

*Gifts and Fruits of the Holy Spirit*

Read (John 14:15-17).

(This is one of the Gospel options for the Confirmation Mass.)

- Gospel Reflection: How do you feel knowing that you know the Spirit of Truth, the Advocate, and that the Spirit will remain with you?

**Topic: Gifts and Fruits of the Holy Spirit**

(*Note. Candidates who attended the Retreat Day, already did an activity on the Gifts of the Holy Spirit.*)

**Gifts of the Holy Spirit – Fruits of the Holy Spirit – Spiritual Gifts (Charisms)**

From the *Catechism of the Catholic Church* –

<sup>1785</sup> In the formation of conscience the Word of God is the light for our path, we must assimilate it in faith and prayer and put it into practice. We must also examine our conscience before the Lord's Cross. We are assisted by the gifts of the Holy Spirit, aided by the witness or advice of others and guided by the authoritative teaching of the Church.

<sup>1830</sup> The moral life of Christians is sustained by the gifts of the Holy Spirit. These are permanent dispositions which make *the person docile (compliant/obedient)* in following the promptings of the Holy Spirit.

<sup>1831</sup> 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. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations.

From *The Catholic Faith Handbook for Youth, Catechism of the Catholic Church, Bible*

Just as with the first Christians, the Holy Spirit's gifts help strengthen our bond with the Church and help us witness to the Christian faith in words and deeds.

The **7 Gifts of the Holy Spirit** represent all the gifts God gives us to live a good and holy life. (In the

Bible, the number 7 often symbolizes fullness or completion.)

These 7 special gifts are rooted in a prophecy from Isaiah about the promised Messiah. (We also see the fruit of the anointed's cooperation.)

Read *Isaiah 11:1-10*, then the following.

**Wisdom.** With the gift of wisdom, we see God at work in our life and in the world. For the wise person, the wonders of nature, historical events, and the ups and downs of life take on deeper meaning and purpose.

**Understanding.** With the gift of understanding, we comprehend how we need to live as follower of Jesus Christ. A person with understanding is not confused by all the conflicting messages in our culture about the right way to live.

**Right judgment (Counsel).** With the gift of right judgment, we know the difference between right and wrong, and we choose to do what is right. A person with right judgment lives out the values taught by Jesus, thus avoiding sin.

**Courage (Strength, Fortitude).** With the gift of courage, we overcome our fear and are willing to take risks as a follower of Jesus. A person with courage is willing to stand up for what is right in the sight of God, even if it means accepting rejection, verbal abuse, or even physical harm and death.

**Knowledge.** With the gift of knowledge, we understand the meaning of God's Revelation, especially as expressed in the life and words of Jesus Christ. A person with knowledge is always learning more about the Scriptures and Tradition.

**Reverence.** With the gift of reverence – sometimes called **piety** – we have a deep sense of respect for God and the Church. A person with reverence recognizes our total reliance on God and comes before God with humility, trust, and love.

**Wonder and awe.** With the gift of wonder and awe (**fear of the Lord**), we are aware of the glory and majesty of God. A person with wonder and awe knows that God is the perfection of all we desire: perfect knowledge, perfect goodness, perfect power, an perfect love.

*“These seven gifts are the signs that the Messiah will be guided by the Spirit. The relation of these gifts to the sacrament of Confirmation becomes*

clear when we remember that the word "Messiah" (Christos in Greek) means "anointed." Jesus was "anointed," filled with the Holy Spirit at his baptism. At Confirmation we are anointed with the Holy Spirit. Throughout the Gospels we see how these seven gifts form Jesus' personality. They are characteristic of his activity. Consider the wisdom expressed in his parables; his understanding of the poor and the sick; his right judgment when tested by the Pharisees; his courage to continue the journey to Jerusalem where he surmised what fate awaited him; his knowledge of God's will; his reverence for his heavenly Father; his awe before the wonders of creation—the lilies of the field, the birds of the air....The seven gifts of the Holy Spirit are the manifestation of the Divine Power active in the life of Jesus of Nazareth."

From *Catholic Update - Confirmation: Sacrament of the Spirit*

by Rev. Thomas Richstatter, O.F.M., S.T.D.

When we freely open our heart and mind to the creative power of the Spirit, we not only deepen the Spirit's activity in our own life but also help increase the Spirit's power within the Church and the world. By accepting the gift of the Holy Spirit we are empowered to participate in the mission of Jesus and help make the Kingdom of God a reality.

