



# Gifts Discernment Activity

## Directions for Gift Discernment Reflection

- 1.** Begin by reading the Gift Discernment Questionnaire and mark on the worksheet how much the statement sounds like you on a scale of 0 – 3 (0= not at all, never; 1 = some of the time, once in a while; 2 = most of the time, usually true; 3 = all of the time, definitely true). Don't over-think your responses—write down your first impression upon hearing the statement. Mark your answers going down each of the columns following the numbering of the questions.
- 2.** When you have completed the questionnaire, add up your scores across each row and write the total in the last column. Mark your three highest scores. Take note of the saint image for that row.
- 3.** Turn the worksheet over and find the saint images for your three highest scores. Read over the descriptions of the three corresponding spiritual gifts they embody.
- 4.** Learn more about the saints who shared these gifts by reading the saint biographies included in this booklet.
- 5.** Reflect on the experience of discerning your gifts:
  - ◆ **How did you feel while answering the questionnaire?**
  - ◆ **How do your results fit with what you know about yourself? Any surprises?**
  - ◆ **How are you currently living out these gifts?**
  - ◆ **How could you deepen your understanding of these gifts?**
  - ◆ **What are some new ways you could share your gifts with your family, friends, school, church, or other community?**
  - ◆ **What might God be calling you to do through this activity?**

## Gifts Discernment Activity

**Respond to each statement according to the scale on the right.**

**Write your answers on the Gift Discernment Worksheet.**

**Use the Gift Discernment Key to discover your gifts!**

### ANSWER SCALE

0 = Not at all; never

1 = Some of the time; once in awhile

2 = Most of the time; usually true

3 = All of the time; definitely true

1. I find that the repair and maintenance of things in my environment come easily to me.
2. I find it easy to tell the difference between right and wrong, and what is truth and lie.
3. I have a good understanding of the gospel and can share it with others easily.
4. I tend to see the potential in people, not their weaknesses.
5. I have confidence that God will always provide for me, even in difficult times.
6. I am always ready to give money for an important need.
7. I am a very caring person and tend to sympathize with other people.
8. I like to organize people, tasks, and events.
9. I like to sing hymns and songs either alone or with other people.
10. I really want others to learn and grow in their faith.
11. I enjoy working behind the scenes and supporting the work of others.
12. Education and knowledge are very important to me.
13. I have enjoyed creating various kinds of arts and/or crafts.
14. I know when preaching, teaching, or communication is not true to the Catholic faith.
15. I always look for opportunities to build relationships with people and talk about faith.
16. I am able to help others when they are upset about something.
17. I trust God, even when my success seems impossible.
18. When I earn money, I always give some back to God.

19. I enjoy helping people, and I respond quickly to help those in need.
20. When I am given a job, I can recruit people to help out and explain what needs to be done so they understand what to do.
21. God has given me the ability to play a musical instrument, and I enjoy it.
22. I pray a lot for other people.
23. I enjoy doing routine tasks that support my family, school, and church.
24. I enjoy explaining things to people so that they can grow spiritually and personally.
25. I find pleasure in designing, creating, or building things.
26. I can see through phoniness or deceit before other people can.
27. I feel that I have to tell my friends about Jesus, especially those who don't go to church.
28. I strengthen those who are down in their faith.
29. I live with confidence because I know that God is always at work in my life.
30. I like knowing that the money I give makes a real difference in the lives and ministries of God's people.
31. It is important to me to comfort others when they are hurt.
32. I am a leader at school and church. I can effectively share goals in such a way that others want to carry them out.
33. I have enjoyed being involved with Church, school, and/or local musical productions.
34. Relationships are more important to me than other tasks related to a job. I am a "people person."
35. I readily and happily use any of my skills to help wherever needed.
36. When I talk about the Catholic faith, others are interested and want to learn more.

**ANSWER SCALE**

**0 = Not at all; never**

**2 = Most of the time; usually true**

**1 = Some of the time; once in awhile**

**3 = All of the time; definitely true**

37. I like to spend time and money improving and beautifying things in God's creation.
38. People usually tell me that I am a good judge of character.
39. Most of my conversations with others end up being about faith.
40. I like motivating others to take steps for spiritual growth.
41. I am regularly encouraging my friends to trust God.
42. It is important for me to support missions with my money and time.
43. Other people know that I care about them. I always try to have a loving attitude.
44. I work best under pressure.
45. I feel my musical ability will be of benefit to the people with whom I come in contact.
46. I would enjoy the responsibility for the spiritual growth of a group of other teens through peer ministry or teaching younger kids in religious education.
47. I like to find small things that need to be done and often do them without being asked.
48. I love to learn new things so I can teach them to others.

**ANSWER SCALE**

**0 = Not at all; never**

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# Gifts Discernment Worksheet

Use this worksheet to track and tally your responses from the Gift Discernment Questionnaire. Once you have your totals, use the Gift Discernment Key to see your gifts!

0 = Not at all; never		2 = Most of the time; usually true		Total for Each Row
1 = Some of the time; once in awhile		3 = All of the time; definitely true		
1	13	25	37	
2	14	26	38	
3	15	27	39	
4	16	28	40	
5	17	29	41	
6	18	30	42	
7	19	31	43	
8	20	32	44	
9	21	33	45	
10	22	34	46	
11	23	35	47	
12	24	36	48	



# Gifts Discernment Key

Tally your responses from the Gift Discernment Questionnaire and use this key to see your gifts.



## Craftmanship - *Joseph*

The gift of sharing a skill in art or building: from painting to pottery, to woodwork or weaving, computer skills or photography that can be used to the glory of God.



## Mercy - *Teresa of Calcutta*

The gift of empathy and compassion for those who are weak or suffering; readiness to comfort the bereaved, minister to the sick, make peace, or offer assistance to those in need.



## Discernment - *Ignatius*

The gift of distinguishing the will of God, recognizing the difference between truth and error with wisdom and prayerfulness.



## Ministry - *Peter and Paul*

The gift to motivate, direct, and inspire God's people to work together effectively. This gift involves organizing, attention to detail, and setting a pattern for others to follow.



## Evangelization - *John the Baptist*

The gift of sharing one's faith within the Church and beyond to help others learn about the richness and beauty of the Catholic faith.



## Musicianship - *Cecilia*

The gift to praise God through music and enhance the worship experience of others through singing, playing an instrument, or organizing music for prayer and liturgy.



## Encouragement - *Monica*

The gift of being able to stand beside other people who are in need and bring comfort, counsel, and encouragement.



## Pastoral Leadership - *Pier Giorgio Frassati*

The gift of leading, facilitating, counseling, and providing a pastoral presence with authority grounded in humility.



## Faith - *Therese of Lisieux*

The gift of confidence and trust in God marked by a healthy prayer life and sensitivity to the will of God.



## Service - *Martin de Porres*

The gift of identifying the needs and problems of others to work with them in whatever way needed, no matter how small or how big the task.



## Generosity - *Elizabeth of Hungary*

The gift of offering one's energies, abilities, and material resources for the work of the church with willingness, cheerfulness, and generosity.



## Teaching - *Thomas Aquinas*

The gift of communicating information especially about the Catholic faith through speaking, visually, or by example so that others can learn.