

"This way of living will allow us to experience a special gift of the Holy Spirit. He helps us **to grow into men and women who are truly free.**

He draws out new talents and special gifts we didn't realize we had.

"Everything we do is an opportunity to say 'no' to selfishness and 'yes' to **the freedom of loving.**

Therefore, let's be courageous and, wherever we are, let's live our personal call to be free".

Chiara Lubich

wordteens.focolare.org **4** centro.rpu@focolare.org

«The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control» (Gal 5:22).

The freedom we experience as Christians is a gift but it also requires a commitment. To be free we need to welcome the Holy Spirit into our hearts. We have to make room for him and recognize his voice speaking within us.

Chiara Lubich wrote:

"Above all, we have to become more and more aware of the presence of the Holy Spirit within us. **We have an immense treasure, but often we don't realize it."**

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"For us to be able to hear his voice and follow it, we have to say 'no' to every temptation and refuse to follow evil suggestions.

> Yes to the responsibilities God has given us.

At home, at school, with our friends....

> Yes to love for every person we meet

Love doesn't exclude anyone...

> Yes to all the difficulties we might encounter...

Every difficulty that is loved can become an advantage

"If we do this, the Holy Spirit will guide us and our life as Christians will be exciting and full of light. This is what it means to be an authentic Christian."

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Cut and fold and you will have a card that you can carry with you for the whole month!

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