



THE SEVEN GIFTS OF THE HOLY SPIRIT

The following traits are infused into every person at their baptism and sealed in the sacrament of Confirmation. These supernatural gifts from God strengthen our spiritual life and aid us in our journey toward salvation.

WISDOM

Wisdom assists us in exercising good judgment. By distinguishing between right and wrong, we can uphold truth and justice.

UNDERSTANDING

Understanding is the gift of intelligence, enlightenment, and discernment.

COUNSEL

Counsel allows us to be directed by God in matters necessary for salvation. It is also the ability to guide and encourage others.

FORTITUDE

Fortitude is a firmness of mind in doing good and avoiding evil. It helps us with courage, patience, and endurance.

KNOWLEDGE

Knowledge is the ability to study information and put what is learned to good use for constructive purposes.

FEAR OF THE LORD

Fear of the Lord is awe, reverence, and respect for God and His creation.

PIETY

Piety is personal holiness, and it includes devotion to God, prayer, virtue, innocence, the avoidance of sin, and obedience to God's will.