

Faith in Five – Adults Gifts and Fruits of the Holy Spirit



1. There are seven (7) **gifts of the Holy Spirit** given to us in Baptism and sealed in the Sacrament of Confirmation. These gifts develop and transform us and allow us to live a successful Christian life. These gifts are never taken away nor withdrawn.
2. Through Baptism, those who surrender themselves fully to God “consecrates himself more intimately to God's service and to the good of the Church.” This consecration obliges us to engage in the missionary work of the Church (CCC 931). The Lord through the working of the Holy Spirit makes us holy and prepares us to do His missionary work.

“The moral life of Christians is sustained by the gifts of the Holy Spirit. These are permanent dispositions which make man docile in following the promptings of the Holy Spirit...For all who are led by the Spirit of God are sons of God...If children, then heirs, heirs of God and fellow heirs with Christ” (CCC 1830).

According to Catholic Tradition, the gifts of the Holy Spirit are:

- a. **Wisdom** - the knowledge of and judgment about “divine things”. We honor God’s perspective and desire His ways.
 - b. **Understanding** - insight into the very heart of things, we allow ourselves to be led to the truth even when we do not fully understand.
 - c. **Counsel** - allows a man to be directed by God, our actions are a result of knowing right from wrong and avoiding sin.
 - d. **Fortitude** – the determination to do good and avoid evil
 - e. **Knowledge** - ability to judge correctly about matters of faith and right action, we understand what God expects of us
 - f. **Piety** -devotion and reverence for God only, paying worship and duty to God,
 - g. **Fear of the Lord** – we fear God because of our love for Him and avoid those things that are displeasing to Him. Above all else, we do not want to be separated from Him ([Source](#)).
3. The impact of these gifts accompanies us in the various stages of our spiritual development, to assist us in our mission and witness. Once confirmed, we walk with the seven gifts of the Holy Spirit.
 4. The **fruits of the Holy Spirit** emerge over time and are the outcomes of virtuous living. The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of

eternal glory. St. Paul in his letter (Galatians 5:22-23) lists the fruits of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. The Catechism of the Catholic Church affirms these nine fruits (CCC, 736).

5. The Latin Vulgate - the 4th century Latin version of the Bible accepted by the Catholic Church - provides a list of 12 fruits, adding modesty, generosity, and chastity (CCC 1832). In reality, the exact “number” of fruits is not critical, as all of the fruits are of similar character. Christians are called to live a life of the Spirit, producing much fruit that is shown through our thoughts, words and deeds.
6. The 12 Fruits ([Source](#)):
 - a. **Love** – love of God and neighbor before ourselves; the highest form of love is Agape
 - b. **Joy** – lasting happiness not based on emotions; interior contentment
 - c. **Peace** – tranquility based on trust in our faithful God; harmony when justice prevails
 - d. **Patience/Longanimity** – mercy and understanding for others in spite of their flaws and weakness; refusal to avenge oneself; to endure when provoked
 - e. **Kindness** – compassion and benevolence; a warm disposition toward another
 - f. **Goodness** – avoidance of evil; moral excellence
 - g. **Generosity** – honorable and charitable; giving without reluctance
 - h. **Gentleness/Mildness** – peaceful and meek behavior; even-temperedness; tranquil
 - i. **Faithfulness** – believing and trusting in God, unwavering loyalty
 - j. **Modesty** - humble and unassuming
 - k. **Self- control** – ability to exercise moderation; self-mastery in any circumstance
 - l. **Chastity** – giving of ourselves completely to Christ
7. Fruits of the spirit are meant to be shared. When we live by the Spirit, we will also walk with the Spirit (Galatians 5:25). If anyone wonders if they are living by the Holy Spirit, one need only to look at the fruits – the result - of his works.

“For no good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit... The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks” (Luke 6:43-45).

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