

# RAISING FAITH-FILLED KIDS

a parent page

## Focus on Faith

### Formation of Conscience

**W**ho were your heroes when you were growing up? Think for a moment about when you were 10 and what you wanted to be. Who were your heroes when you were 15 and 20? Who were the people most influential in shaping your future? It is important to think about these people because they helped you to form your conscience. As a parent, you are a living example of what it means to live in relationship with God and others. How are you influencing the formation of your child's conscience?

### Dinnertime Conversation Starter

**A**sk your child who his or her heroes are and why they were chosen. What do these choices say about him or her?



### Spirituality in Action

Bullying is a common experience in many children's lives. Discuss with your child what to do if he or she is bullied or sees someone else being bullied. Remind your child that being bigger or stronger or smarter doesn't give anyone the right to be mean to others. True freedom means choosing to do what is right.



## Focus on Prayer

Your child reviewed how to make an examination of conscience. During your regular prayer time together, you might set aside a few minutes for a brief, private examination.



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## Our Catholic Heritage

When we are baptized and confirmed, we receive the Gifts of the Holy Spirit. *Wisdom* enables us to make wise decisions about our lives. *Understanding* helps us comprehend the real meaning of life. *Counsel* aids us in giving good advice to others. *Fortitude* gives us the strength to do what is right. *Knowledge* enables us to know our destiny with God. *Piety* helps us to worship God with our whole hearts. *Fear of the Lord* engenders in us the reverence and awe that we owe to God.

The Fruits of the Holy Spirit are the qualities produced by the faithful exercise of the Gifts of the Holy Spirit. The Fruits of the Holy Spirit, named by Paul in Galatians 5:22–23, are *love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.*