

# Gifts of the Holy Spirit

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As Baptism, we receive seven special gifts from the Holy Spirit. These gifts are freely given to us to help us live as followers of Jesus and to build up the Body of Christ, the Church. The Gifts of the Holy Spirit are sealed and strengthened within us at Confirmation. These seven gifts help us to respond to the presence of the Holy Spirit in our lives, to make good choices, and to serve God and others.

**Wisdom** is the gift of knowing the right choices to make to live a holy life. The gift of wisdom helps you to avoid the things that could lead you away from God.

**Understanding** is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. The gift of understanding helps you be tolerant and sympathetic of others. It helps you sense when someone is hurting or in need of compassion.

**Right Judgment, or Counsel**, is the gift of prudence. The gift of right judgment helps you make choices to live as a faithful follower of Jesus.

**Courage, or Fortitude**, is the gift that helps you stand up for your faith in Christ. The gift of courage helps you overcome any obstacles that would keep you from practicing your faith.

**Knowledge** is the gift of knowing and enlightenment. The gift of knowledge enables you to choose the right path that will lead you to God. It encourages you to avoid obstacles that will keep you from him.

**Reverence**, or Piety, is the gift of confidence in God. This gift of reverence inspires you to joyfully want to serve God and others.

**Wonder and Awe**, or Fear of the Lord is the gift of wonder and respect that encourages you to be in awe of God. The gift of wonder and awe moves you to so love God that you do not want to offend him by your words or actions.

## The Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

**Love**—We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

**Joy**—We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

**Peace**—We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

**Patience**—We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

**Kindness**—We live the virtue of kindness by treating others as we want to be treated.

**Goodness**—We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

**Generosity**—We demonstrate the fruit of generosity when we share our gifts and possessions with others.

**Gentleness**—Gentle people act calmly and avoid actions that might lead others to anger or resentment.

**Faithfulness**—We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

**Modesty**—We exhibit modesty by being pure in our thoughts, words, and dress.

**Self-control**—We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

**Chastity**—We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan