

Confirmation Supplemental Lesson

The Gifts of the Holy Spirit

LESSON FOCUS

At our Confirmation, we receive an outpouring of the seven gifts of the Holy Spirit. These gifts help us to live a life that is pleasing to God and give us joy. To use these gifts to their fullest, we must practice virtue and ask the Holy Spirit to help us use his gifts when we need them. The more we do this, the more the twelve fruits of the Holy Spirit will be evident in our life. The fruits are the effects of the seven gifts.

AIMS

- Students will learn that they must be rooted in Christ in order to have a fruitful, spiritual life.
- Students will learn how the gifts of the Holy Spirit help them live as Christians and to mature in their faith, so that they might be temples of God and bear fruit.

CATECHISM OF THE CATHOLIC CHURCH REFERENCES

- Confirmation: 1285–321
- Gift of the Holy Spirit in Confirmation: 1299
- Gifts and Fruits of the Holy Spirit: 768, 798–801, 1830–32, 1845
- Holy Spirit and the Gift of God: 733–36
- Names of the Holy Spirit: 691–93

Begin the Lesson

Preparation (5–10 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

SCRIPTURE:

“You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles?” (Matthew 7:16).

Jesus is telling us that we will know a disciple of Christ because he will bear good fruit such as the twelve fruits of the Holy Spirit. We will know our spiritual life is healthy if we see these fruits in our relationships with God and others.

SACRED ART:

The Annunciation (detail), Juan de Flandes

In the detail of this painting of the Annunciation we can see the dove, a symbol of the Holy Spirit. It was by the power of the Holy Spirit that Mary became the Mother of Jesus. This shows us that the power of the Holy Spirit has no limits. The Holy Spirit can move our hearts, change our minds, change our ways, convince us of our sins, comfort us when we are down, guide us when we are in trouble, or just be with us when we are lonely. Let’s take a moment now to call on the power of the Holy Spirit in our life today.

PRAYER WITH CHILDREN: Apostles’ Creed, Student Text, p. 181

Proclamation (1 minute)

(Proclaim slowly, then repeat.)

The gifts of the Holy Spirit help us to recognize and respond to God’s will.

Lesson Explanation (40–50 minutes)

Explain focus points in your own words or use the discussion points and questions.

MATERIALS

- Bible
- Chalkboard or dry erase board
- Student notebooks and pencils; students are encouraged to take notes.
- Chart paper (see Application)
- Post-It notes (see Application)
- **Y** *YOUCAT*
- **Y** *YOUCAT* Confirmation
- Diocese of Lincoln resources on www.faithandlifeseries.com
- Grade 7 Appendix B-35, "Gifts and Fruits of the Holy Spirit" at www.faithandlifeseries.com

WORDS TO KNOW

indwelling: the truth that the Blessed Trinity lives in our souls by sanctifying grace. This makes our bodies temples of God.

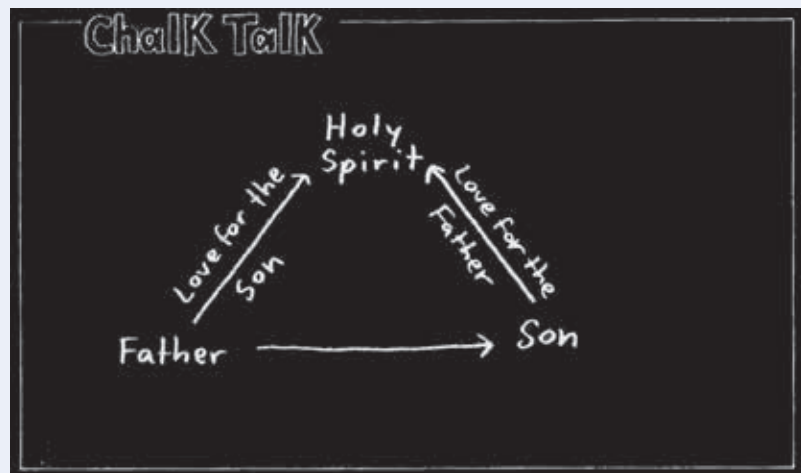
seven gifts of the Holy Spirit: these are seven supernatural powers we receive at Baptism and which are strengthened at Confirmation. They are wisdom, understanding, knowledge, counsel, fortitude, piety, and fear of the Lord.

twelve fruits of the Holy Spirit: these are the signs of a healthy Christian life. They are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

Focus 1: Indwelling of God. The mystery of God within us is called the **indwelling** of the Blessed Trinity. If we are in the state of grace, God dwells within us.

