FRUCTUS SPIRITUS SANCTI

The Fruits of the Holy Ghost

The fruits are perfections that the Holy Ghost forms in us as the first-fruits of eternal glory (CCC 1832). Where His gifts are received and obeyed, these virtues ripen in the soul — the visible sign that God is dwelling within. Tradition, following the Vulgate, counts twelve.

"But the fruit of the Spirit is charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity." — Galatians 5:22–23



El Greco, Pentecost, c. 1600 · Museo del Prado, Madrid

I Charity *caritas*

Love of God above all things, and of our neighbor for His sake.

II Joy *gaudium*

The gladness of a soul that possesses God, even in trials.

III Peace *pax*

The tranquility of order: a heart at rest in God's will.

IV Patience *patientia*

Bearing sufferings and wrongs calmly, without complaint.

V Benignity *benignitas*

Kindness: a gentle readiness to do good to others.

VI Goodness *bonitas*

Actually doing good to all, and avoiding all evil.

VII Longanimity *longanimitas*

Long-suffering: persevering through long delays and waiting on God.

VIII Mildness *mansuetudo*

Meekness that masters anger and answers harshness with gentleness.

IX Faith *fides*

Faithfulness: fidelity to God and trustworthiness in word and deed.

X Modesty *modestia*

Becoming restraint in bearing, speech and dress.

XI Continency *continentia*

Self-mastery over the appetites, in food, drink and pleasure.

XII Chastity *castitas*

Purity of mind and body according to one's state of life.

FROM THE SEVEN GIFTS GROW THE TWELVE FRUITS

Wisdom · Understanding · Counsel · Fortitude · Knowledge · Piety · Fear of the Lord

The seven gifts (Isaias 11:2) are permanent dispositions received at Baptism and strengthened in Confirmation, making us docile to the Holy Ghost. The fruits are what that docility produces: "By their fruits you shall know them" (Matthew 7:20).