

**Reflections**  
**on the**  
**Gifts and Fruits of the Holy Spirit**

**Come Holy Spirit**



**Rekindle The Fire**

**For**  
**Individuals Prayer Groups**  
**&**  
**Healing Teams**

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## Pentecost

And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Spirit, and began to speak with other tongues, as the Spirit gave them utterance. (Acts 2:1-6)



## **Prayer for the Seven Gifts of the Holy Spirit**

O Lord Jesus Christ, Who, before ascending into heaven, promised to send the Holy Spirit, the Spirit of Truth to enlighten the minds and hearts of Your Apostles and Disciples, grant the same Holy Spirit to me, that He may perfect in my soul the work of Your grace and Your love.

Grant me the Spirit of Wisdom that I may act always according to the spirit of Your Commandments

The Spirit of Understanding to enlighten my mind with the light of Your divine truth.

The Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining Heaven.

The Spirit of Fortitude that I may bear my cross with You, and that I may overcome with courage all the obstacles that oppose my salvation.

The Spirit of Knowledge that I may know God and know myself and grow perfect in the science of the Saints.

The Spirit of Piety that I may know and revere God as my Father.

The Spirit of Fear that I may be filled with a loving reverence and awe towards God, and may dread in any way to displease Him.

## The Gift of Wisdom

The Gift of Wisdom corresponds to the Virtue of Charity and enables us to act in accordance with the Spirit of the Commandments.

With you is Wisdom who knows Your works  
Who understands what is pleasing in Your sight  
And what is right according to Your  
Commandments (Wisdom 9: 1-6. 9-11)

God, give us the grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed and the wisdom to distinguish the one from the other.

Love is the keystone of Wisdom.....Wisdom means always acting according to the spirit of the Commandments. Jesus summed up the Commandments as Love and Reverence to God and Love and Respect to Neighbour for God's sake Wisdom means understanding the consequence of our action and words before we speak. Wisdom means having the knowledge and understanding to recognise the right course of action and having the will and courage to follow it.

Following the ways of Wisdom helps bring us in harmony with God because these ways are in accordance with his will, and they bring us in harmony with other persons because respect for others is the very basis of the Commandments. Acting with Wisdom brings us in harmony with ourselves, giving us a sense of self – worth and inner peace.

This inner peace is achieved because we are acting in accordance with our conscience and in the knowledge we are doing God's will.

## The Gift of Understanding

The Gift of Understanding - Spiritual Intelligence - corresponds to the Virtue of Faith and can be compared to a spiritual "x-ray" whereby the Holy Spirit helps us penetrate more deeply into the hidden meaning of things. St. Thomas Aquinas referred to the Gift of Understanding as a supernatural light whereby we are enabled to penetrate into the heart of things. Understanding (Spiritual Intelligence) helps us to grasp the truths of religion and helps us to live with a renewed sense of purpose. By Faith we know these truths but by Understanding we learn to appreciate and relish them. Understanding comes with Forgiveness, one of the greatest gifts the Lord has given to us. In the Gospels the Jesus refers to this gift many times. In the parable of the soever, when He explained it later to His disciples he said "When anyone hears the word of the Kingdom without Understanding, the evil one comes and carries off what was sown in his heart, this is the man who received the seed at the edge of the path". He went on to say "And the one who received the seed in rich soil is the man who hears the word and Understands it, he is one who yields a harvest and produces now a hundred fold, now sixty, now thirty." (Matt13: 19 and 23)

We need the gift of understanding to make us aware of the evils that surround us, we must pray constantly to be filled with this great gift and we must pray for others to be filled with this great gift also.

## The Gift of Understanding

St Paul in one of his letters writes “ we never failed to pray for you, and what we ask God is that through perfect Wisdom and Understanding you should reach the fullest knowledge of his will. So you will be able to lead the kind of life which the Lord expects of you, a life acceptable to him in all its aspects, showing the results in all the good actions you do and increasing your knowledge of God” (Col 1: 9 - 10)

“Trust in the Lord with all your heart; and lean not on your own Understanding. In all your ways acknowledge Him, and He will make your paths straight” (Proverbs 3:5-6)

“I shall light a candle of Understanding in your heart, which shall not be put out”(Ezra 2:14 25)

And St Thomas Aquinas states

“In this very life, when the eye of the spirit is purified by the gift of Understanding, one can in a certain way see God.”