- *What is the Blessed Trinity? (God the Father, Son, and Holy Spirit.)*
- The Blessed Trinity is a relationship of Persons, three Persons in one God.
 - Within this relationship of Persons, we can understand the meaning of love.
- **Draw the Chalk Talk** and use the explanation below to explain that the Holy Spirit is the love between the Father and the Son.
 - The Father gives his love to the Son; the Son responds to the love of the Father (ultimately through his total self-giving act of obedience on the Cross); the love of the Father and the love of the Son is the Holy Spirit.

CHALK TALK: THE HOLY SPIRIT, THE LOVE BETWEEN THE FATHER AND THE SON



- We receive the indwelling of God at our Baptism, and this indwelling is strengthened at Confirmation. This makes our bodies temples of the Holy Spirit.
- *What does it mean to be a temple of God? (We have the spirit of God dwelling within us.)*
- *Because we are temples of the Holy Spirit, do you think that we will be able to love as God loves? What does this mean? (Answers will vary; explain using points below along with Chalk Talk above.)*
 - If we love as God loves, we will respond to the love of the Trinity just as Christ responded to the love of the Father, with self-giving love. We should respond to God and to others by giving of ourselves as Christ did.
 - *How did Jesus give himself completely to the Father? (By his death on the Cross.)*

Divine Praises

Blessed be God.
Blessed be his Holy Name.
Blessed be Jesus Christ, true God
and true man.
Blessed be the name of Jesus.
Blessed be his most sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy
Sacrament of the Altar.
Blessed be the Holy Spirit, the
Paraclete.
Blessed be the great Mother of God,
Mary most holy.
Blessed be her holy and Immaculate
Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin
and Mother.
Blessed be Saint Joseph, her most
chaste spouse.
Blessed be God in his angels and in
his saints.

FOCUS | OPTIONAL ACTIVITY

- Have the students write a prayer of praise to the Father, Son, and Holy Spirit, giving thanks for the Blessed Trinity's actions in their lives.
- Choose one or more of the following for discussion:
 - **Y** YOUCAT Confirmation 7.5: *Why nothing seems to satisfy my heart.*
 - **Y** YOUCAT Confirmation 7.6: *Make me beautiful within.*
 - **Y** YOUCAT 496: *Why do we need the Holy Spirit when we pray?*
 - **Y** YOUCAT 120: *What does the Holy Spirit do in my life?*
 - **Y** YOUCAT Confirmation, 9.2: *If you want to understand the mystery of the Church.*

- We can describe Jesus' death on the Cross as an act of total self-giving love. We are not called to die on a cross, but we are expected to sacrifice for God and others.
- **Name some examples of self-giving love for God and others.** (*Answers will vary. Encourage students to give specific examples of giving ourselves to God and making sacrifices for others.*)
- When we give ourselves to God in acts of self-giving love, we are imitating the love of the Trinity. This love always bears fruit.
- The fruit of the love of the Father and the Son is the Holy Spirit. The fruit of our love for God is the good that comes from Christlike acts of self-giving love. For example, if we show our love for God by helping those in need, the fruit of that love would be the joy that we bring to those people.
- **If the Blessed Trinity is a communion of Persons who represent total self-giving love, how should we want to love?** (*As God loves, with total self-giving love.*)
- **What does it mean to love with total self-giving love?** (*To love God and one another not only when it is easy, but when we sacrifice something of ourselves.*)
- **Give an example.** (*Answers will vary. For example, a student who is very shy breaks his leg and needs help getting around; we are called to help this student even if he is not our best friend.*)
- **Contemplate imitating the love of the Trinity:** Close your eyes and receive the love of the Father. Respond to his love by offering yourself in prayer. Think about how you will go out and give this love to others.
- At the Last Supper, Jesus said, "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him" (John 14:23).
- At Baptism God (Father, Son, and Holy Spirit) comes to live within us.
 - **Take a few moments to quiet** students to contemplate that because they are baptized, they are filled with the Blessed Trinity.
 - **How should we respond to this gift of the Trinity?** (*First, we should respond in love. One way to respond in love is to pray.*)
- Pray the Divine Praises (see sidebar).

