

## The Twelve Fruits of the Holy Spirit

The 12 fruits are charity (or love), joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

### **Charity (or Love)**

Charity is the love of God and of neighbor, without any thought of receiving something in return. It is not a "warm and fuzzy" feeling, however; charity is expressed in concrete action toward God and our neighbor.

### **Joy**

Joy isn't emotional, in the sense that we commonly think of joy; rather, it is the state of being undisturbed by the negative things in life because we rely on a deeper source of happiness. It is expressed as gladness or delight.

### **Peace**

Peace is a tranquility in our soul that comes from relying on God. Rather than getting caught up in anxiety for the future, Christians, through the prompting of the Holy Spirit, trusts God to provide for them.

### **Patience**

Patience is the ability to bear the imperfections of other people, through a knowledge of our own imperfections and our need for God's mercy and forgiveness.

### **Kindness**

Kindness is the willingness to give to others above and beyond what we owe them. It is closely related to compassion and empathy.

### **Goodness**

Goodness is the avoidance of evil and the embrace of what's right, even at the expense of one's earthly fame and fortune.

### **Generosity**

This is the virtue of being liberal in giving, often as gifts. It is the opposite of being grasping, greedy and selfish.

## **Gentleness**

To be gentle means to be mild in behavior, to be forgiving rather than angry and gracious rather than vengeful. The gentle person is meek; like Christ Himself, Who said that "I am gentle and humble of heart" (Matthew 11:29) he does not insist on having his own way but yields to others for the sake of the Kingdom of God.

## **Faithfulness**

To be "faithful" is to be reliable or trustworthy. For the Christian, this is faithfulness specifically to the Savior who redeemed us. Christian faithfulness therefore, is continued and consistent obedience to the same Spirit who provides the ability for us to be faithful.

## **Modesty**

Being modest means humbling yourself, acknowledging that any of your successes, achievements, talents, or merits are not truly your own but gifts from God.

## **Self-Control**

Self-control does not mean denying oneself what one needs or even necessarily what one wants (so long as what one wants is something good); rather, it is the exercise of moderation in all things.

## **Chastity**

Chastity is the submission of physical desire to right reason, subjugating it to one's spiritual nature. Chastity means indulging our physical desires only within the appropriate contexts—for instance, engaging in sexual activity only within marriage.