



FRUITS OF THE HOLY SPIRIT
FEBRUARY
Kindness ~ longanimité

“When we act for the benefit of someone else and expect nothing in return
the fruit of kindness is revealed.”

*"But a Samaritan while travelling came near him ...
brought him to an inn and took care of him."*

LUKE 10. 33-34



THEORY OF ACTION

***"If we** teach Jesus' example of kindness,
then students will become more considerate of the presence of Christ in others.*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

Table of Contents

 Daily Prayers	1-5
 Prayer Service / Non Eucharistic Liturgy	6-9
 Catechism of the Catholic Church Reference – Kindness.....	10
 Scriptural References to Kindness	11
 Quotes on Kindness	12
 Prayer Table Ideas	13

Daily Prayers

1

Heavenly Father,
Throughout the month of February, we pray for the fruit of kindness in our lives. May we learn to accept that we are accountable both for the decisions we make as well as for the consequences of our choices. Good decisions bring us good consequences and poor decisions bring us consequences that teach us to make better choices next time. For the fruit of kindness, we pray to the Lord, our God. Amen.

2

Did You Know? Today the Church celebrates the Feast of the Presentation of the Lord, which occurs 40 days after the birth of Jesus. This day is also known as “Candlemass Day”, since the blessing and procession of candles is included in today’s liturgy.

Dear Lord,
Today we remember that Jesus was presented in the Temple by Mary and Joseph. We ask that by your grace, we may be presented to you with hearts and minds made pure through our Lord Jesus, Your Son, who lives and reigns with you, forever and ever. Amen.

3

Help us to make small, steady changes in our lives as we strive to better ourselves and our world. At times, we are unkind with each other by saying and doing things that hurt others. Help us to follow your example. Amen.

4

Dear God,
Let there be peace and kindness on earth. You are the greatest teacher of kindness. Teach us to be kind to others so that we may understand the pain that causes some people to be rude or angry or disengaged. Let us walk a mile in their shoes before we judge or belittle or condemn them. Amen.

5

Dear Lord,
We pray for all who suffer racial injustice. We are saddened by the actions of those who do not see Jesus in all people. Show us the goodness in people around us today. Help us show our care for the people whom we find most difficult to love. May we be examples of God’s love by acting in fairness and kindness with all. Amen.

6

Heavenly Father,
Help us to be generous in prosperity, and thankful in adversity. Help us to be fair in judgment, and guarded in speech. Help us to be a light to those who walk in darkness, and a home to the stranger. Help us to be eyes for the blind, and strength for the weak. Help us to be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility. Amen.

7

Heavenly Father,

We know the words we speak are important and have profound effects. Words are empty without actions to back them up. Sometimes we say all the right things, but we do not live our lives like we believe what we say. Remind us that even small acts that are just and kind do much more than thousands of empty words. Amen.

8

Dear God,

Help us to try our best when the path seems difficult or unfair. Help to believe that you are always there to help us. Teach us to share our gifts of laughter, love, patience, kindness and fairness with the friends in our lives. Amen.

9

Heavenly Father,

You taught us the importance of making peace instead of fighting. You taught us to love our neighbours as ourselves. We pray today for those people in our lives with whom we have conflicts. May we work out our difficulties. Help us to follow your examples of fairness, kindness and love. Amen.

10

Loving God,

Help us to be better and more reliable people so that we can be more caring and kind to everyone around us. Help us to be more loving and accepting of others and to share our kindness with everyone we meet. Amen.

11

Dear Lord,

Today we are reminded that you are in every person we meet; so, we have a responsibility to show our love for you by caring for those who enter our life. May we be sensitive to those who are unloved and unaccepted. Help us to see your face in the eyes of the lonely and forgotten. Amen.

12

Jesus,

Teach us to be gentle, kind people. Help us to realize that we can be strong in our beliefs, but at the same time sensitive to the needs of others. We have a responsibility to consider others' feelings when we speak to them of their hopes and dreams. May we always remember how much you respected the feelings of people in your life. Amen.

13

Dear God,

Teach us to imitate you by being considerate with the people in our lives. Let us never be afraid to show kindness them. Bless the love that brings us together and grows ever stronger in our hearts. Amen.

14

Jesus,

Today we pray for the grace to be kind with others. Help us to learn that it is with kindness that we make a difference in both the lives of others and our own. Teach us that being kind and compassionate with others is a loving way to live. Amen.

15

Jesus,
You give us the grace we need to be your follower. Help us not to be selfish or unkind. Open us to your love and grace all the days of our lives. Amen.