Conclusion: We receive the indwelling of the Blessed Trinity at our Baptism. We are called to respond to God's love by giving him praise.

Focus 2: Gifts of the Spirit. The gifts of the Holy Spirit help us to recognize and respond to God's will.

- The **seven gifts of the Holy Spirit** are
 - Wisdom
 - Understanding
 - Counsel
 - Knowledge
 - Piety
 - Fortitude
 - Fear of the Lord
- At Baptism, the Holy Spirit bestows upon us seven gifts. At Confirmation, these gifts are stirred up and fully activated.
- The seven gifts of the Holy Spirit are the work of the divine. They help us to respond to God's voice in our hearts. They help us to live according to God's plan. (Write "know God's will and do God's will" on the board in two columns.)
 - The gifts that help us *know* God's will are wisdom, knowledge, understanding, and counsel. (List these in columns.)
 - The gifts that help us *do* God's will are piety, fortitude, and fear of the Lord. (List these in columns.)
 - It is important to understand that the gifts of the Holy Spirit are supernatural gifts. For example, if you have knowledge that one plus one equals two, that is not a supernatural gift. The supernatural gift of knowledge would be if God gave you knowledge to understand one of the mysteries of God. Another example would be wisdom. You may be wise if you do not put your hand on a burning stove, but supernatural wisdom would be having the wisdom to set our hearts on heaven instead of the things of this world.
 - *Are you familiar with any of these gifts? Which ones?* (Answers will vary.)
 - *With which gifts are you not familiar?* (Answers will vary.)
- Let's take a look at the seven gifts of the Holy Spirit. The first four help us know God's will for our lives and the last three help us live it. (Use the sidebar on p. 339 as you explain. Make sure that students differentiate between natural and supernatural.)
- The following are the gifts that help us *know and discern* God's will. (See Grade 7 Appendix B-35, "Gifts of the Holy Spirit" at www.faithandlifeseries.com.)
 - **Wisdom:** to see as God sees, to see what is truly valuable in life, to judge according to God's standards.
 - *Can you give an example of a time when you used wisdom?* (Answers will vary.)
 - *Who are some people you know that have the gift of wisdom?* (Answers will vary.)
 - **Understanding:** insights to the mysteries of the faith; helps us explain the faith to other people.
 - *Who are some people in your life who have the gift of understanding?* (Answers will vary.)
 - *What are some truths of the Faith you would like to understand better?* (Answers will vary.)

- **Knowledge:** to see everything in relation to God and eternity; knowing the spiritual value and use of created things. Knowledge helps show the worth and value of earthly things so that materials hold very minimal value. The gift of knowledge helps us use earthly goods in a holy way.
 - *What material things do you feel you need to give up to make room for God in your life? (Answers will vary.)*
 - *How can earthly goods help us in our journey for holiness and heaven? (Answers will vary.)*
- **Counsel:** to make correct decisions about God's will for our lives; seeing what is best for others in relationship to God.
 - *How do you make decisions? On what criteria do you base your decisions? (Answers will vary. Remind students that we should base our decisions on being a disciple of Christ and following God's will.)*
 - *Do you allow God to play a part in your decisions? (Answers will vary. Remind students that through prayer and reading Scripture, etc., we open the door to God's will.)*
- The following are the gifts that help us follow God's will:
 - **Fortitude:** the strength to be faithful to Christ when it is difficult; strength for God.

