

## Wisdom

*For the foolishness of God is wiser than human wisdom,  
and the weakness of God is stronger than human strength.  
- 1 Corinthians. 1:25*

*Resplendent and unfading is Wisdom, and she is readily perceived by those  
who love her, and found by those who seek her.  
- Wisdom 6:21*

Wisdom is the first and highest gift of the Holy Spirit. Wisdom is the perfection of the theological virtue of faith. Through wisdom, we come to properly value what we believe through faith. The truths of Christian belief are more important than the things of this world. Wisdom helps us to order our relationship to the created world properly, loving creation for the sake of God, rather than for its own sake.

Whereas wisdom helps us be in right relationship with God and others in creation, and to connect to the big picture, this prayer station is about appreciating our relationships with others and the ways that we experience God's wisdom through them.

### **Instructions for this Prayer Station:**

After reading the information above,

#### **REFLECT:**

- Who are the wise people in your life?
- How has the gift of other people's wisdom been a blessing to you?

#### **PRAY:**

- 1.) Pray a silent prayer and thank God for the wise people in your life.
- 2.) Write a Thank You Card (or make your own with supplies on this table) that you will give to someone you know who is wise. Especially thank them for the gift of their wisdom and describe how it impacted you.
- 3.) Paperclip the thank you card inside today's program booklet so you remember to bring it home with you. Be sure to deliver it to that person!

#### **SUPPLIES:**

- Candle, Cloth, Instruction Cards
- Thank you cards
- Construction Paper, Scissors, Glue & Markers
- Pens and Pencils and Paperclips

## Understanding

*Happy is the one who finds wisdom, the one who gains understanding!  
- Proverbs 3:13*

*We have not received the spirit of the world, but the Spirit that is from God,  
so that we may understand the things freely given us by God.  
- 1 Corinthians 2:12*

Understanding is the second gift of the Holy Spirit. Many people have a hard time understanding (no pun intended) how this gift differs from wisdom. While wisdom is the desire to contemplate the things of God, understanding allows us grasp—at least in a limited way—the very essence of the truths of the Catholic faith. Through understanding, we gain a certitude about our beliefs that moves beyond faith.

Whereas the gift of understanding helps us to know the Truth about the precepts of the Catholic faith, this station is about the ways we come to know the Truths of our faith. Experience is one way we gain understanding.

### **Instructions for this Prayer Station:**

After reading the information above,

#### **REFLECT:**

- When have you known God's presence in your life?

#### **PRAY:**

- 1.) Think about a time when you felt God's presence. Talk to God about the memory.
- 2.) Move a pebble from the murky water to the clear water to symbolize how the experience of feeling God's presence helped you grow in understanding your faith.
- 3.) Say a silent prayer of gratitude for the moment(s) when you felt God's presence and power.

#### **SUPPLIES:**

- Candle, Cloth, Instruction Cards
- Bowl of Murky Water (bring flour)
- Bowl of Clear Water
- Pebbles
- Towels

## Right Judgment / Counsel

*If you are patient when you suffer for doing what is good, this is a grace before God. For to this you have been called, because Christ also suffered for you, leaving an example that you should follow in his footsteps.*

*- 1 Peter 2:20-21*

Counsel, the third gift of the Holy Spirit, is the perfection of the cardinal virtue of prudence. Prudence can be practiced by anyone, but counsel is supernatural. Through this gift of the Holy Spirit we are able to judge how it is best to act, almost by intuition. Because of the gift of counsel, Christians need not fear to stand up for the truths of the faith, because the Holy Spirit will guide us in defending those truths.

Whereas counsel is about being guided by the Holy Spirit in order to know how to best act, this prayer station is about guidance, morality and making right decisions. **With this gift we can trust that Holy Spirit will guide us to know what is right.**

### Instructions for this Prayer Station:

After reading the information above,

#### REFLECT:

- What are some of the questions and struggles you have about what is right and wrong?

#### PRAY:

- 1.) Talk to God about your questions, doubts and struggles.
- 2.) Write one of your questions about right and wrong on a slip of colored paper.
- 3.) Weave the paper with your question written on it into the "Fire of Trust."
- 4.) Pray that God will show you the answer to your question.
- 5.) Pray and ask God for the ability to trust in God's ways.
- 6.) Repeat these steps for as many questions as you would like to offer to God.

#### SUPPLIES:

- Candle, Cloth, Instruction Cards
- Strips of "Flame colored" paper
- Flame shaped loom

## Fortitude / Courage

*We know that all things work for good for those who love God,  
who are called according to his purpose.  
- Romans 8:28*

Fortitude is the fourth gift of the Holy Spirit. While counsel is the perfection of the cardinal virtue of prudence, fortitude is both a gift of the Holy Spirit and a cardinal virtue. Fortitude is ranked as the fourth gift of the Holy Spirit because it gives us the strength to follow through on the actions suggested by the gift of counsel. While fortitude is sometimes called courage, it goes beyond what we normally think of as courage. Fortitude is the virtue of the martyrs that allows them to suffer death rather than to renounce the Christian faith.

