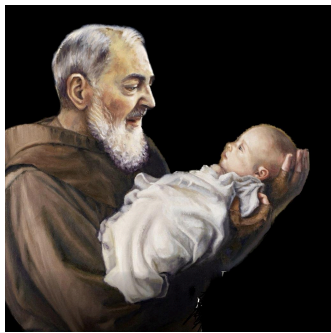




TASTE Reflection Questions
23 April 2026

Walking Boldly with the Gifts of the Holy Spirit

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Pray, Hope, and Don't Worry. ~ Padre Pio



1. THE GIFTS OF THE HOLY SPIRIT & PERSONAL CALLING

- What is the difference between a talent and a charism in your life?
- Which charisms do you believe God has given you?
- Where do you feel hesitant or resistant to using your gifts?

2. THE GIFT OF WISDOM, THE FRUIT OF JOY, & DAILY APPLICATION

- When have you experienced a situation where God helped you see the “bigger picture”?
- What situations challenge you most to choose a relationship over being right?
- Where in your daily life do you need more wisdom right now?
- How do you distinguish between joy and happiness in your life?

3. THE GIFT OF KNOWLEDGE & THE FRUIT OF PEACE

- What feels most urgent in your life right now? Is it truly important?
- How do you usually discern your “next right step”?
- When have you experienced peace in the middle of difficulty?
- What helps you let go of control and trust God more fully?

4. IDENTITY, LOSS, AND THE “NEXT RIGHT STEP”

- How much of your identity is tied to what you do versus who you are?
- Have you experienced a season of loss or transition that challenged your identity?
- What might be your “next right step” that God is inviting you to take?

5. CULTIVATING JOY & PEACE THROUGH THE HOLY SPIRIT

- What blocks you from experiencing deeper joy or peace?
- Where is God inviting you to surrender control?
- How can you grow in consistency with inviting the Holy Spirit into your day?
- How might the prayer “Come, Holy Spirit, come” change your daily routine?

1. THE GIFTS OF THE HOLY SPIRIT & PERSONAL CALLING

- The Holy Spirit gives seven gifts (wisdom, understanding, counsel, fortitude, knowledge, piety, fear of the Lord). These may go dormant if not revisited.
- Important distinction: Talents = natural abilities (e.g., storytelling)
Charisms = spiritual gifts given to build up the Church (e.g., hospitality, wisdom, mercy)
- Note: Charisms are given, not chosen and are meant to work together to serve others
- The Holy Spirit: 1) Is active and transformative: Inviting Him in reshapes your “interior life”
2) Requires daily relationship through prayer and Scripture
- Key posture: Openness to being led and changed

2. THE GIFT OF WISDOM, THE FRUIT OF JOY, & DAILY APPLICATION

- Wisdom is not intelligence — It is: Seeing life from God’s perspective & Understanding the bigger, eternal picture
- Wisdom helps prioritize: 1) People over arguments
2) Relationships over being right
3) Eternal value over temporary reactions
- Practical expressions of wisdom: 1) Holding your tongue in tense situations
2) Choosing presence (calling instead of texting)
3) Turning away from distractions that diminish peace
4) Recognizing emotional & spiritual needs in others
- Mary’s witness in the hospital: 1) Wisdom shifted fear into praise and trust
2) Led to a moment of communal prayer & praise that changed the atmosphere
- Joy is the fruit of wisdom: 1) Not happiness (which is circumstantial)
2) A deep, steady, “stubborn” knowing that God is present and faithful
- Joy: 1) Coexists with suffering and grief and 2) Emerges naturally when wisdom becomes your lens for life

3. THE GIFT OF KNOWLEDGE & THE FRUIT OF PEACE

- Knowledge helps you see what really matters right now. 1) Cuts through urgency and noise
2) Distinguishes temporary vs. eternal
- Difference: Wisdom = Big picture (God’s perspective), Knowledge = the next right step in the present moment
- Knowledge is like a flashlight, not a map: Gives clarity one step at a time
- Examples: Choosing what to say (or not say) in a moment; Recognizing what is truly worth emotional energy
- Peace is the fruit of knowledge: Not the absence of stress or noise, but a deep trust that God is with you and for you
- Peace allows: 1) Letting go of control
2) Remaining steady in uncertainty

4. IDENTITY, LOSS, AND THE “NEXT RIGHT STEP”

- Personal testimony: loss of her daughter led to a crisis of identity. Identity had been rooted in roles & responsibilities
- After Mary’s loss: Emptiness, confusion, and questioning self-worth
- The Holy Spirit, through knowledge: 1) Did not provide a full plan
2) Provided small, daily steps
- Core truth: Identity is not in what you do, but in being a daughter of God
- The Spirit gently leads through: Ordinary actions (rest, connection, small acts of faithfulness)
- This process rebuilds life with purpose and direction

5. CULTIVATING JOY & PEACE THROUGH THE HOLY SPIRIT

- Joy and peace are fruits that grow through practicing the gifts
- They are: Contagious, Countercultural, and Signs of spiritual maturity
- Practical expressions: 1) Letting go of control over others,
2) Forgiving without receiving an apology,
3) Showing up in faith even without emotional consolation
- Growth in the Spirit: Happens gradually (like building a muscle)
- The Holy Spirit remains the constant guide and advocate
- Simple daily prayer: *“Come, Holy Spirit, come. I’m still here—let’s go.”*