

The Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the Fruits of the Holy Spirit.

The 12 fruits of the Holy Spirit is signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

Love: We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy: We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace: We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience: We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness: We live the virtue of kindness by treating others as we want to be treated.

Goodness: We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity: We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness: Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness: We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty: We exhibit modesty by being pure in our thoughts, words, and dress.

Self-control: We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity: We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.