Whereas fortitude allows one to follow through and do what God needs them to do, this prayer station is about being bold, having strength, and living counter-culturally.

### **Instructions for this Prayer Station:**

After reading the information above,

#### **REFLECT:**

- What bold action does God need you to make in order to defend the Gospel of life?
- In what ways might God be asking you to be different?
- How does God need you to stick up for others?
- How does God need you to stand up for what is right?
- How can you better stand up for what's right (and against what's wrong)?

#### **PRAY:**

- 1.) Ask God to reveal to you which issues of importance that you encounter in your daily life—or the world in general—compel you to feel concerned and passionate.
- 2.) Tell God what specific action you will do within the next two months in order to take a stand.
- 3.) Create a simple bracelet or bookmark for yourself to take with you to remind yourself what you committed yourself to.

#### **SUPPLIES:**

- Candle, Cloth, Instruction Cards
- String, Ribbons and Yarn, Beads?
- Some permanent markers
- Scissors, Tape

## Knowledge

*Whoever loves discipline loves knowledge,  
but whoever hates reproof is stupid.*

*- Proverbs 12:1*

*Live in a manner worthy of the Lord, fully pleasing to him, bearing fruit in  
every good work and increasing the knowledge of God.*

*- Colossians 1:10*

Knowledge is often confused with both wisdom and understanding. Like wisdom, knowledge is the perfection of faith, but whereas wisdom gives us the desire to judge all things according to the truths of the Catholic Faith, knowledge is the actual ability to do so. Like counsel, it is aimed at our actions in this life. In a limited way, knowledge allows us to see the circumstances of our life in the way that God sees them. Through this gift of the Holy Spirit, we can determine God's purpose for our lives and live them accordingly.

Whereas knowledge in this sense is about seeing things as God sees them, this prayer station is about reflecting on what blocks your ability to see things as God sees them and what helps you see things as God sees them.

### **Instructions for this Prayer Station:**

After reading the information above,

#### **REFLECT:**

- What blocks your view of God? What blocks your ability to see things as God sees them?
- What helps your view of God? What enhances your ability to see things as God sees them?

#### **PRAY:**

- 1.) Study the words on the table and in the bowl.
- 2.) Pick out 3-5 words that name things that block your ability to see things as God sees them (or write you own) and bury those words in the sand.
- 3.) Pray for the grace you need to rid your life of the things that hurt your ability to see things as God sees them. Go to the sacrament of reconciliation before in the next week or so to confess these sins and restore the rightness of your relationship with God.
- 4.) Pick out 3-5 words that name things that enhance your ability to see things as God sees them (or write you own) and put them under a magnifier.
- 5.) Pray in gratitude for the things in your life that enhance the gift of knowledge in your life and re-commit yourself to those practices.

Knowledge station

SUPPLIES:

- Candle, Cloth, Instruction Cards
- Sand in dishpan
- Magnifiers
- A variety of words on strips of papers, blank papers, pens
- Large bowl

## Reverence / Piety

*We who are receiving the unshakable kingdom should have gratitude, with which we should offer worship pleasing to God in reverence and awe.*

*For our God is a consuming fire.*

*- Hebrews 12:28-29*

Piety, the sixth gift of the Holy Spirit, is the perfection of the virtue of religion. While we tend to think of religion today as the external elements of our faith, reverence really means the willingness to worship and to serve God. Piety takes that willingness beyond a sense of duty, so that we desire to worship and serve God out of love, just our love can cause us to have a desire to honor our parents and do what they wish.

Whereas reverence is about choosing to pray, worship and serve God not out of duty but out of love, this prayer station is about prayer, service and reflecting on how you can show your love for God.

### **Instructions for this Prayer Station:**

After reading the information above,

#### **REFLECT:**

- Do you worship, serve and pray because of a sense of duty or because you truly love God?
- How could you deepen your love for God?
- When it comes to showing your love for God do your “actions speak louder than words?”

#### **PRAY:**

- 1.) On a Post-It note, write or draw a way that you will joyfully express your love for God or neighbor within the next week.
- 2.) Place the Post-It note on the cross to symbolize how your action will be an offering of love to God.
- 3.) Pray and ask God for the grace to follow through on and really make your offering of love.
- 4.) Repeat these steps for each offering of love to God you plan to make this week.