Gifts of the Holy Spirit

GIFT	DEFINITION	EXAMPLE
WISDOM	Seeing what is truly valuable in life and judging according to God's standards	Missing a favorite TV show because you desire to contemplate or speak with God in prayer
UNDERSTANDING	Insight into the Faith	Understanding mysteries to a degree, in contrast to people who, in lacking this gift, do not understand them at all
KNOWLEDGE	Spiritual know-how—knowing the spiritual value and use of created things	Knowing when a certain thing can lead us closer to God (e.g., enjoying his gifts at the proper time), or when it could lead us away from him (e.g., eating too much is gluttony)
COUNSEL	Seeing what is best for us in relationship to God's will	Discerning God's will in a given situation
FORTITUDE	Strength in difficulty to be faithful to Christ	Courage to give up wealth, friends, and family for Christ, even to the point of suffering martyrdom
PIETY	Affection for God as our Father who loves us and who is worthy of worship	Saint Thérèse often spoke of her heavenly Father and placed great trust in his mercy
FEAR OF THE LORD	Seeing the evil of sin and having a healthy respect for almighty God	A movement within us, which stops us from sinning out of healthy fear of offending God

FOCUS 2 OPTIONAL ACTIVITIES

- Fully discuss each of the gifts of the Holy Spirit.
- Have the students write a prayer to the Holy Spirit, asking for each gift to be strengthened in their souls.
- Discuss how the students' patron saints specifically responded to and lived out one or more of the gifts of the Holy Spirit.
- Discuss **Y** YOUCAT 310: *What are the seven gifts of the Holy Spirit?*
- Diocese of Lincoln Power-Point, "Gifts of the Holy Spirit"

- *Give an example of a time in your life when you overcame a difficult situation or temptation with God's help. (Answers will vary.)*
- *Who in your life exhibits the gift of fortitude? (Answers will vary.)*
- **Piety:** to worship God and love him as our Father; affection for God as our Father who loves us and who is worthy of worship. This gift helps us fulfill the commandments: love God above all else and love your neighbor as yourself.
 - *Which do you have a harder time following: Loving God above all else or loving your neighbor as yourself? (Answers will vary.)*
 - *What are some ways to live out the gift of piety? (Answers will vary.)*
- **Fear of the Lord.** to see the evil of sin and the goodness of God; fearing the judgment of God; having a healthy respect for almighty God.
 - *Do you fear God out of wrath and punishment or out of love and respect? (Answers will vary.)*
 - *Who is someone you know who you would say has the gift of fear of the Lord? (Answers will vary.)*

Conclusion: The seven gifts of the Holy Spirit are wisdom, understanding, knowledge, counsel, fortitude, piety, and fear of the Lord. The seven gifts are the work of God and help us to respond to God's voice in our hearts.

Focus 3: Living the Gifts. We must pray to use the gifts of the Holy Spirit well and respond to the prompting of the Holy Spirit. The gifts are like virtues; we must exercise them.

- When a gift is given to us, we can accept it or decline it. We can open it right away or wait until later. We may open it right away, but not use it until later.
 - *Have you ever received a gift that you didn't use right away? Why? (Answers will vary.)*
- The gifts of the Holy Spirit really are gifts. They are freely given to us in Baptism and Confirmation.
 - These gifts are not some sort of magic. They don't suddenly make us perfect Christians. We must exercise these gifts by using them in different situations. We need to pray to the Holy Spirit to strengthen these gifts in us and to teach us how to use these gifts.
 - *What spiritual exercises can we do to help us in using the gifts of the Holy Spirit properly? (Spend time in prayer, practice using them, and know them well so we can ask for them.)*

Conclusion: We need to pray to the Holy Spirit to help us use the gifts properly. We must exercise the gifts in different situations.

Saint Teresa of Avila

Saint Teresa of Avila joined the Carmelite Order in 1535. Carmelites are dedicated to prayer and communion with God. However, the convent that Teresa had joined, like many Carmelite convents in Spain, had abandoned their mission. Instead of dedicating themselves to prayer, nuns in Teresa's convent spent time visiting both in the convent and out in the town. Teresa tried to dedicate herself to prayer for the first several years of convent life, but struggled greatly. Finally she got so caught up in all the visitors and the social life of the convent that she stopped praying entirely. However, God called her back and she responded, dedicating herself to prayer once more. Thereafter, Jesus blessed her with many visions and other spiritual graces. As Teresa prayed, she was caught up in the love of God and sometimes even began to levitate off the floor. At the age of forty-three, Saint Teresa set out to found a new convent, one that would return to the Rule of the Carmelites and dedicate itself to prayer. She received much persecution, even from members of her own Order, but she persevered, convinced that God was with her. Her nuns followed a strict rule, but it was all done out of love for God. Her reformed Order is now known as the "Discalced" (without shoes) Carmelites. Saint Teresa died in 1582, was canonized in 1622, and was named a Doctor of the Church in 1970.