16

Jesus,
Help us to be considerate with the people we are with today. Are we sympathetic or insensitive? Are we helpful or mean? Are we kind or thoughtless? Help us to make the choice to be act kindly towards all, especially those with whom we have fallen out in the past. Amen.

17

Dear God,
You are a generous God who has given us the gift of understanding so that we may contribute to the work begun by Jesus in his lifetime on earth. Let your love show us how to be kind servants to others in our lives. We ask this in the name of our Lord, Jesus. Amen.

18

Jesus,
Today we think about the presence of the Holy Spirit in our lives. Me we continue to pray for the fruit of kindness in our lives and may the Holy Spirit continue to provide us with direction and guidance. Amen.

19

Dear God,
Today we pray for those people who we misunderstand and misunderstand us. May we be more open to understanding others and forgiving those who have offended us. Help us to remember that people see things in different ways. Help us to pardon others so that we do not become angry with people with whom we do not agree. We ask this in your name, Amen.

20

Heavenly God,
As we continue on our faith journey, give us the courage to support each other and to appreciate all of the wonderful gifts each of us has. Help us to be kind to each other even when we are stressed or impatient. Give us the courage to meet all the challenges we face together in order to make our school a place of peace, love, joy and laughter. Amen.

21

Jesus,
We live in a world filled with the injustice of war, suffering, hatred and fear. Help us to have the courage to face the wrongs and the hope to know that love and understanding can make the difference. Help us to see the pain, the fear, the loneliness and yet, to know that we can offer a smile and words of kindness. Amen.

22

Did You Know? Today the Church celebrates the feast of the Chair of St. Peter. This feast brings to mind the mission of teacher and pastor (the first Pope) given to Peter by Jesus and continues in an unbroken line to our present Pope.

Loving Father,
Today we celebrate the unity of the Church, founded upon the Apostle Peter. Help us to listen to and learn from our Church as we grow closer and closer to You, through Your Son, Jesus. Amen

23

Dear Jesus,
May we live in harmony with our families, friends, and peers. Let us be sympathetic, compassionate and humble. Let us be ready and willing to help others in needs. We ask this in the name of our Lord, Jesus. Amen.

24

Dear God,
Help us to open our arms to the poor and extend my hand to the needy, so they may see you in my kindness. Help us to be kind and compassionate to others, forgiving them, just as You have done so with me. Amen.

25

Dear God,
We pray that you will fill us with your Holy Spirit, that our lives may be marked with kindness, goodness and joy. Strengthen us so that we will not become weary in doing good. Let us recognize opportunities to show kindness and compassion, doing good to all people, especially to those in most need.

26

Dear Jesus,
On this day may we be kind in thought, in word and in action. May we put away all pretense and meet others face-to-face, without self-pity and prejudice. May we never be hasting in judgment and always be generous. Help us, O Lord, always to be kind. Amen.

27

Loving God,
It is sometimes hard for us to understand or accept or love those who are different from us. We find ourselves wanting to change them so that they fit our accepted patterns. We know that the difference between us need not separate us, but our lack of understanding makes us want to stay within the safety of our own perceptions rather than embrace what seems foreign. Give us curiosity of mind and kindness of heart so that we are open to the perspectives that others can offer us. Help us see the similarities that bind us together. Give us the courage to freely enter their experience in order to find you in a surprising new way. We ask this for the sake of your love. Amen.

28

Kind and Loving God,

Today we thank you for the compassion you show us. We pray that we will follow your example by being compassionate and gracious, slow to anger, and abounding in your love. Amen.

29

Dear God,

Help us to open our arms to others especially to those in need of friendship, understanding, and love, so they may see you in our kindness. Help us to recognize opportunities in our daily lives to show kindness, compassion and mercy, just as you show us. Amen.

30

Dear God,

At the end of the month it is good to look back on all its day and reflect on what we have done. Have we grown in our ability to be more kind with everyone in our lives? What efforts have we made to be more inclusive of others? Help us to see our failures as opportunities for future growth. Amen.

Prayer Service / Non Eucharistic Liturgy



Kindness:

"Lord, may my children always try to be kind to each other and to everyone else."
(1 Thessalonians 5,15)



Opening Prayer

Dear God,

We gather today as a community to celebrate the fruit of kindness. Being kind in our thoughts, words, and actions each day, helps us to see those around us in the same way as You do, as loved and treasured people. God, help our hearts be more like Yours and help activate our hands by your spirit as we work to show You kindness and generosity in all that we do. Even if our way of doing so may seem insignificant at the time, every act of kindness and every prayer of love leaves a lasting impact on our world, on our future, and on our relationship with You. Today, let us think about how Jesus calls us to live his message by not only praying for kindness, but by becoming more kind human beings, for this is what You ask of us as members of Your family.