“From the Heavens the Lord looks down on the people of the earth

To see if any are wise if any seek God”

(Psalm 14:2)



## **The Gift of Counsel (Right Judgement)**

The gift of Counsel, known also as the gift of Right Judgement corresponds to the Virtue of Prudence and enables us to see and choose correctly what will help most to glorify God, our own salvation and the good of the Church.

It is through the gift of Counsel that the Holy Spirit gives us special light and guidance. It is like a new breath in the conscience, suggesting to it what is right, what is becoming, what is more fitting for the soul. In some ways this gift could be defined as common sense in the spiritual life.

In everyday life we have often met people with great knowledge but little common sense, and we see how this hinders them in daily living.

Without the gift of Counsel, even if we have other great gifts, we experience the same handicap in our spiritual life. This gift guides us not only to choose the right from the wrong, but the best from the better. This applies not only to the actual decision itself, but whether it should be carried out immediately or delayed to a more opportune time.

Failure to take account of this has ruined the best of decisions, there can be so many factors involved and the Holy Spirit should be called upon for help as he has full knowledge of all the factors.

However this precious gift is not usually given in blinding flashes of perception and light. We have to do our part, and use our reason to the best of our ability. Indeed we must seek guidance and the relevant advice when necessary. But through it all, if we have prayed for this great gift of Counsel, we shall be guided even in our very seeking of help.

## The Gift of Counsel (Right Judgement)

As Pope John Paul wrote:

“When we pray for help from on high, the Spirit of God responds to this plea through the gift of Counsel, by which he enriches and perfects the virtue of prudence and guides the soul from within, enlightening it about what to do, especially when it is a matter of important choices (for example, of responding to a vocation), or about a path to be followed among difficulties and obstacles.”

The writer had personal experience of this when aged 17 he was testing his vocation for the religious life - the African Missions no less! A better cause would be difficult to find but discernment through the gift of Consul showed it was not part of God’s plan even though there was a crying need for vocations at that time. Reason and logic said one thing Counsel through the Holy Spirit said another.

“Go back to the crossroads which put you in good stead and take the same path” and ask for the gift of Counsel and God’s guidance to:

“Make me walk in your truth and teach me For you are my God my saviour” (Psalm 25:5)

“You will guide me by your Counsel and so you will lead me to Glory “(Psalm73: 24)



## The Gift of Fortitude (Courage)

The Gift of Fortitude (sometimes called strength, courage, or might) corresponds to the Virtue of Fortitude and is also one of the four cardinal moral virtues which ensures firmness in difficulties and constancy in doing what is right. This is an awesome gift. With this gift of Fortitude, it is as if Our Lord says to us with new impact; “Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father. Whatever you ask in my name, I will do it, that the father may be glorified in the Son; if you ask anything in my name, I will do it” (John14: 12-14)

God is calling each one of us to the heights of holiness. The call, and all the instructions for fulfilling it, He gives us in the Gospels. Everything that we need to achieve this has been provided, even to the smallest detail, moment by moment, throughout our lives. The more trying our circumstances, the more potential there is for holiness. It is all there for us to avail of, if, in love, we freely choose to do so. However, without the Holy Spirit’s precious gift of Fortitude, we shall never persevere in our efforts. We are surrounded by temptations, the gift of Fortitude helps us to overcome them, not with our own strength, but fortified with that of the Holy Spirit, dwelling within us, awaiting our call to Him for help. Fortitude helps us to respond to the Lord when He says “If any man would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake, will save it.” (Luke 9: 23 –24).

## The Gift of Fortitude (Courage)

It is one thing to take up our cross and deny ourselves in moments of fervour for the love of the Lord, but to continue daily as Our Lord asks, on days when we do not feel like it at all, only the gift of Fortitude makes this possible. “My Grace is sufficient for you: My strength is made perfect in weakness”

St Paul in his letter to the Romans, when telling of all the hardships trials and tribulations he has undergone says: “these are the trials through which we triumph by the Power of Him who loved us”

“As for me, O Lord, I trust in your merciful love  
Let my heart rejoice in your saving help”  
(Psalm13:6)



## The Gift of Knowledge

The Gift of Knowledge corresponds to the Virtue of Faith and is the ability to speak in a way that gives true Knowledge to people especially knowledge of Scripture and knowledge of God and is the guiding light and travelling companion on our journey through life.