FOCUS 3 OPTIONAL ACTIVITIES

- The students may look at newspaper stories and discuss what gifts of the Holy Spirit have been or should have been used by the people in the stories.
- Read about Saint Teresa of Avila (see sidebar).
 - **What challenges did she face?** (*She was in the Carmelite Order, which was dedicated to prayer. The only problem was her Order went away from that mission and its members began visiting in both the convent and the town. She herself stopped praying. But Jesus blessed her, and she began praying again. She founded a new convent and faced great persecution from the members of her Order. She knew God was with her, and she was able to form a new Order called the "Discalced" [without shoes] Carmelites.*)
 - **What gifts of the Holy Spirit did she demonstrate most powerfully?** (*She demonstrated the gifts of wisdom, understanding, and fortitude most powerfully.*)
- Fully discuss how to use each of the gifts of the Holy Spirit.
- Choose one or more of the following for discussion:
 - **Y** YOUCAT 496: *Why do we need the Holy Spirit when we pray?*
 - **Y** YOUCAT Confirmation 8.3: *School of Prayer*
 - **Y** YOUCAT Confirmation 9.3: *You are the Body of Christ.*
 - **Y** YOUCAT Confirmation 9.4: *You are a temple of the Holy Spirit.*
 - **Y** YOUCAT Confirmation 9.5: *You are the People of God.*
 - **Y** YOUCAT Confirmation 9.6: *A little bit of organization.*

Focus 4: Fruits of the Holy Spirit. If we grow in prayer and in the use of the seven gifts, we will see certain positive effects in our lives. These effects are called the **twelve fruits of the Holy Spirit**. The twelve fruits are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

- There is an old saying: "You will know a tree by its fruit."
 - **What do you think that means?** (*It means the fruit that is growing on the tree determines the kind of tree it is. For example, we know an apple tree because there are apples growing on it.*)
 - **What kinds of fruit would a good tree or a good Christian bear?** (*Answers will vary.*)
- When Christians grow in prayer and in use of the gifts of the Holy Spirit, the good **fruits** of the Holy Spirit will be visible in us. **Copy on the Board:**

Gifts of the Holy Spirit —————> Fruits of the Holy Spirit

Fruits of the Holy Spirit

FRUIT	DEFINITION	EXAMPLE
CHARITY	Constant, generous self-forgetfulness and concern for God and others	Rarely thinking about oneself because of great concern for God and others
JOY	Cheerfulness in the Lord and in his gifts to us	Always making others happy by one's own cheerfulness
PEACE	Reflection of trust in God	Rarely worrying, always trusting in the Lord
PATIENCE	Bearing the difficulties of life with resignation to God's will	Never expressing irritation or despair in trying and difficult times
KINDNESS	Being tenderhearted and sensitive to the needs of others, moving us to action	Being thoughtful about "little things"; always being there when there is need
GOODNESS	Love that flows out to others	Being someone who can be depended upon to do the right thing
GENEROSITY	Sharing with others	Helping a friend
GENTLENESS	Being ever gentle with others	Being aware of the feelings of others
FAITHFULNESS	Being dependable	Never speaking behind someone's back
MODESTY	Holy reverence toward others and oneself	Holding oneself with dignity, not trying to show off
SELF-CONTROL	Proper balance in our desire for pleasure	Not overeating
CHASTITY	Self-control about sexual desires	Being faithful to one's husband/wife, saying no to impure movies, suggestions, etc.

