

What Are the Twelve Fruits of the Holy Spirit?

By Scott P. Richert, http://catholicism.about.com/od/beliefsteachings/f/FAQ_Fruits_HS.htm

Question: What Are the Twelve Fruits of the Holy Spirit?

The twelve Fruits of the Holy Spirit are works that we can perform only with the aid of the Holy Spirit. Therefore, the performance of such works is an indication that the Holy Spirit dwells in the Christian believer.

Answer: The twelve Fruits of the Holy Spirit are charity (or love), joy, peace, patience, benignity (or kindness), goodness, longanimity (or long suffering), mildness, faith, modesty, continency, and chastity.

What Are the Seven Gifts of the Holy Spirit?

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We receive the seven gifts of the Holy Spirit when we are infused with sanctifying grace, the life of God within us—as, for example, when we receive a [sacrament](#) worthily. These seven gifts help us to live a Christian life.

Answer: The seven gifts of the Holy Spirit are [wisdom](#), [understanding](#), [counsel](#), [fortitude](#) (or courage), [knowledge](#), [piety](#), and [fear of the Lord](#). You can find an in-depth discussion of each in [The Gifts of the Holy Spirit](#).

What Are the Three Theological Virtues?

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Unlike the [cardinal virtues](#), which can be practiced by anyone, the theological virtues are gifts of grace from God, and the object of the virtues—what the practice of the virtue aims at—is God Himself.

Answer: The three theological virtues are faith, hope, and charity.

What Are the Four Cardinal Virtues?

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The [cardinal virtues](#) are the four primary moral virtues. The English word *cardinal* comes from the Latin word *cardo*, which means "hinge." All other virtues hinge upon these four virtues. Unlike the [theological virtues](#), which are gifts of God through grace, the cardinal virtues can be practiced by anyone.

Answer: The four cardinal virtues are [prudence](#), [justice](#), [fortitude](#) (or courage), and [temperance](#) (or moderation). You can find an in-depth discussion of each in [The Cardinal Virtues](#).

What Are the Seven Deadly Sins?

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The seven deadly sins, more properly called the seven capital sins, are the sins to which we are most susceptible because of our fallen human nature. They are the tendencies that cause us to commit all other sins. They are called "deadly" because, if we engage in them willingly, they deprive us of sanctifying grace, the life of God in our souls.

Answer: The seven deadly sins are pride, covetousness (also known as avarice or greed), lust, anger, gluttony, envy, and sloth.