It is by the power of the gift of Knowledge speaking to us through our conscience that we instinctively judge what is good and what is evil in all that concerns our salvation. Knowledge helps us to be able to counsel one another in the Christian life, as Paul writes to the Romans “I myself am satisfied about you, my brethren that you yourselves are full of goodness, filled with all Knowledge, able to admonish one another” (Rom 15:14)

Peter encourages Christians to “grow in the Grace and Knowledge of our Lord and Saviour Jesus Christ” (2 Peter 3 :18)

Paul prays that the Colossians “may be filled with the Knowledge of God’s will in all wisdom and spiritual understanding” so they may “walk worthy of the Lord, fully pleasing him, being fruitful in every good work and increasing in the Knowledge of God. (Cor 1: 9-10)

Many wonder what difference there is between Knowledge and Wisdom. The direct object of the pursuit of Wisdom is God Himself. Knowledge on the other hand, is a guide and travelling companion on our journey through life. It constantly comes to our aid, speaking to us through our conscience: “You know that is wrong!” “You know that is not true” “You know what you should do in this situation”

## The Gift of Knowledge

Sometimes we do not want to know. Sometimes we become so distraught, and make so much noise within, we cannot hear the gentle guiding voice calmly telling us what should be done. The more we listen and take heed, the more our knowledge is deepened, and the less we are overcome by temptation.

“Know that the Lord is God, Our Maker to whom we belong. We are His people, sheep of His flock”



## The Gift of Piety

The Gift of Piety corresponds to the Virtue of Justice enabling us to fulfill our obligations to God and neighbour and enables us to live a life of devoutness and reverence for God our Father. It is by this gift that we show love and reverence for God as a loving Father, living with Him truly as a child of His and we respect others because they, too, are God's children, created as we all are - in His image.

The Gift of Piety perfects the virtue of Justice enabling us to fulfill our obligations to God and neighbour.

Piety is the most misunderstood of all the gifts of the Holy Spirit, we all have a picture of the “pious type” and usually it is a very unfavourable one as so many of us are upset at the idea of being branded “the pious type”. This is very sad because many so called “pious types” have scarcely any knowledge or experience of this gift either, and it has no place in their “piety” St Paul tells us: “Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determining that we should become his adopted sons through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved, in whom, through his blood, we gain our freedom, the forgiveness of our sins” (Ephesians 1 :4 -7)

Again in his letter to the Galatians he writes: “God sent his Son, born of a woman, born a subject of the Law, to redeem the subjects of the Law and to enable us to be adopted as sons.

## The Gift of Piety

The proof that you are sons is that God has sent the Spirit of his Son into our hearts: the Spirit that cries: “Abba, Father and it is this that makes you a son, you are not a slave any more; and if God has made you son, then he has made you heir.” (Galatians 4: 4-7)

It is by our living as His heirs, His sons and daughters that we experience the gift of Piety the Holy Spirit living within us. “God sent his Son, born of a woman” This is the only occasion in which St Paul refers to Our Blessed Lady that Christ came to us through her, to redeem us and to enable us to be adopted.

It was on Calvary, in the great act of loving redemption on the cross that the “Son born of a woman” gave that woman to be Mother of all for whom He was making adoption possible.

Through the Holy Spirit, Mary has conceived Him and given Him for us, to enable us to be adopted, to be made children of God.

Mary, through the Holy Spirit, helps us to realise our divine adoption, through this precious gift of the Holy Spirit – the gift of Piety – we pray  
“Our Father who, art in Heaven .....



## The Gift of Fear and Awe of the Lord

The Gift of The Fear and Awe of the Lord corresponds to the Virtue of Hope it is not a servile fear, it is fear only made possible by Love.

It is a fear of the loss of the Beloved a Reverential fear which moves us to do God's will and avoid sin because of love for God.

In listing the seven gifts of the Holy Spirit, that of the Fear of the Lord is usually placed last. This serves a very useful purpose, for we cannot receive this gift fully unless we have the other six.

The fear considered here is not a servile fear. It is a fear that only love can make possible. Fear of the Lord consists wholly of Love, a Fear that can be learned – as scripture says - “come my children, listen to me, I shall teach you the Fear of the Lord” and we learn by Obedience to the Commandments, Holiness of life and Knowledge of the truth.

Fear is the fear of loosing of the Beloved through any thought, word or action of our own. Our reception of God's gifts draws us closer to Him; and the closer we draw to Him in love, the greater our fear of losing Him or offending Him, of separation from Him in any form

. Thus, the greater our love, the greater our Reverence and Fear of offending so loving a God and Father, aware as we are of our weakness and frailty. The Psalmist though, comforts us with: “As tenderly as a father treats his children,so the Lord treats those who Fear him; he knows what we are made of he remembers we are dust. (Ps 103: 13-14)

## The Gift of Fear and Awe of the Lord

Again in the Book of Proverbs we are told: “By kindness and loyalty, atonement is made for sin; with the Fear of the Lord goes avoidance of evil.(Prov 16:6)

And Psalm (112: 1) “Happy are those who Fear the Lord,

Who take delight in all God’s commands”.

