewardship Committee, Together We're Better, Vocation Committee, Web Site.

**Leadership** - Administration, Adult Day Care, Athletic Association, Bible Study, Blood Drive, Christian Formation, Coaches, Ecumenical Outreach, Employment Job Search, Evangelization Committee, Finance Committee, Fundraising Events, Habitat for Humanity, Immigration and Refugee Service, Knights of Columbus, Ladies' Guild, Liturgy of the Word Planning, Men's Club, Missionaries, Parent/School Association, Parish Council, Parish Directory, Parish Library, Parish Life, Parish Newsletter, Parish School of Religion, RCIA for adults or children, Respect Life, Scholarship Committee, School Board, School Marketing Committee, Scout Leaders, Vocation Committee, Web Sites for Parish or organization, Youth Minister.

**Mercy** - Bereavement Committee, Christian Formation/Education, Christian Service and Outreach, Coffee and doughnut Volunteers, Ecumenical Outreach, Immigrant & Refugee Service, Legion of Mary, Missionaries, Parish Nurse Program, Peregrine Society, Prison Ministry, Respect Life, Seniors Group, Shut In Assistance, Social Justice Committee, Soup Kitchen, St Vincent de Paul.

**Missionary** - Christian Outreach & and Service, Ecumenical Outreach, Eucharistic Ministers, Evangelization, Immigration & Refugee Service, Missionary, Prison Ministry, Small Church Communities, Social justice Committee, Vocation Committee, Youth Ministry

**Music** - Adult Faith Development, Babysitting, Bereavement Committee, Bible Study, Cantor, Christian Formation/Education, Church Art and Environment, Eucharistic Adoration, Eucharistic Ministers, Liturgy of the Children, Liturgy, Musicians, Parish School of Religion, Prayer Group, RCIA for Adults or Children, Retreat Group, School Volunteer, Seniors Group, Sunday Pre-school, Vacation Bible School, Youth Minister.

**Prophecy** - Adult Faith Development, Baptismal Prep Team, Christian Formation, Christian Service, Eucharistic Adoration or Ministers, Evangelization, Petition Writer, Pray Chain, Prayer Group, Prison Ministry, Shut In Assistance, Small Church Communities, Social Justice Committee, Vocation Committee, Youth Ministry,

**Service** - Adult Day Care Advent Giving Tree, Altar Server, Help with teams, babysitting, bereavement committee, Blood Drive, Bulletin stuffer, Casseroles/sandwiches for the poor, church cleaning, Coffee and donuts service, Eucharistic Adoration, Eucharistic Ministers, Food Pantry, Fundraising, Funeral Lunch Program, Garden Club, Get Well Cards, Gift Bearers, Habitat for Humanity, Immigration and Refugee Service, Liturgy for Children, Meals on Wheels, Missionary, Money Counters, Nursing Home Volunteer, Office Volunteer, Parish Library Volunteer, Parish School of Religion, Peregrine Society, Pray Group, Prison Ministry, Quilters, RCIA,

Riders for parishioners, Sacristan, School Volunteer, Scout Leaders, Seniors Group, Shut In Assistance, Soup Kitchen, St Vincent de Paul , Sunday Pre-school.

**Teaching** - Adult Faith Development, Athletics, Baptismal Prep Team, Bible Study, Christian Formation/Education, Coaches, Ecumenical Outreach Committee, Employment Job Search Network, Evangelization Committee, Immigration and Refugee Service, Liturgy Planning, Marriage Prep Team, Parent/School Association, Parish School of Religion teacher/volunteer/aide, RCIA for Adults or Children, Retreat Group, School Board, Scout Leaders, Social Justice Committee, Vacation Bible School, Youth Minister

**Technology** - Administration, Annual Catholic Appeal, Athletic Association, Blood Drive, Capital Campaign, Employment Outreach, Endowment Committee, Finance Committee, Fundraising Events, Habitat for Humanity, Immigration and Refugee Service, Parent/School Association, Parish Council, Parish Directory, Parish Library Volunteer, Parish Newsletter, Parish School of Religion, Rides for Doctors etc, Scholarship Committee, School Board, School Marketing Committee, Stewardship Committee, Vocation Committee, Web site, Youth Ministry.

**Voluntary Poverty** - babysitting, bereavement committee, Blood Drive, Bulletin Stuffer, Casseroles/sandwiches for the poor, Christian Service and Outreach, Church cleaning, Coffee and doughnut Volunteers, Food Pantry, Habitat for Humanity, Immigration and Refugee Service, Maintenance Volunteer, Meals on Wheels, Missionaries, Nursing Home Volunteer, Office volunteer, Peregrine Society, Prison Ministry, Rides for Doctors, Sacristans, School Volunteer, Shut in Assistance, Soup Kitchen, St Vincent de Paul Society, Temporary Meal Assistance, Ushers.