FOCUS 4 OPTIONAL ACTIVITIES

- Have the students write a prayer to the Holy Spirit, asking for the fruits to be developed in their lives.
- Have the students write down ways they see each of the fruits of the Holy Spirit in their own lives, and ways they can grow in each of the fruits.
- Choose one or more of the following for discussion:
 - **Y** *YOUCAT 311: What are the fruits of the Holy Spirit?*
 - **Y** *YOUCAT Confirmation, 7.7: The fruits of the Holy Spirit.*

- **Using the chart** below, go through the fruits of the Holy Spirit. (See Grade 7 Appendix B-35, "Fruits of the Holy Spirit" at www.faithandliveseries.com.) *Have the students come up with their own examples of each of the fruits. (Answers will vary.)*
- Remember, if you respond to the seven gifts of the Holy Spirit, you will see certain effects in your lives—the fruits of the Holy Spirit.
 - *Which of the fruits do you see in your life? Which don't you see or need to work on? (Answers will vary.)*
 - *Once you are confirmed, what do you think is the key to having the gifts of the Holy Spirit work in your life and actually seeing the fruits of the Holy Spirit evident in your life? (Continually pray to the Holy Spirit for an increase in the gifts, especially ones in which we are in need; practice the fruits of the Holy Spirit; go to confession when we see that we are lacking; continually receive the Eucharist.)*

Conclusion: As we grow in the gifts of the Holy Spirit, we will see certain effects in our lives, the fruits of the Holy Spirit. The twelve fruits are charity, joy, peace, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

Review Lesson (3 minutes)

- The mystery of God within us is called the indwelling of the Blessed Trinity. If we are in the state of grace, God will dwell within us.
- The gifts of the Holy Spirit help us both recognize and respond to God's will.
- The seven gifts of the Holy Spirit are wisdom, understanding, counsel, knowledge, piety, fortitude, and fear of the Lord.
- We must pray to use the gifts of the Holy Spirit well and respond to the prompting of the Holy Spirit. The gifts are like virtues; we must exercise them.
- If we grow in prayer and in the use of the seven gifts, we will see certain positive effects in our lives. These effects are called the twelve fruits of the Holy Spirit.
- The twelve fruits are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

Application (10–20 minutes)

Choose one or more of the following for discussion.

- Ask the students to consider how open they are to the indwelling of God. Discuss ways to listen to God and to discern his voice in their hearts.
- Write the seven gifts on the board or on chart paper. Give each student seven Post-It notes. Direct students to write an example of each gift. Have the students put the appropriate Post-It on the gift. Select students to read the responses for each gift, and discuss.
- Have the students find examples of the gifts of the Holy Spirit in the lives of the saints.
- Divide the students into pairs or groups. Assign each group a gift or fruit of the Holy Spirit. Have the students give a presentation on the gift or fruit, giving the definition, an example of when we would need to use it, and how we can strengthen it.
- Have students read through the list of the gifts of the Holy Spirit and decide on which one they feel they are lacking. Have students pray to the Holy Spirit for an increase in that gift. Help students to understand that through their Confirmation they will be strengthened in all of the gifts of the Holy Spirit.

Celebration (5–10 minutes)

Choose one or more of the following.

- Song: “Come Down, O Love Divine,” *Adoremus Hymnal*, #440. Go to www.ignatius.com/promotions/adoremus-hymnal/downloadable-mp3s.htm.
- Concluding Prayer: Say a prayer of petition to the Holy Spirit asking for a strengthening of all the gifts of the Holy Spirit.
- Petitions: Students will offer prayers of thanksgiving.

Grade 7 Student Text reproductions available as a downloadable pdf at www.faithandlifeseries.com.

CHAPTER 20

The Gifts of the Holy Spirit

You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles?

Matthew 7:16

At the Last Supper Jesus spoke about a very special gift that he was going to give his followers: “If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him” (Jn 14:23).

Jesus tells us that God will actually come to live within those who love him and obey his commands! And where the Father and Son are, of course, the Spirit will be there also. This gift of God-within-us is called the **indwelling** of the Blessed Trinity. As long as we are in the state of sanctifying grace, God will live in our souls. Saint Paul wrote about this in his first letter to the Corinthians: “Do you not know that you are God’s temple and that God’s Spirit dwells in you? If any one destroys God’s temple, God will destroy him. For God’s temple is holy, and that temple you are” (1 Cor 3:16–17).

