



FRUITS OF THE HOLY SPIRIT
MAY

Gentleness ~ mansuétude

“Gentleness: The gentle person is not weak; he or she has their power and strength under control and treats everyone they meet with kindness and understanding. The gentle person can forgive others and stop and think before acting. They are thoughtful and considerate.”

In the month of May as we contemplate the fruit of gentleness, we keep the example and model of Mary, our Heavenly Mother in our hearts, as she exemplifies this fruit.

“Blessed are the meek, for they will inherit the earth.”

MATTHEW 5.5



THEORY OF ACTION

“If we teach the example of gentleness as demonstrated by Mary and Jesus, then students will become active in the fruits of the Holy Spirit.”



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

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Daily Prayers

1

Did You Know? Today we remember both Pope John Paul II. Blessed Pope John Paul II is remembered for many things including the Luminous Mysteries and World Youth Day.

Dear God,
Please send your light to all young people. Help them to continue to bring faith, hope and charity into our lives, by becoming great builders of peace in our world. Amen.

2

Gentle, loving God,
We ask that you will continue to guide us along a righteous pathway and that we will always be open to your advice. May you watch over us with your gentle heart. Amen.

3

Heavenly Father,
You are a gentle and loving Lord. Help us to open our eyes to see the good qualities in people around us. Help us to treat everyone in the same way that we would like them to treat us, with kindness, gentleness and understanding. Amen.

4

Gentle, loving God,
Bless us with happiness, friendship, love, laughter, peace, hope, faith, achievement and direction. Give us knowledge, courage and a willing heart to be the disciples of today. Amen.

5

Loving God,
Each day as I step further into my future, give me the courage, knowledge and patience that I need. Remind me that you always journey with me and that you will never lead me into anything that you won't lead me through. Amen.

6

Jesus our Healer,
We place in your gentle hands those who are sick. Ease their pain, and heal the damage done to them in body, mind or spirit. Be present to them through the support of friends and in the care of doctors and nurses, and fill them with the warmth of your love now and always. Amen.

7

Gentle, loving God,
You have shown us, Lord, what is good. Enable us, we pray, to act justly, to love mercy, and to walk humbly with you, our God. Amen.

8

Dear God,
When we are lost and lose sight of you, when we forget our prayers and are swept away with life and all its difficulties, when we cannot answer our friends' questions about our faith even though we know the answer, when we are too busy, you get shoved to the bottom of the pile. Remind us that all we have to do is STOP!! For we know that you will find us and will meet us wherever we are.

9

Amen.

Jesus, our teacher,

Guide us along your way, and help us to piece together the jigsaw of life in your kingdom. When we make decisions, lead us to the heart of the matter, and when we face conflict, do not let our own panic drown out the still, small voice of your wisdom. Amen.

10

Gentle, loving God,

Be now a bright flame to enlighten me, a guiding star to lead me, a smooth path beneath my feet, and a kindly shepherd along my way, today and for evermore. Amen.

11

Jesus, our healer,

When we falter, encourage us, when we stumble, steady us, and when we have fallen, pick us up. Help us to become, step by step, more truly ourselves, and remind us that you have travelled this way before us. Amen.

12

Loving God,

You are our protector. You are our guardian and defender. You are beauty, you are gentleness. You are courage. You are our haven and hope. You are our faith, our great consolation. You are our eternal life, great and wonderful Lord, God almighty, merciful Saviour, we give you thanks. Amen.

13

Jesus, our healer,

Each day brings new beginnings, decisions we must make. We are the only ones to choose the road that we will take. Please open up our eyes, dear Lord that we might clearly see. Help us stand for what is right and bring out the best in us. This we ask in your name. Amen.

14

Did You Know? Today we remember the Good Shepherd. Traditionally, the 4th Sunday of Easter is called Good Shepherd Sunday. Jesus said, "I am the Good Shepherd. I know my own, and my own know me."

Dear Jesus,

You are my Good Shepherd. You know, and call me by name. I hear your voice and know you are near. Lord your gentle love holds me close and leads me day by day. Let me always hear your voice and follow it, I pray.

Amen.

15

God of patience and gentleness help me to remember that "I choose gentleness ... nothing is won by force. I choose to be gentle. If I raise my voice may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself. Amen.

16

Gentle loving God, help me to recognize that gentleness is not a weakness, but strength under control. Help me today to be a witness of your gentle

17

compassionate love for all. Amen.