Amen.



Old Testament Reading 2 Samuel 9.1

A reading from the book of Samuel.

One day David asked, "Is there anyone left for Saul's family? If there is, I would like to show him kindness for Jonathan's sake." There was a servant of Saul's family named Ziba, and he was told to go to David. "Are you Ziba?" the king asked. "At your service sir," he answered. The king asked him, "Is there anyone left of Saul's family to whom I can show loyalty and kindness, as I promised God I would?" Ziba answered, "There is still of Jonathan's sons. He is crippled." "Where is he?" the king asked. "At the home of Machir son of Ammiel in Lodebar," Ziba answered. So King David sent for him. When Mephibosheth, the son of Jonathan and grandson of Saul, arrived, he bowed down before David in respect. David said, "Mephibosheth," and he answered, "At your service sir." "Don't be afraid," David replied. "I will be kind to you for the sake of your father Jonathan. I will give you back all the land that belonged to your grandfather Saul, and you will always be welcome at my table."

The Word of the Lord. *Thanks be to God.*



Responsorial Psalm **Psalm 145**

The response to the psalm is *“Father of great kindness, hear our prayer.”*

I will proclaim your greatness, my God and king;
I will thank you forever and ever. Every day I will thank you;
I will praise you forever and ever.

The Lord is great and is to be highly praised;
his greatness is beyond understanding. *R*

What you have done will be praised from one generation to the next;
They will proclaim your mighty acts.
They will speak of your glory and majesty,
And I will meditate on your wonderful deeds, and I will proclaim your greatness. *R*

They will tell about all your goodness and sing about your kindness.
The Lord is loving and merciful, slow to become angry and full of constant love.
He is good to everyone and has compassion on all he made. *R*



Second Reading (Optional) **Ruth 2.1-20**

Naomi had a relative named Boaz, a rich and influential man who belonged to the family of her husband Elimelech. One day Ruth said to Naomi, “Let me go to the fields to gather the corn that the harvest workers leave. I am sure to find someone who will let me work with him.” Naomi answered, “Go ahead, my daughter.” So Ruth went out to the fields and walked behind the workers, picking up the corn which they left. It so happened that she was in a field that belonged to Boaz. Sometime later Boaz himself arrived from Bethlehem and greeted his workers. “The Lord be with you!” he said. “The Lord bless you!” they answered. Boaz asked the man in charge, “Who is that young woman?” The man answered, “She is the foreign girl who came back from Moab with Naomi. She asked me to let her follow the workers and pick up the corn. She has been working since early morning and has just now stopped to rest for a while under the shelter.” Then Boaz said to Ruth, “Let me give you some advice. Don’t pick up corn anywhere except in this field. Work with the women here; watch them to see where they are reaping and stay with them. I have ordered my men not to hurt you. And whenever you are thirsty, go and drink from the water jars that they have filled.” Ruth bowed down with her face touching the ground, and said to Boaz, “Why should you be so concerned about me? Why should you be so kind to a foreigner?” Boaz answered, “I have heard everything that you have done for your mother-in-law since your husband died. I know how you left your father and mother and your own country and how you came to live among a people you had never known before. May the Lord reward you for what you have done. May you have a full reward from the Lord God of Israel, to whom you have come for protection!” Ruth answered, “You are very kind to me sir. You have made me feel better by speaking gently to me, even though I am one of your servants.”

The Word of the Lord. *Thanks be to God.*



Gospel Reading **Luke 6.27-31**

A reading from the holy Gospel according to Luke.

“But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who ill-treat you. If anyone hits you on one cheek, let him hit the other one too; if someone takes your coat, let him have your shirt as well. Give to everyone who asks you for something, and when someone takes what is yours, do not ask for it back. Do for others just what you want them to do for you.

If you love only the people who love you, why should you receive a blessing? Even sinners love those who love them! And if you do good only to those who do good to you, why should you receive a blessing? Even sinners do that! And if you lend only to those from whom you hope to get it back, why should you receive a blessing? Even sinners lend to sinners, to get back the same amount! No! Love your enemies and do good to them; lend and expect nothing back. You will then have a great reward, and you will be sons of the Most High God. For he is good to the ungrateful and the wicked. Be merciful just as your Father is merciful.