The mystery of God-within-us is often mentioned in the New Testament by Saint Paul. He reminds us that this presence makes us more than God’s creatures—it makes us his children: “And because you are sons, God has sent the Spirit of his Son into our hearts, crying, ‘Abba! Father!’” (Gal 4:6).

The Gifts of the Holy Spirit

Along with this holy presence of God, the Spirit brings *seven gifts* to our souls at Baptism. We receive an outpouring of these **seven gifts of the Holy Spirit** at Confirmation. They are the same spiritual powers that were poured out upon Jesus as he began his mission of preaching the Good News of salvation. The prophet Isaiah foretold these gifts eight hundred years before Jesus was born:

And the Spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the LORD. And his delight shall be in the fear of the LORD (Is 11:2–3).

Let us look carefully at each of these important gifts, to learn what they are meant to do for our lives:

WISDOM: Helps us to see that the world is only a temporary place for us, that heaven is our true home. It helps us to set our hearts on heaven and to order our lives according to



God’s will. It helps us to see things as God sees them.

UNDERSTANDING: Gives us an insight into the mysteries of faith and helps us to explain the Faith to others.

KNOWLEDGE: Helps us to see everything in life in relation to God and eternity, to know him, the world he created, and his plan for men.

COUNSEL: Helps us to make correct decisions about God’s will for our lives.

FORTITUDE: Gives us the strength to be faithful to Christ even when it is difficult to do so.

PIETY: Inspires us to worship God and to love him as our Father and to love our neighbor as ourselves.

FEAR OF THE LORD: Shows us the evil of sin and helps us to desire to live in God’s grace. It is also called “wonder and awe” in God’s presence because it reminds us that he is great and all powerful.

Many people wonder if they really have these gifts; they don’t seem to be present in their lives. Perhaps these Christians have looked upon the gifts as some kind of magic—they expect them to “pop up” when needed. But this

is not how the gifts work in us. Like faith, hope, and charity, we have to exercise our spiritual muscles in order to use these wonderful gifts. We must pray to the Holy Spirit asking him to show us how to use them. Try to memorize these gifts and then ask God to help you use them when a need arises. For example, if you are strongly tempted to go to a party where drugs or alcohol will be used, ask for the gift of fortitude to help you overcome the temptation. The Holy Spirit *will* answer your prayer and show you what to do.

The Fruits of the Holy Spirit

As we grow in prayer and in the use of these seven gifts, we will see certain effects taking place in our lives. These are called the **twelve fruits of the Holy Spirit**. When we see a tree that is blossoming and producing delicious fruit, we know that it is a healthy plant. It is the same with the Christian life. We will know that our spiritual life is healthy if we see these fruits in our relationships with God and others.

The twelve fruits of the Spirit are:

1. CHARITY: Love for God and for others.
2. JOY: Happiness in living the Christian life.
3. PEACE: Inner calmness, even in difficulties.
4. PATIENCE: Bearing the difficulties of life with resignation to God's will.
5. KINDNESS: Sympathy and concern for the needs of others that move us to help them.
6. GOODNESS: Giving good example in all that we do.
7. GENEROSITY: Willingness to share our time and possessions with those in need.
8. GENTLENESS: Being gentle in our words and deeds toward others.
9. FAITHFULNESS: Loyalty to God and the people we are committed to, such as one's parents, spouse, and good friends.

10. MODESTY: Respecting ourselves and others in conversations, dress, etc.

11. SELF-CONTROL: Proper balance in our desire for pleasure.

12. CHASTITY: Proper attitude toward others and control over our sexual desires.

Jesus told us that we will produce these fruits of the Spirit only if we are united with him through prayer and the Sacraments. He compared himself to a vine which carries sap to its branches; the "sap" is a symbol for his grace and power: "I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing" (Jn 15:5).

Words to Know:

indwelling seven gifts of the Holy Spirit
twelve fruits of the Holy Spirit

Q. 137 *What are the seven gifts of the Holy Spirit?*

The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord (CCC 1831).

Q. 138 *What are the twelve fruits of the Holy Spirit?*

The twelve fruits of the Holy Spirit are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity (CCC 1832).