Gentle Father,

Your love for us flows through the supreme sacrifice of Your son, Jesus. Help us to remember that Your love for us is boundless and unending. Through the grace of the Holy Spirit let Your unfailing love act through us to bring others closer to You. Amen.

18

May is the month of Mary. Please join me in praying the Hail Mary:

Hail Mary, full of grace, the Lord is with you. Blessed are you amongst women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners, now, and at the hour of our death. Amen.

19

Dear God,

Sometimes I find it hard to balance being gentle and being strong. When I am gentle I am afraid that others may think I am weak. Please help me to understand that I can be gentle as well as strong. When I am compassionate, tender and forgiving I am showing incredible strength; yet also true gentleness. Amen.

20

Jesus,

Let us model our lives after You. Humility, obedience trust and faithfulness permeates all that You are. Let us follow in Your footsteps to offer our lives in God's service. Through Christ, Your Son, Amen.

21

Jesus, Gentle Lamb,

Your power and glory did not come through violence or wealth. Instead, the truth of Your divinity was shown through teaching, healing and sacrifice. Please let us follow You not by seeking praise and power but by living God's truth in our lives and serving others gently and simply. Amen.

22

Lord,

You are the Good Shepherd. We trust in You and know that you will guide and protect us. Even when we face sad or troubled times You are with us, comforting us and healing our pain. Let us always know that your gentle love for us is unending. Amen.

23

Jesus,

Let us remember the gentle way you dealt with sinners. You prayed for them, reached out to them, and saved them from the judgment of others. Please let us forgive others as You forgive us through the sacrament of reconciliation. Amen.

24

Dear friend, Jesus,

I am a person who thinks before I speak and act. My voice is quiet and my actions are careful. Sometimes I feel like I am not seen or heard by others. I know You call us to be gentle. Please help me recognize that being a gentle person is a gift- it is the Holy Spirit working within me. Help me to value and nurture my

25

strength. Through God our loving father, Amen.

Loving Jesus,

Thank you for all of the gentle comforts that nurture our spirits; for soft music, for the loving embrace of family, for the smiles of friends and kind strangers. All of these things show us that Your spirit is working here within us. Let us see You in all the wonderful, kind people we meet. Amen.

26

Dear Father,

Wisdom comes through a gentle spirit and a peaceful mind. Help me to seek a quiet calm so that I may hear Your truth in my own heart and in the thoughts and actions of others. Let me take time each day to quiet my mind. Let serenity be my countenance so that Your will may be seen and heard. Amen.

27

Dear God,

I am so afraid to open my clenched fists!

Who will I be when I have nothing left to hold on to?

Who will I be when I stand before you with empty hands?

Please help me to gradually open my hands

and to discover that I am not what I own,

but what you want to give me. Amen.

28

Lord,

I cannot thank you enough for the gentleness with which you constantly instill upon me. Please continue to grace me with your gentleness so that others see you and come to know this gentleness in their own lives. Amen.

29

Lord, we pray for the power to be gentle; the strength to be forgiving; the patience to be understanding; and the endurance to accept the consequences of holding to what we believe to be right. Amen.

30

Did You Know? Today we celebrate the ordination of Monsignor Leo Cleary. He built 8 Catholic Churches and opened 14 Catholic schools throughout his career.

Lord,

Let us pray for all educators, teachers, religious and priests, such as Monsignor Leo Cleary, who have guided us by their lived example and support. Help us to respond to their vocation by living lives that reflect Gospel values. Amen.

31

Did You Know? Today we celebrate the feast of the Visitation of the Blessed Virgin Mary. The feast of the Visitation reminds us of the visit the Blessed Virgin Mary paid to her cousin Elizabeth shortly after the Annunciation. Elizabeth greeted Mary as “Blessed Among Women” and Mary replied with the Magnificat.

Dear God, who, while the Blessed Virgin Mary was carrying your Son in her womb, inspired her to visit Elizabeth, grant us, we pray, that, faithful to the promptings of the Spirit, we may magnify your greatness with the most gentle,

Prayer Service / Non Eucharistic Liturgy



Opening Prayer

Dear Lord,

By the example of Mary, the Mother of God, we learn how to follow Jesus. She is the first and greatest disciple, because she believed and trusted in God's promise to her. Mary's gentle nature guides us as we develop this fruit of the Holy Spirit in our lives. Today, let us focus on gentleness and the wonderful example of Mary, Our Mother.



