Topic 7 Transformation

In this topic we learn about the transforming power of the Holy Spirit.

The Holy Spirit gives us seven gifts and these bear fruit. At the bottom of this post is a link to a memory game based on The Fruits of the Spirit that you could play at home with your family

**In the reception of the sacrament of confirmation, the person receives the seven gifts of the Holy Spirit, wisdom and understanding, counsel and strength (fortitude), knowledge and fear of the Lord (Is 11:2), and piety. These gifts are not to sit idle or be kept in storage. Rather, they are to be put to good use so they will bear much fruit.**

In his letter to the Galatians, St. Paul lists the nine fruits of the Holy Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control (Gal 5:22-23). These fruits emanate or proceed from the Holy Spirit and reveal what the Holy Spirit is like. These are the Holy Spirit’s character traits. And because the Holy Spirit is a Person of the Most Holy Trinity, and because the three Persons are one, the fruits reveal what God is like. The grace and power of the Holy Spirit give increase to these fruits. A confirmed person cooperates with this grace, and with growth in holiness, these fruits expand and intensify.

**Love.** Agape love is the highest form of love, love for both God and neighbor. It is selfless, focused on the other person, given freely and gladly without condition or the expectation of repayment, expressed in service, and willing to suffer on another’s behalf.

**Joy.** Joy is an interior contentment that comes from being close to God and in right relationship with others. Joy also comes with speaking and upholding the truth, honesty and integrity in relationships, enduring hardships and decent conduct.

**Peace.** Peace is the harmony that occurs when justice prevails. It happens when resources are shared equitably, power is used for service, interdependence is fostered, information is shared openly and honestly, the dignity of each person is respected, legitimate differences are tolerated, the disadvantaged receive help, hurts are forgiven and the common good is upheld.

**Patience.** Patience is the virtue of suffering interruption or delay with composure and without complaint; to suffer annoyance, insult or mistreatment with self-restraint, refusing to be provoked; and to suffer burdens and difficult tasks with resolve and determination. It is also the willingness to slow down for another’s benefit, to set aside one’s personal plans and concerns, to go at another’s pace, and to take whatever time is necessary to address their need.

**Kindness.** Kindness is a warm and friendly disposition toward another. A kind person is polite and well mannered, respectful and considerate, pleasant and agreeable, cheerful and upbeat, caring and helpful, positive and complimentary.

**Generosity.** Generosity is a bigheartedness grounded in an abundance mentality. It is unselfish and expresses itself in sharing. It is extended to family and friends, strangers, and particularly those in need, and is offered not only as money, food and clothing, but also as time shared and assistance provided.

**Faithfulness.** Faithfulness is demonstrated by loyalty to friends, duties performed, promises kept, commitments fulfilled, contracts completed, vows observed and being true to one’s word.

**Gentleness.** Gentleness is sensitivity for another person. It is concerned with another’s welfare, safety and security. It is grounded in humility. The approach is careful, tender, considerate, affectionate and mild-mannered, free of all pushiness, roughness or abrasiveness.

**Self-control.** Self-control is self-mastery regardless of the circumstances, to be in control of one’s self rather than to be controlled by temptations, events or other people, especially when under pressure or in times of crisis. It is to remain calm, cool and collected, reasonable and even-tempered; to be alert and conscious, to proceed with caution and prudence, and to avoid an impulse or kneejerk response; to be a moderating influence; and to have the strength and courage to reject evil and choose good.

https://biblegamescentral.com/fruit-of-the-spirit-memory-game/