

St. John's Newsletter



Fruits of the Holy Spirit

The fruits of the Holy Spirit are the effects in us of living a life according to the spirit, according to the will of God, a life of holiness. The Catechism describes them as “perfections that the Holy Spirit forms in us as the first fruits of eternal glory” (CCC 1832).

The fruits of the Holy Spirit come from the good habits, the virtues (see March 2024 Newslette)s. They are the good things that come from living as a child of God.

St. Paul lists the fruits in a letter he wrote to the Galatians.

He begins: “But I say, walk by the Spirit, and do not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other, to prevent you from doing what you would (Gal 5:16-17).”

We are pulled in two directions: downwards by the pull of the flesh to seek bodily and earthly pleasures, and upwards by the Spirit to seek the things of God.

St. Paul warns about the possible loss of eternal life for those who indulge in living in the flesh. He then lists the effects of living according to the spirit: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law (Gal 5:22-23).” It is from this passage that the Church derives the list of fruits of the Holy Spirit. Although the Greek New Testament lists nine fruits, Christian tradition, following St Jerome’s Latin Vulgate edition, lists 12 fruits, adding generosity, modesty, and chastity. The complete list is thus charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control and chastity.

The Catechism adds: “By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear ‘the fruit of the Spirit: ... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control’” (Gal 5:22-23; CCC 736).

Sources: Catechism of the Catholic Church

<https://www.catholicweekly.com.au/are-the-fruits-of-the-holy-spirit-the-same-as-the-gifts/>

<https://www.praymorenovenas.com/novena-to-the-holy-spirit>

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