

The Holy Spirit in Our Lives

Name: _____

The Gifts of the Holy Spirit

The gifts of the Holy Spirit are given freely and generously by God. When we receive a gift in our everyday life, we can choose to utilize that gift or to ignore it. In the same way, we must choose for our actions to be guided by the gifts God has given us to grow in virtue and love of God.

| Gift of the Spirit | What does it mean? |
|--------------------|--|
| Wisdom | To be able to correctly judge a situation based on divine truth |
| Understanding | To have knowledge of God |
| Counsel | To allow oneself to be guided by God |
| Fortitude | To have the courage to act in a way that is right and just |
| Knowledge | To know what is true and just |
| Piety | To fulfill one's duty to honor God and serve others |
| Fear of the Lord | To be in awe of God and avoid actions that would separate oneself from him |

Consider the stories of these saints and how their actions were guided by the gifts of the Holy Spirit:

- Saint Thomas Aquinas displayed the gift of **understanding** when he wrote extensively on the Incarnation of Jesus Christ, the presence of angels, and the true meaning of the Eucharist.
- Saint Gianna Beretta Molla lived the gift of **fortitude** when she refused to have an abortion, even when she was told that giving birth to her fourth child could be fatal for her.

The Fruits of the Holy Spirit

When we use the gifts we have been given, we become the truest versions of ourselves, sons and daughters created in the image and likeness of God. Our outward dispositions—our fruits—reveal our interior spiritual lives.

Read what Jesus teaches about the relationship between one’s interior life and outward actions:



6 ⁴³“For no good tree bears bad fruit, nor again does a bad tree bear good fruit; ⁴⁴for each tree is known by its own fruit. For figs are not gathered from thorns, nor are grapes picked from a bramble

bush. ⁴⁵The 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.

The fruits of a life that is aligned with God are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These characteristics are the result of a life that is guided by God. To grow in these fruits, we must tend to our interior life and grow in virtue.

- **What is the relationship between the gifts and fruits of the Holy Spirit?**

For Reflection:

Think of someone you know who models one of the fruits of the Holy Spirit.

- **Which fruit do you witness in this person?**

- **How does this person act?**

- **What do you think this indicates about this person’s interior life?**

Think about your own strengths and weaknesses.

- **Which fruit of the Spirit would you like to grow in?**

- **How can you develop this fruit in your life?**
