



# 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 are supernatural gifts from God that strengthen our spiritual life and aid us in our journey toward salvation. Through them, we are more adept at acting on the promptings of the Holy Spirit.

## Wisdom

Wisdom is the ability to exercise good judgment. It distinguishes between right and wrong, seeks and upholds truth and justice, and balances personal good with the common good.

Understanding is the gift of intelligence and enlightenment. It is the ability to think clearly; comprehend information; and discern meaning.

## Understanding

## Counsel

Counsel allows someone to be directed by God in matters necessary for their salvation. It is also the ability to teach, inform, guide, direct, warn, admonish, recommend, and encourage.

Fortitude is a firmness of mind in doing good and avoiding evil. It is an unwavering commitment to God, showing moral strength, courage, determination, and patient endurance.

## Fortitude

## Knowledge

Knowledge is the ability to study and learn; to acquire, retain and master facts and information; and to put what is learned to good use for constructive purposes.

Fear of the Lord is awe, reverence, and respect for God. It acknowledges that everything comes as a gift from God, and offers praise, worship, and adoration.

## Fear of the Lord

## Piety

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