

## **Seventh Grade Session 19 Getting Ready for Confirmation: The Fruits of The Spirit**

In our last session we talked about the Gifts of The Holy Spirit. This week we will take a look at The Fruits of the Spirit. The Holy Spirit is a person and by having a relationship with Him we are blessed with the gifts and fruits of the Holy Spirit. The gifts of the Holy Spirit are tools that help us to live a holy life and choose holy actions despite difficulties. The Fruits of the Holy Spirit are the results or effects of living in a relationship with the Holy Spirit.

**The Gifts of the Holy Spirit:** Permanent dispositions that make us docile to follow the promptings of the Holy Spirit.

**Fruits of the Holy Spirit:** The perfections that the Holy Spirit forms in us. They are a result of living in the Holy Spirit.

The prophet Isaiah listed seven gifts that would belong to Jesus, which are now shared with us; wisdom, understanding, counsel, fortitude, knowledge, piety, and the fear of the Lord. Those who live by the Spirit produce the fruits of the Spirit. The tradition of the Church and St. Paul in Galatians lists twelve: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity. The more we follow Jesus the more we will live by the Spirit and bear fruit.

Jesus in the Gospel of John said, “I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.” Those who live for Jesus, produce fruit, specifically the fruits of the Holy Spirit.

In your Saint Project you learned how the saints give us real life examples of what abiding in Jesus is and what bearing fruit looks like. Being open to the Holy Spirit is crucial to our Christian life. The Holy Spirit gives us gifts and fruits that bring us life. Some fruits that you may see in your life could be:

- Going to Mass on Sunday, you display **faithfulness**.
- When you make time for silence and prayer or give up sweets or listening to music in the car, you display **self-control**.
- When you listen to a friend complain about matters that we think are trivial, you show **patience and goodness**.
- When times are tough, you can ask to be **joyful**.
- When you are moved to help a homeless person, friend, or family member who is sick or in need, or donate money instead of buying your Starbucks, you practice **charity**.

When was a time you realized a fruit(s) of the Holy Spirit was at work in your life?

Isaiah 11:2-3 John 15:5-7 Galatians 5:22-25