# Fruits of the Holy Spirit

The Twelve Fruits of the Holy Spirit are: Love, Joy, Peace, Patience, Kindness, Goodness, Piety, Gentleness, Self-control, Modesty, Chastity, Long-suffering

**Love** (or Charity) — (Greek: agape, Latin: caritas)
Agape (love) denotes a really undefeatable benevolence and unconquerable goodwill, that always seeks the highest of the other, no matter what s/he does. It is the self-giving love that gives freely without asking anything in return, and does not consider the worth of its object. Agape describes the unconditional love God has for the world.

**Joy** — (Greek: chara, Latin: gaudium)
The joy referred to here is deeper than mere happiness, is rooted in God and comes from Him. Since it comes from God, it is more serene and stable than worldly happiness, which is merely emotional and lasts only for a time. The fruit of joy is the awareness that God is one's Strength and Protector.

**Peace** — (Greek: eirene, Latin: pax)
Peace is the result of resting in a relationship with God. Peace is more than an absence of conflict. It is the tranquil state of a soul fearing nothing from God and content with its earthly lot, of what so ever sort that is. It is a kind of equilibrium that comes from trusting that everything is in the hands of God.

**Patience** — (Greek: makrothumia, Latin: longanimitas)
Generally the Greek world applied this word to a man who could avenge himself but did not. This word is often used in the Greek Scriptures in reference to God and his attitude to man. Exodus 34:6 describes the Lord as "slow to anger and rich in kindness and fidelity."

**Kindness** — (Greek: chrestotes, Latin: benignitas)
Kindness is goodness in action, sweetness of disposition, gentleness in dealing with others, benevolence, kindness, affability. The word describes the ability to act for the welfare of those taxing your patience. The Holy Spirit removes abrasive qualities from the character of one under His control.

**Goodness** — (Greek: agathosune, Latin: bonitas)
The state or quality of being good Moral excellence; virtue; Kindly feeling, kindness, generosity,joy in being good The best part of anything; Essence; Strength; General character recognized in quality or conduct.

**Faithfulness** — (or Piety) (Greek: pistis, Latin: fides)
Faithfulness is committing oneself to something or someone, for instance, to one's spouse, to a cause, or to a religion. Being faithful requires personal resolve not to wander away from commitments or promises. It's not always easy to be faithful. True faith requires trust in God.

**Gentleness** (or Meekness) —(Greek: prautes, Latin: modestia)
Gentleness is a disposition that is even-tempered, tranquil, balanced in spirit, unpretentious, and that has the passions under control. The word is best translated 'meekness,' not as an indication of weakness, but of power and strength under control. The person who possesses this quality pardons injuries, corrects faults, and rules his own spirit well.

**Self-control** (or Continency) —(Greek: egkrateia, Latin: continentia)
The Greek word used in Galatians 5:23 is "egkrateia", meaning "strong, having mastery, able to control one's thoughts and actions.

**Modesty**
**Chastity**
**Long-suffering**

## Gifts of the Holy Spirit

- Counsel
- Fear of the Lord
- Fortitude
- Knowledge
- Piety
- Understanding
- Wisdom

# On the Gifts and Fruits of the Holy Ghost

**Q. 698. Which are the effects of Confirmation?**

A. The effects of Confirmation are an increase of sanctifying grace, the strengthening of our faith, and the gifts of the Holy Ghost.

**Q. 699. Which are the gifts of the Holy Ghost?**

A. The gifts of the Holy Ghost are Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord.

**Q. 700. Why do we receive the gift of Fear of the Lord?**

A. We receive the gift of Fear of the Lord to fill us with a dread of sin.

**Q. 701. Why do we receive the gift of Piety?**

A. We receive the gift of Piety to make us love God as a Father, and obey Him because we love Him.

**Q. 702. Why do we receive the gift of Knowledge?**

A. We receive the gift of Knowledge to enable us to discover the will of God in all things.

**Q. 703. Why do we receive the gift of Fortitude?**

A. We receive the gift of Fortitude to strengthen us to do the will of God in all things.

**Q. 704. Why do we receive the gift of Counsel?**

A. We receive the gift of Counsel to warn us of the deceits of the devil, and of the dangers to salvation.

**Q. 705. How is it clear that the devil could easily deceive us if the Holy Ghost did not aid us?**

A. It is clear that the devil could easily deceive us if the Holy Ghost did not aid us, for just as our sins do not deprive us of our knowledge, so the devil's sin did not deprive him of the great intelligence and power which he possessed as an angel. Moreover, his experience in the world extends over all ages and places, while ours is confined to a few years and to a limited number of places.

**Q. 706. Why do we receive the gift of Understanding?**

A. We receive the gift of Understanding to enable us to know more clearly the mysteries of faith.

**Q. 707. Why do we receive the gift of Wisdom?**

A. We receive the gift of Wisdom to give us a relish for the things of God, and to direct our whole life and all our actions to His honor and glory.

**Q. 719. Which are the twelve fruits of the Holy Ghost?**

A. The twelve fruits of the Holy Ghost are Charity, Joy, Peace, Patience, Benignity, Goodness, Long-suffering, Mildness, Faith, Modesty, Continency, and Chastity.

**Q. 720. Why are charity, joy, peace, &c., called fruits of the Holy Ghost?**

A. Charity, joy, peace, &c., are called fruits of the Holy Ghost because they grow in our souls out of the seven gifts of the Holy Ghost.