

Confirmation Journal Activity

January 4, 2023

Topic: Fruits of the Spirit

Learning Work:

- Read pages 167-168: Fruits of the Holy Spirit (scroll to the next page)
- “The fruits of the Holy Spirit are perfections that the Holy Spirit forms in us as the fruits of eternal glory. The tradition of the Church lists twelve of them: ‘charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity.’” (Catechism of the Catholic Church 1832)
- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, self-control; against such things there is no law. Galatians 5:22-23

Reflection Questions:

- Of the twelve fruits of the Holy Spirit, name three that you believe you possess and how you show them to others.

FRUITS OF THE HOLY SPIRIT

The gifts that you will receive in Confirmation will form in you several good habits.

By this power of the Spirit, God's children can bear much fruit. He who has grafted us onto the true vine will make us bear "the fruit of the Spirit:...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." "We live by the Spirit"; the more we renounce ourselves, the more we "walk by the Spirit." (CCC 736)

The effects of the gifts of the Holy Spirit are called the **fruits of the Holy Spirit**. These are supernatural acts, or works, that flow joyfully from the Christian life. By living the fruits of the Holy Spirit, the soul begins to experience the peace and freedom that Christ won for us.

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Although the Holy Spirit is mysterious, his presence in our souls is manifested in our actions and our demeanor. Even though we cannot see the Spirit, he transforms our lives so that we notice his effects.

As you prepare for Confirmation, contemplate these fruits of the Holy Spirit, and ask God to help them grow in you:

Charity, or love, is a total dedication to God and love for him above all things. Charity also demands that we love our neighbor—our enemies as well as our friends. This love leads to our holiness and Christian perfection:

Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven.... For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? You, therefore, must be perfect, as your heavenly Father is perfect. (Mt 5:44-45, 46-48)



Sts. Teresa of Calcutta and John Paul II lived their lives and vocations with total dedication to God and love for all his children. Their names are synonymous with all the fruits of the Holy Spirit listed in this chapter.

Joy is gladness in the Lord, who is the source of our joy. Humanly speaking, joy usually springs from happy circumstances. But joy that comes from the Holy Spirit is not like that. Even in the midst of suffering and adversity the Christian is still joyful. He knows that God is in control of his life. St. Paul wrote that the early Christians "became imitators of us and of the Lord...with joy inspired by the Holy Spirit" (1 Thes 1:6).

Peace is the abiding presence of God in our lives. No matter the situation, we are content in our relationship with God. We know that he cares for us always. "To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace" (Rom 8:6).

Patience helps us to understand that God has a time and a season for everything. We may have to suffer for a while, but God will be with us at all times. Further, we know we will eventually be with him in heaven if we are faithful to him.

Kindness comes from recognizing Christ in every person and treating him or her accordingly. To slander others, to make cruel or sarcastic remarks at their expense, or to treat them discourteously is inconsistent with the life of a follower of Christ. The Holy Spirit can help us cultivate kindness in spite of our temptations to being selfish or short-tempered.

Generosity is a measure of our response to all that God has given us. Whatever good we have is meant to be shared—whether it is our faith, our time, or our wealth. Carrying out the mission of Christ means having a generous spirit toward those in need.



Faithfulness means following Christ in everything. We trust in God; we trust in what Christ teaches through his Church. We may not understand everything the Church teaches. However, we trust that the Church receives her teaching from God, and therefore we will follow it.

Gentleness ensures that our strength is always softened by love. Christ emphasized this in his preaching. "Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls" (Mt 11:29). The gentle person does not look for ways to disturb others, and does not desire conflict for conflict's sake.

Self-control involves restraint of our desires in both thought and action. This means that we are not controlled by our passions and appetites. Instead, we allow the Holy Spirit to be our guide in our actions. This fruit allows us to be master of ourselves, instead of slaves to our desires.

Modesty allows us to avoid the sin of pride, vanity, boasting, or seeking praise from others. It is also expressed by the care that we take in how we dress, act, and treat others.

Chastity means practicing purity within one's state in life. For people who are not married, chastity means avoiding the marital acts and other lustful attractions. For married people, it means ensuring that every marital act is open to new life and is a true act of self-giving love shared exclusively between spouses.

Goodness means having an essentially good nature. This fruit helps us consider the well-being of every person, the common good of the community, and our own pursuit of virtue in every decision. A person who lives a profound love for God will manifest goodness in all of his or her thoughts, words, and actions.