

## Gifts of the Holy Spirit

“The gifts are to the soul in its journey across the sea of life what sails are to a ship. When the sails are lifted high the wind (the Holy Spirit) can easily propel the ship, directing it to its destination.”

**Wisdom:** gives us a knowledge & love of spiritual things & helps us to judge created things according to divine standards

**Understanding:** enlightens us by shedding a clear searching light on the meaning of revealed truths & makes us certain of the meaning of what God has revealed.

**Counsel (Right Judgment):** helps us to know the will of God in perplexing circumstances & guides us in the choice of means to accomplish that will.

**Fortitude (Courage; Might):** a power given to the will to assist us in overcoming the difficulties which could deter us in the practice of what is right.

**Knowledge:** enables us to understand Christian doctrine & all that we need to know in order to attain the kingdom of heaven.

**Reverence (Piety):** awakens in the soul a desire & readiness to love & honor God as a Father & a willingness to devote ourselves to the service of all who are His children.

**Fear of the Lord (Wonder and Awe):** the foundation of all the other gifts since it drives sin from the heart & fill us with reverence for the justice as well as the majesty of God.

(source: *“Our Goal & Our Guides – Our Quest for Happiness – Book One”*; Elwell Fuerst Dunn, Mentzer, Bush & Company Chicago 1945)

(additional refs: Isaiah 11:1-5; 1 Cor 12:8-11; CCC 1299; CCC 1831)

Confirmation brings with it these gifts, but it also brings an obligation. We commit to following Christ, to becoming involved in the life of the Church

With the Gifts and Fruits of the Holy Spirit we are better able to live full human and Christian lives in our society

**CCC1830** 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.

**CCC1831** The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, Son of David.<sup>109</sup> (isa 11:1-2)

They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations.

## Fruits of the Holy Spirit

(or a “sampling of” the fruits of the Holy Spirit according to theologians from the time of St. Augustine)

*“Just as a tree that is watered & nourished & carefully tended brings forth good fruit, so the soul made Christian by the waters of Baptism & strengthened by the virtues & the gifts of the Holy Spirit produces precious fruits.”*

**Charity (Love):** Filled with the Spirit, we are able to reach out to those around us; We are constantly concerned about the suffering of others in need.

**Joy:** Once we know that God cares for us, accepts us, loves us and is always actively present with us through his Spirit, we become filled with a happiness that just won't quit.

**Peace:** When we have a close relationship with God, and realize God is as close to us as our own breath, we are encompassed by a great calmness and serenity.

**Patience:** Knowing we are truly loved and lovable, we have the ability to endure pain, suffering and the insensitivity of other people. We let the moments of anguish pass.

**Long-suffering (Longanimity):** When we know we are loved, whole and complete with God's extraordinary gift, we are able to put up with the injuries and the outrages of life.

**Goodness:** a will, a readiness & eagerness to do good to others; to fulfill the path of love and concern for community that comes from the Spirit within.

**Gentleness (Kindness):** we become less aggressive and hostile, and instead become more gentle; we do the good we desire for others; consideration for others becomes more natural for us.

**Mildness (Meekness):** helps us to bear inconveniences, hardships, injuries; mindful of the goodness of others; mindful of need to serve others.

**Faith (fidelity):** (in dealings with our fellow man) knowing that God is truly with us in every breath we take, we learn to trust other people; we are frank, honest & upright in all our dealings.

**Modesty:** moderation in external actions; the Spirit of Love fills our life, we no longer need to impress others with our power, connections or wealth; we become humble.

**Self Control (Continenence):** We develop the awareness of what is the best and most appropriate action for many areas of our lives; repress passions; resist sinful inclinations

**Chastity:** to regard our bodies as temples of God; to guard our senses so that they may not cause us to sin; to act appropriately with our gift of sexuality.

The Fruits of the Spirit are virtuous acts or works performed by those who are “guided by the Spirit” (Gal 5:18); they cause us to be detached from the things of the flesh & of this world (Gal 5:24-25); they are called “fruits” because of the spiritual delight that they produce; they are comparable to the joys of heaven.

(refs: Gal 5:22-23; Col 3:12-13; *“We Believe ...”*; Fr. Lukefahr – Liguori, Missouri 1990; CCC 1832; *“Spiritual Theology”* Jordan Aumann – Sheed & Ward, London)