The Gospel of the Lord. *Praise to you Lord, Jesus Christ.*



Universal Prayer

Response: *Kind Lord, hear our prayer.*

Heavenly Father, we ask You to bless our Pope and all Bishops with gifts that will inspire unity, love and peace in all your faithful. Please protect them in Your goodness. We pray to the Lord. *R*

Lord Jesus, we pray for our civil leaders, that they may help to create a society in which all may enjoy justice and peace. We pray to the Lord. *R*

Lord Jesus, we pray for Your Church, may it become a true community producing the fruit of love for the entire world. We pray to the Lord. *R*

For the children of the world, may they be protected from hunger, abuse, illiteracy, disease, neglect, and violence, and allowed to enjoy lighthearted and carefree childhoods, gently molded by God’s laws and loving discipline, We pray to the Lord. *R*

For all Christians, may we be humble stewards of the gifts given to us by God, and may we set an example of mercy and generosity by becoming involved in efforts to distribute the worlds wealth among all of those in need. We pray to the Lord. *R*



Optional Activities

The Golden Rule: Have children draw pictures showing examples of the Golden Rule.

Acts of Kindness: Have students write on a piece of paper an act of kindness that they hope to fulfill during the month of February. Present acts of kindness intentions during non-Eucharistic celebration.

Alphabetical Kindness List: Have students co-create an alphabetical list of easy kindness activities together. Present this list during celebration.



Closing Prayer

Dear God, After listening to your word and hearing stories of kindness, we have learned that being kind even to our enemies can be the greatest reward of all. Help us be active witnesses to kindness in our own lives through our words, actions and interactions with others. We are the key ingredient to developing a more kind and tolerant world. Let us live out your message and make our future one we are proud of. We ask this through Christ our Lord.

Amen.

Catechism of the Catholic Church Reference – Kindness



CCC #736

By this power of the Spirit, God's children can bear much fruit. He who has grafted us onto the true vine will make us bear "the fruit of the Spirit: . . . love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."¹²⁹ "We live by the Spirit"; the more we renounce ourselves, the more we "walk by the Spirit."



CCC #737

The mission of Christ and the Holy Spirit is brought to completion in the Church, which is the Body of Christ and the Temple of the Holy Spirit. This joint mission henceforth brings Christ's faithful to share in his communion with the Father in the Holy Spirit. The Spirit prepares men and goes out to them with his grace, in order to draw them to Christ. The Spirit manifests the risen Lord to them, recalls his word to them and opens their minds to the understanding of his Death and Resurrection. He makes present the mystery of Christ, supremely in the Eucharist, in order to reconcile them, to bring them into communion with God, that they may "bear much fruit."



CCC #1832

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. The tradition of the Church lists twelve of them: "charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity.



CCC #2658

"Hope does not disappoint us, because God's love has been poured into our hearts by the Holy Spirit who has been given to us."¹⁰ Prayer, formed by the liturgical life, draws everything into the love by which we are loved in Christ and which enables us to respond to him by loving as he has loved us. Love is the source of prayer; whoever draws from it reaches the summit of prayer.

Scriptural References to Kindness



Luke 10.33-34

"But a Samaritan while travelling came near him ... brought him to an inn and took care of him."



Ephesians 4.32

"And be kind to one another, tender hearted, forgiving one another, as God in Christ has forgiven you."



1 Corinthians 13.4

"Love is patient, love is kind."



Micah 6.8

"What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God."



Proverbs 21.21

"Whoever pursues righteousness and kindness will find life and honour."

Quotes on Kindness



“If you judge people, you have no time to love them.”
~ Mother Teresa



“We can do no great things only small things with great love.”
~ Mother Teresa



“It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving.”
~ Mother Teresa



“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”
~ Leo Buscaglia



“Be kind, for everyone you meet is fighting a hard battle.”
~ Plato



“Life's most urgent question is, what are you doing for others?”
~ Martin Luther King Jr.



“Three things in human life are important: The first is to be kind. The second is to be kind. The third is to be kind.”
~ Mother Teresa



“Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile.”
~ Mother Teresa



“Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.”
~ Neil Strait

Prayer Table Ideas



Catholic Symbols:

- o White or purple cloth (depending on liturgical season)
- o Bible
- o Light
- o Crucifix



7 Grandfather Teachings: *Zaagi'idiwin* – LOVE: To know love is to know peace. In the Anishinaabe language, this word means reciprocal love or mutual love. The Eagle is a great reminder of our own ability to soar great heights.



Symbols:

- o **A Heart** – To symbolize the love of Jesus.
- o **A Globe** – A symbol of kindness not only at home but around the world.
- o **Pink Shirt** – Symbol of anti-bullying.
- o **Lenten Journal or Activity Card** – To symbolize the journey through Lent.
- o **Food Drive Items** – To symbolize our willingness to take care of others.
- o **Spring Flowers/Seeds** – To symbolize our longing for growth, renewal and spring.
- o **Books** – Any book that discusses or presents the topic of 'kindness'.