

## Gifts From God Inventory



When discussing ideas for your family's Lenten journey (perhaps not only what to give up, but what to "add on"), start by taking a personal inventory of God-given gifts. This exercise is a prayer of gratitude in and of itself. God gives all of his children their own special talents so they may better serve him by serving others.

**For**  
Young Families

**Season**  
Spring, before or during Lent

**Needed**  
"Gifts From God Inventory," pencil, pen or highlighter

**Prepare in advance**  
Make copies of the "Gifts From God Inventory" (one for each family member, including parents)

### Activity Plan

1. Say this prayer aloud to begin.  
*Dear Father, thank you for making us special. Help each of us to use our gifts and talents to best serve you by serving others, particularly as we prepare for Easter during this Lenten season. Amen.*
2. Give each family member a copy of "Gifts from God Inventory" for their review.
3. From the list, identify each gift that has been given to you by circling, underlining or highlighting it. There is no limit to the number of words you may choose.
  - This is only a partial list to get you started. In the blank spaces, add any gifts, talents or special traits that you possess that are not on the list.
4. When everyone is done, each person can share their list (out loud) with the group.
  - No doubt many kind words will be generated by this conversation, as family members agree with the individual assessments and likely add on to it! (It is sometimes difficult to see in ourselves what others see.)
5. Discuss how you can use these gifts during Lent—in the way of prayer and charity—to help prepare for the Easter season.

Name: \_\_\_\_\_

## Gifts from God Inventory

Recognizing our talents and gifts is a way to thank God for his generosity, as well as brainstorm how we can serve best God by serving others. Using the list below, identify gifts God has given to you by circling, underlining or highlighting them. Add more in the blank spaces. Discuss your inventory with your family.

Able to work on my own	Easy to get along with	Good at math
Accepting	Faithful	Musical
Active	Good family member	Neat
Adventurous	Forgiving	Patient
Athletic	Friendly	Patriotic
Brave	Fun-loving	Polite
Calm	Gentle	Polite to grown-ups
Careful	Good at going to bed	Prayerful
Caring	Good at waking up	Likes to sing
Cautious	Generous	Questioning
Helps with chores	Grateful	Good at puzzles
Enjoys going to church	Independent	Quiet during church
Considerate	Happy	Enjoys reading
Crafty	Good at homework	Responsible
Creative	Honest	Good at science
Likes to dance	Good joke teller	Smart
Devoted	Joyful	Sporty
Good at drawing	Kind	Spunky
Full of energy	Leader	Trustworthy
Entertaining	Loving	Thoughtful
Easy-going	Loyal	Works well with others

