

The Gifts of the Holy Spirit

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.¹⁰⁹ They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations. (CCC 1831)

- ✦ **Wisdom:** helps us see God and God's goodness in all things. We interpret life through Jesus' teachings and life.
- ✦ **Understanding:** gives us insight into our faith and helps us teach others by word and action.
- ✦ **Right Judgment/ Council:** helps us make the right choices in life
- ✦ **Courage/ Fortitude:** strengthens us to do what is right and to be faithful despite difficulties.
- ✦ **Knowledge:** help us know God and God's saving plan for us; what is important and what is not
- ✦ **Reverence/ Piety:** call us to love God and respect God and all creation. We obey out of love, not fear.
- ✦ **Wonder and Awe/ Fear of the Lord:** Inspires us to marvel at the power and beauty of God's creation.

The Fruits of the Holy Spirit

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. the tradition of the Church lists twelve of them: (CCC 1832)

- ✦ **Charity**
- ✦ **Joy**
- ✦ **Peace**
- ✦ **Patience**
- ✦ **Kindness**
- ✦ **Goodness**
- ✦ **Generosity**
- ✦ **Gentleness**
- ✦ **Faithfulness**
- ✦ **Modesty**
- ✦ **Self-Control**
- ✦ **Chastity**