#### **SUPPLIES:**

- Candle, Cloth, Instruction Cards
- Cardboard cross
- Post-It Notes
- Pens and Pencils

## Fear of the Lord

*The last word, when all is heard: Fear God and keep his commandments, for this concerns all humankind, because God will bring to judgment every work, with all its hidden qualities, whether good or bad.*

*- Ecclesiastes 12:13-14*

The seventh and final gift of the Holy Spirit is the fear of the Lord, and perhaps no other gift of the Holy Spirit is so misunderstood. We think of fear and hope as opposites, but the fear of the Lord confirms the theological virtue of hope. This gift of the Holy Spirit gives us the desire not to offend God, as well as the certainty that God will supply us the grace that we need in order to keep from offending Him. Our desire to not offend God is more than simply a sense of duty; like piety, the fear of the Lord arises out of love.

Whereas fear of the Lord in this sense is connected to the virtue of hope and is ultimately about the desire to not offend God, this prayer station is about the dreams that you have for your life with God and how you hope to please God.

### **Instructions for this Prayer Station:**

After reading the information above,

#### **REFLECT:**

- What are your life dreams?
- Do you desire to please God?
- Do you try to avoid offending God?
- How do you hope to please God in your future?

#### **PRAY:**

- 1.) Tell God about your hopes and dreams for your future together.
- 2.) Make a Hope Rock by writing the word "HOPE" on a rock and then decorating the rock with words and symbols that remind you to stay focused on your desire to please God.
- 3.) Take your Hope Rock home with you and keep it in a place that will remind you to keep your desire to please God as your solid foundation in the future.

#### **SUPPLIES:**

- Candle, Cloth, Instruction Cards
- Rocks
- Permanent Markers

Compassion

Texting

Kindness

Work

Greed

Art

Anger

Reading

Selfishness

Bible Study

Sports

Facebook

Friends

Prayer Group

Family

Pinterest

T.V. programs

Shopping

Bible Reading

Fashion

Relationships

Rosary

Prayer

Bible Reading

Music

Work

Trust

Gardening

Exercise

Hunting

Fishing

Drinking

Books

Drugs

Movies

News & Media

Internet

Writing

Service

Sacraments

Travel

Going to Confession

Hiking

Receiving Eucharist

Poetry

Cooking

Studying

Family life

Family

Spiritual Conversations

Friendships

Parish Life

Going to mass

Faith Sharing Group

Devotions

Children

Animals

Spiritual Reading

Stress

Internet & Technology

Service

Praise and Worship Music

Volunteering

Praying the Our Father

Netflix

Listening to Christian Music

Reading

Listening to others

Volunteering

Helping with mass

Praying before bed

Learning about the Bible

Going to Church

Journaling

Journaling

Praying the Hail Mary

Helping Others

Work projects

Donating to Charity

Reading

Activism

Praying the Rosary

Speaking out for Justice

Helping the poor

Standing up for people

Time in Nature

Patience

Encouraging Others

Generosity

Honesty

Being Neighborly

Sharing wealth and time

Caring for the Earth

Teasing Others

Listening

Judgmentalism

Honesty

Stewardship

Materialism

Discipline

Jealousy

Being Hopeful

Confidence

Faithfulness

Being Responsible

Loyalty

Works of Mercy

Respect

Being Proudful

Loving others

Teasing People

Creating arts/crafts

Watching Sports

Journaling

Caring for the Earth

Music

Teen-centered words

Compassion

Texting

Kindness

School

Greed

Art

Anger

Reading

Selfishness

Bible Study

Sports

Facebook

Friends

Snapchat

Family

Pinterest

T.V.

Shopping

Cellphone

Fashion

Dating

Rosary

Prayer

Bible Reading

Music

School

Trust

Activities

Twitter

Video Games

Instagram

Drinking

Books

Drugs

Movies

Bullying

Internet

Writing

Service Projects

Sacraments

Travel

Going to Confession

Hiking

Receiving Eucharist

Poetry

Cooking

Studying

Farming

Parents

Spiritual Conversations

Siblings

Going to Church

Going to mass

Youth Group

Clothes

Confirmation Class

Work

Prayer

Car

Comics

Tiktok

Praise and Worship Music

Selfies

Praying the Our Father

Hulu

Listening to Christian Music

YouTube

Paying attention in mass

Volunteering

Helping with mass

Helping family  
out with chores

Learning about Church  
History

Praying before bed

Learning about the Bible

Going to Church

Learning about Church  
Teachings

Journaling

Praying the Hail Mary

Homework

School Activities

Donating to Charity

Sexual temptations

Activism

Praying the Rosary

Speaking out for Justice

Helping the poor

Standing up for people

Time in Nature

Patience

Encouraging Others

Generosity

Honesty

Helping People

Sharing

Caring for the Earth

Making fun of people

Listening

Judgment

Honesty

Stewardship

Materialism

Discipline

Jealousy

Being Hopeful

Confidence

Faithfulness

Being Responsible

Loyalty

Doing Chores

Respect

Being Prideful

Being Respectful

Teasing People

Creativity

Getting Teased

Sports

Caring for the Earth

Music