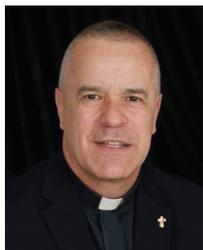


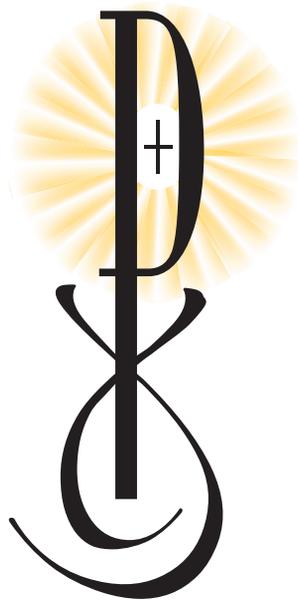
Catholic Passion Ministries Co-Founders



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CATHOLIC PASSION MINISTRIES

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THE
12 FRUITS
OF THE
HOLY SPIRIT

...

*Ponderfully
Lived Daily*

1. Love

Ponder: “Give thanks to the God of heaven, for his steadfast love endures forever.” *Psalm 136:26*

Act: Perform small acts of love unto others throughout each day in gratitude for the great love the Lord has for you.

2. Joy

Ponder: “These things I have spoken to you so that My joy may be in you, and that your joy may be made full.” *John 15:11*

Act: Bring Jesus into your life by assisting at Holy Mass each day, whenever you are able.

3. Peace

Ponder: “For if you forgive other people who sin against you, your Heavenly Father will also forgive you.” *Mt 6:14*

Act: Forgive others for offenses committed against you at the moment which they occur. Apologize immediately for any offenses you commit against another.

4. Patience

Ponder: “Let your hope keep you joyful, be patient in your troubles, pray at all times.” *Rom 12:12*

Act: Say a short prayer when encountering impatience with others.

5. Kindness

Ponder: “Set a guard O Lord over my mouth; keep watch over the door of my lips.” *Ps 141:3*

Act: Always speak highly of others. Avoid talking unkindly about others in your casual conversations.

6. Goodness

Ponder: “For God has not called us for the purpose of impurity, but in sanctification.” *1Thes 4:7*

Act: Remove impure images and activities from your daily life.

7. Generosity

Ponder: “Truly I say to you, this poor widow put in more than all the contributors to the treasury; for they all put in out of their surplus, but she, out of her poverty, put in all she owned, all she had to live on.” *Mk 12:43-44*

Act: Be generous with your time today, with someone who may need you.

8. Faithfulness

Ponder: “Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.” *Jer 33:3*

Act: Add a rosary or the Divine Mercy Chaplet to your daily prayer life.

9. Modesty

Ponder: “Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?” *1 Corinthians 6:19*

Act: Take a close look at your attire before leaving home. Ask yourself, is what I’m wearing too tight or too revealing?

10. Gentleness

Ponder: “Hot tempers cause arguments, but patience brings peace.” *Prov 15:18*

Act: Make a daily commitment to refrain from raising your voice at others.

11. Self-Control

Ponder: “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” *2 Cor 4:17*

Act: Start each day with an offering to God, something you will give up for him or do for him, that day.

12. Chastity

Ponder: “Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.” *Romans 13:13-14*

Act: Take custody of your eyes today and do not let them roam to places of lust.