**Wisdom**-Adult Faith Development, Bereavement Committee, Get Well Cards, Sodality, Legion of Mary, Marriage Prep Team, Missionaries, Nursing Home Volunteer, RCIA for Adults or children, Christian Formation/Education, Christian Service and Outreach, Ecumenical Outreach, Peregrine Society, Prayer Chain, Prayer Group, Prison Ministry, Quilters, Respect Life Committee, Retreat Group, Seniors Group, Social Justice Committee, Soup Kitchen, St Vincent de Paul, Vocation Committee, Youth Ministry.

**Worship**-Adult Faith Development, Altar Servers, Baptismal Prep Team, Bereavement Committee, Cantor, Cemetery Committee, Christian Formation/Education, Church Art and Environment, Ecumenical Outreach Committee, Eucharistic Adoration, Eucharistic Ministers, Lectors, Liturgy of the Word for Children, Liturgy Planning, Marriage Prep Team, Missionaries, Musicians, Prayer Group, RCIA, Sacristans, Seniors, Group, Ushers/Greeters, Vacation Bible School, Youth Minister.

**Writing**- Adult Faith development, Bereavement Committee, Bible Study, Christian Formation/Education, Employment Outreach, Evangelization Committee, Fundraising Events, Get Well cards, Immigration and Refugee Service, Parish Directory, Parish Library Volunteer, Parish Newsletter, Parish School of Religion, Petition Writer, Prayer Group RCIA for adults or children, Scholarship Committee, School Marketing Committee Seniors Group, Social Justice Committee, Web Sites for Parish and Organizations.

## SPIRITUAL GIFTS – MY RESULTS

Circle your top five gifts below.

1. Administration
2. Celibacy
3. Craftsmanship
4. Discernment
5. Encouragement
6. Faith
7. Giving
8. Healing
9. Helps
10. Hospitality
11. Intercessory Prayer
12. Knowledge
13. Leadership
14. Mercy
15. Missionary
16. Music
17. Prophecy
18. Service
19. Teaching
20. Technology
21. Voluntary Poverty
22. Wisdom
23. Worship
24. Writing

Write your top five gifts here.

- 1.
- 2.
- 3.
- 4.
- 5.

Do you recognize that you have used this gift before?

Did you learn a name for a gift that you have used before?

Do you see ways you can use this gift for others?

Catholic Renewal Center, 1406 S. Sappington, Rd, Crestwood, MO 63126, 314-801-8688

[www.archstl.org/renewal](http://www.archstl.org/renewal)

Copyright 2010

## Spiritual Gift/Charism Grid

<p style="text-align: center;"><b>Pastoral Charisms</b> Focus: personally nurturing individuals and the community</p> <p>___ ENCOURAGEMENT</p> <p>___ HELPS</p> <p>___ HOSPITALITY (green)</p> <p>___ MERCY</p>	<p style="text-align: center;"><b>Communication Charisms</b> Focus: transforming lives through communicating truth</p> <p>___ WORSHIP</p> <p>___ PROPHECY (blue)</p> <p>___ TEACHING</p>
<p style="text-align: center;"><b>Organization Charisms</b> Focus: meeting the needs of an organization or group</p> <p>___ ADMINISTRATION</p> <p>___ GIVING (salmon)</p> <p>___ LEADERSHIP</p> <p>___ SERVICE</p>	<p style="text-align: center;"><b>Lifestyle Charisms</b> Focus: living a particular lifestyle in order to minister to others</p> <p>___ CELIBACY</p> <p>___ MISSIONARY (white)</p> <p>___ VOLUNTARY POVERTY</p>
<p style="text-align: center;"><b>Healing Charisms</b> Focus: being an instrument of God's physical, spiritual, and/or emotional healing</p> <p>___ HEALING (yellow)</p> <p>___ INTERCESSORY PRAYER</p> <p>___ FAITH</p>	<p style="text-align: center;"><b>Understanding Charisms</b> Focus: giving understanding to the ways of God, humanity, and creation.</p> <p>___ DISCERNMENT OF SPIRITS</p> <p>___ KNOWLEDGE (purple)</p> <p>___ WISDOM</p>
<p style="text-align: center;"><b>Creative Charisms</b> Focus: engaging in creative activities that are spiritually meaningful, draw others to God, and/or beautify the world.</p> <p>___ CRAFTMANSHIP</p> <p>___ MUSIC (beige)</p> <p>___ WRITING</p> <p>___ TECHNOLOGY</p>	<p>Identify a possible focus of your Charisms (Spiritual Gifts) by entering your top four to six charisms on this grid form. Write the total number of points for each of your top charisms on the line provided. Pay particular attention to clusters in which you have more than one charism. If you have an opportunity to share in a small group, choose to participate in cluster groups for charisms about which you have little or no knowledge.</p>