Old Testament Reading

Isaiah 40.11

A reading from the book of Isaiah.

He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his arms, and gently lead the mother sheep.

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



Litany

Leader:

In the Hail Mary, we use one title for Mary – Holy Mary, Mother of God. Over the centuries people have also given Mary other titles that tell us why she is important in their lives. Let's hear some of them now as we ask Mary to Intercede for us with God. After the reader speaks each title, please say, "Pray for us."

Gentle Mother of Christ	Pray for us
Holy Mother of God	Pray for us
Mother most Pure	Pray for us
Mother of the Church	Pray for us
Mother of the Family	Pray for us
Virgin most Faithful	Pray for us
Seat of Wisdom	Pray for us
Cause of our Joy	Pray for us
Health of the Sick	Pray for us
Help of Christians	Pray for us
Queen of all Saints	Pray for us
Queen of Peace	Pray for us

Leader: Pray for us, O holy Mother of God.

All: That we may be made worthy of the promises of Christ.
Amen.



Responsorial Psalm **Psalm 23**

The response to the psalm is “*The Lord is my shepherd, I shall not want.*”

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name’s sake. *℟*

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff –
they comfort me. *℟*

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows. *℟*

Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long. *℟*



Second Reading (Optional) **Luke 1.39-42**

A reading from the Gospel according to Luke.

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, “Most blessed are you among women, and blessed is the fruit of your womb.”

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



Gospel Reading **Luke 15.1-7**

A reading from the Holy Gospel according to Luke.

Now all the tax collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, “This fellow welcomes sinners and eats with them.”

So he told them this parable: “Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? 5 When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost.’ Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

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



Universal Prayer

Response: *God of all people, hear our prayer.*

For our world leaders, that they allow the spirit to guide them in all their decision making. For this we pray to the Lord. *R*

For countries that only know violence and hatred, may they come to know and experience Christ loving presence. For this we pray to the Lord. *R*

That we may be a witness of the gospel through kindness, compassion and gentleness to those who are struggling and suffering. For this we pray to the Lord. *R*

For our school community, that we exemplify inclusivity, gentleness, acceptance and compassion to all. For this we pray to the Lord. *R*



Optional Activities

Recite the Hail Mary as a class.

Pray the rosary.



Closing Prayer

Dear God,

By example of the Blessed Virgin Mary we witness the dedication and love offered through the fruit of gentleness. Help us to continually say yes to Your call to be stewards for each other and for Your creation.

Amen.

Catechism of the Catholic Church Reference – Gentleness



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." "We live by the Spirit"; the more we renounce ourselves, the more we "walk by the Spirit."



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."

Scriptural References to Gentleness



Matthew 11.27-29

“All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.”

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.



Titus 3.1-3

“Remind them to be subject to rulers and authorities, to be obedient, to be ready for every good work, to speak evil of no one, to avoid quarreling, to be gentle, and to show every courtesy to everyone. For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, despicable, hating one another.”



Ephesians 4.1-3

“I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace.”



Proverbs 15.1

“A soft answer turns away wrath, but a harsh word stirs up anger.”



Galatians 6.1

“Brothers, even if a person is caught in some transgression, you who are spiritual should correct that one in a gentle spirit, looking to yourself, so that you also may not be tempted.”



Colossians 3.12

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”



Peter 3.15-16

“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.”



Philippians 4.5

“Let your gentleness be evident to all. The Lord is near.”

Quotes on Gentleness



“Only the weak are cruel. Gentleness can only be expected from the strong.”

~ Leo Buscaglia



“Gentleness, self-sacrifice and generosity are the exclusive possession of no one race or religion.”

~ Mahatma Gandhi



“When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time.”

~ Saint Francis de Sales



“In a gentle way, you can shake the world.”

~ Mahatma Gandhi



“I choose gentleness ... Nothing is won by force. I choose to be gentle. If I raise my voice may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself.”

~ Max Lucado

Prayer Table Ideas



Catholic Symbols:

- o Green or White Cloth (depending on liturgical season)
- o Bible
- o Light
- o Crucifix
- o Rosary



7 Grandfather Teachings: *Dabaadendiziwin* – HUMILITY: To know yourself as a sacred part of creation in the Anishinaabe language, this word can also mean compassion. You are equal to others but you are not better. This word can also be translated as gentleness, or patience. The Wolf is the symbol for Humility, as it brings inner power and strength.



Symbols:

- o *Image of Mary*
- o *A Feather*
- o *Flowers*