### For further reflection

One of the primary roles of the Holy Spirit is to be our Advocate, the one who stands by our side to help us defend our belief in Jesus.

1. When do you feel challenged to defend your Christian beliefs?
2. When are you tempted to compromise the things you believe in?
3. Ask the Holy Spirit for the wisdom and the courage to defend and live out your beliefs. Consider one of the 7 gifts of the of the Holy Spirit. How have you already used this gift?
4. How can you continue to grow in making it a part of your life?

### Fruits of the Holy Spirit

Read [Galatians 5: 16-26](#)

Paul encouraged the people of Galatia to "live by the Spirit" (Galatians 5:16). He proclaimed that everyone who walks with the Spirit can bear much fruit: "love (charity), joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control" (5:22-23). This is why these nine

things are known as the **fruits of the holy Spirit**. When you live by the Holy Spirit, do you notice these good things becoming more present in your life?

Following are some definitions from various sources.

**Love (charity)**, both of God and of neighbor. It is our love for God above all things for his own sake and our neighbor as ourselves for the love of God. In addition, Paul explained in the 13th chapter of 1 Corinthians that Charity IS the greatest...far above any of the other Fruits. Charity is about giving of oneself. When Jesus died on the cross, it wasn't about anything other than Charity.

**Joy** is the happiness found in union with the Lord. As C.S. Lewis described it, it is a glimpse of the perfect happiness of heaven that leads us to desire heaven.

**Peace** refers to the state of completeness, soundness, wholeness, tranquility, being in right relationship and harmony with God, the world, others and self.

**Patience**, also known as **long-suffering** or longanimity, enables us to endure suffering or hardship caused by another person in conformity with God's will, without sadness or resentment.

**Kindness**, also known as **benignity**, is "a sweetness of temper, especially towards , as disposes us to be affable, courteous, and easy to be entreated when any have wronged us".

Strong's #5544: 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.

**Generosity** is an openness to sharing one's own gifts and goods with others.

**Faithfulness** is living with God as vessels who engage human needs as God directs.

**Gentleness**, also known as **mildness**, is strength restrained by love.

**Self-control** – self discipline (through the love of God).

10-12 - **Goodness, Modesty, Chastity** also (not listed in Galatians).

5. After reading Galatians, how would you define these?

### The Spiritual Gifts a.k.a. Charisms

Read [1 Corinthians 12:4-12](#).

Spiritual Gifts (Charisms): expression of wisdom, expression of knowledge, faith, healing, mighty deeds, prophecy, discernment of spirits, varieties of tongues, interpretation of tongues. (And there are others.)

There are gifts of the Holy Spirit that we are given to keep and gifts we are given to give away. The traditional "seven gifts of the Holy Spirit" and the "fruits" of the Spirit are gifts given to us to keep. They are part of our inner transformation as Christians and provide the inner "Christ-likeness" necessary for the effective use of our charisms (Catechism of the Catholic Church, 1830-1832). Charisms, on the other hand, are gifts given to us to give away. Charisms are always focused outward; they are especially empowered ways by which God's love and goodness reaches our neighbor through us.

<http://www.siena.org/spgifts.htm>

6. Name one of each 1) Gift of the Holy Spirit, 2) Fruit of the Holy Spirit, and 3) Spiritual Gift (Charism) that you would most like to receive or increase. Tell Why.

Reporting options for above topic:

- A. By appointment ([ssftmk@aol.com](mailto:ssftmk@aol.com)), meet with Dr. Tom Kilbridge after 10:30 AM Mass in the church chapel. Be prepared to give oral presentation (informal, relaxed, not graded) reflecting on the 6 questions above.
- B. Written report – type a one page report responding to the 6 questions above. Turn in to Silvia Chiesa or Dr. Tom Kilbridge. (Have a parent or sponsor review oral presentation or read written report. Do not spend more than 1 ½ hours on the above make up.)

Pray

Essay & Assignment Due Dates

**SACRAMENT OF RECONCILIATION  
to be celebrated prior to Confirmation**

- Every Saturday, 4:00 – 4:45 pm
- Monday, December 17, 2012, 7pm
- Saturday, December 22<sup>nd</sup>, 10:00-11:00 A.M.

Sponsor Essay:

Assigned: 9/24/2012  
Due: 10/22/2012

Confirmation Name Essay:

Assigned: 10/1/2012  
Due: 11/12/2012

Justice, Peace, Charity, Service Essay

Assigned: 10/15/2012  
Due: 1/7/2013 (or 1/14/2013 if participating in Jan. 7th St. Anthony service project.)