

The “Fruits of the Spirit” from Galatians 5:22

“In contrast, the fruit of the spirit is love, joy, peace, patient endurance, kindness, generosity, faith, mildness and chastity.”



“The giving to us of the Gifts of the Spirit is not where the story ends. If we use these Gifts of the Spirit as they have been given to us, we will reap rewards/benefits in our lives – and in the life of the Church – and of the world (others) around us. The Church refers to these benefits and rewards as the Fruits of the Spirit.” We recognize the presence of the Holy Spirit working and living in us by seeing the effects our actions have on others and in our own personal life. These “effects” are the Fruits of the Holy Spirit.

Love: Love is the only that will last. Love connects us to one another (Jesus said there are two Great Commandments (Matthew 23:36-38); love God with your whole heart, soul & mind, and love your neighbor as yourself. Love is always seeking the good of the other. It is given freely, without asking anything in return and does not consider the worth of the one being loved. Love is also called Charity.

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

Joy: Joy is not “Happy! Happy!” At least not in the sense most people think of happy. It’s not based on what pleases me in the sense of a fun time, or good grades or a great personal accomplishment. *This joy* is not a human-generated happiness, but has a divine origin. It comes from God’s love and grace for us. We have joy because we know God loves us and offers us an eternal life with Him in His love. That’s why we can have joy even when things are not going the way we think they should be. Joy causes us to thank and praise and worship God in both the good times – and the tough times. No one can “steal” our joy.

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

Peace: This is not the same as the peace in the world we ask for when we see/read about war and turmoil in the world. That is our secular version of peace. It’s good and we should pray for it, but humankind will not ever end war, or conflict on our own accord. Jesus offers us a peace that is different (John 14:27). It begins with the virtue of humility before God. This peace means to rest in a relationship with God – it is a tranquility within us that comes from seeking after and embracing God. This peace removes the chaos from our personal lives.

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.

Patient Endurance: Don’t we want what we want Right Now! We grumble about waiting at a street light, or the slowness of our computer. We can’t wait 2 minutes to reply to a text (no matter where we receive it). Patient Endurance is sometimes called “longsuffering” or just “endurance.” And if we can’t reply back to a message “right away” we are suffering inside! It is a willingness to have God counsel us in a situation before we react. It is not “giving up.” In fact, we are strengthened for when we are called upon to act. The

story of David in 1 Samuel chapter 26 is one of Patient Endurance and allowing God to be Lord of our actions.

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: Kindness does not necessarily mean being nice, one can be kind and not Jesus. Kindness is acting for the good of people regardless of what they do. It does not expect repayment (Luke 6:35). This Kindness can only come when the Spirit of God is alive in us.

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

Generosity/Goodness: In Acts 2:42-47 we read about how the early followers of Jesus were concerned about mutually taking care of each other. In Matthew 25:31-40 Jesus clearly defines what he is expecting of us; that is to be kind to others and to back it up with Generosity of our time and sharing the goods we've received. Goodness is a virtue that allows us to live the moral life as shared by the Gospel. It is an action aimed at bringing out the best part of a person's character or qualities.

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

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

Faith/Trustfulness: We never question as we go through our daily routines that the air we need to breathe will be here for us. We simply believe it because, even though we cannot see it, we feel and know its effects on our lives. In our Faithfulness to God we believe in Jesus and trust and know what Jesus said, through the Gospels, is true. Faithfulness is also knowing and committing oneself to something or someone; to our family, or friends or a cause or to a religion. Being faithful requires a personal resolve not to wander away from commitments or promises; in the case of the Christian clinging to Jesus. This is also called Trustfulness sometimes.

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

Mildness: Sometimes called Gentleness, or even meekness. But this is not avoiding uncomfortable situations. It is a virtue that shows itself by a balance between extremes. It is neither excessive anger nor excessive angerlessness. It's about being gentle with others in our lives; perhaps an aging senior, or a younger child.

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

Chastity/Self-Control: Chastity is not abstinence or celibacy. Abstinence refers to temporarily refraining from activities that are pleasurable, which may include sex. Celibacy refers to the choice to live in an unmarried state, avoiding all sexual activity. Both abstinence and celibacy are right for some people at some times in their life, but not for all people at all times.

Chastity is for everyone. It is not about saying "no" to sex, but saying "yes" to God's plan for our sexuality. A chaste person masters their sexual feelings, and knows how to express them at the proper times. Single and married persons are called to the chaste life. The Fruit of Chastity is being able to understand what sex is for, how it affects our bodies and souls and how we love others in a way that leaves us truly happy and fulfilled.

Self-Control is a needed part of Chastity, but reaches into all areas of our lives. It means having command over our own behavior. This is not always easy to do, but when we surrender ourselves to Christ we are given grace to grow in self mastery. It means letting Jesus be Lord of our lives and not let other cultural influences contrary to the Gospel message lead us.

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

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