It can be seen how deeply this gift will affect our daily living for and in God. As the Psalmist says:

“How great is the goodness, Lord

That you keep for those who Fear you that you show to those who trust you in the sight of all.

(Ps 31: 20) The more we reflect on all that this gift of the Holy Spirit entails, the more beautifully we

shall see how it is portrayed in Mary. Mary proclaimed the greatness of the Lord in her life as

well as in her Magnificat; but in praising she tells us: “Holy is his name, and his mercy reaches

from age to age for those who Fear Him”

“Fear of the Lord is the beginning of Wisdom”

( Ps 111:10)

Amen and Amen



## ***Fruits of the Holy Spirit***

‘The fruit of the Holy Spirit (that is the work which His presence within us accomplishes) is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness (meekness), self control (self-discipline); against such things there is no law’ (Galatians 5:22 & 23).

‘For the fruit of the Light (the Holy Spirit) is in all kindly goodness, righteousness of heart and truth’ (Ephesians 5:9).

There is a difference between the fruit of the Spirit and the gifts of the Spirit. Gifts are received with one swift transaction and they are freely given. Fruit on the other hand, comes by a process of gradual growth and the fruit needs to be cultivated. To highlight the differences between the fruit and gifts of the Spirit, we can look at two types of tree; a fruit tree bearing fruit, and a Christmas tree bearing gifts.

The fruit from the fruit tree comes by a process of cultivation and gradual growth. The gifts from a Christmas tree are taken by a single brief act, then the gifts are received and used.

Spiritual gifts represent our ability, while Spiritual fruit represents our character.

Paul indicates that to cultivate the fruit of the Spirit takes hard work. ‘The hard-working labourer must be the first to partake of the fruit’ (2 Timothy 2:6).

To cultivate the fruit of the Spirit, we must study and live by the Word of God ‘Study and be eager to do your utmost to present yourself to God approved and tested, a workman who has no cause to be ashamed, correctly analysing, rightly handling and skilfully teaching the Word of Truth’ (2 Timothy 2:15).

## ***Fruits of the Holy Spirit***

We need to spend a lot of time in prayer. That means, not just talking to God, but also listening to God. Jesus' whole ministry was based on His relationship with His Father. To cultivate that relationship, Jesus spent plenty of time in prayer, and sometimes He prayed all night (Luke 6:12) It is the desire of Almighty God to make all of us members of one body (1 Corinthians 12:18) and we all need each other. 'Do not forsake to assemble together as believers' (Hebrews 10:25).



## **The Fruit of Love.**

Love is the first fruit mentioned in Galatians 5:22. It is not only fruit as the other eight fruits are, love is a commandment; ‘A new commandment I give to you; that you should love one another. Just as I have loved you; so you too should love one another. By this, all men will know you are My disciples, if you have love one for another’ (John 13:34 & 35).

We need to see that love is a commandment. We cannot choose who to love, we need to love everybody, we are all children of God. If we do not love one another, we are disobeying the commandment of Jesus. From faith, hope and love, the greatest of these three is love (1 Cor 13:13).

‘Beloved, let us love one another, for this love is from God and he who loves his fellow believer is born of God. He who does not love, does not know God, for God is love’ (1 John 4:7 & 8).

Having love for all our fellow human beings is the real test of discipleship. ‘Owe nothing to anyone except to love one another, for he who loves his neighbour, has fulfilled the Law ...

Love does no wrong to a neighbour, love is therefore the fulfilment of the Law (Romans 13:8 & 10). ‘For in Jesus our Messiah ... we must have faith working through love. The whole Law is fulfilled in one word – love; you shall love your neighbour as yourself’ (Galatians 5:6 & 14).

The centre of our whole faith is expressed through love. ‘The goal of this command is love from a pure heart, a clear conscience and a sincere faith’ (1 Timothy 1:5). As St Paul says ‘If I give up all my goods to feed the poor, deliver my body to be burned but I don’t have Love then it has no value.’ (1 Cor 13:3)

## The Fruit of Love.

The kind of love we are talking about is not the love between families, it is God's love that is received into our hearts. 'Since you have in obedience to the truth, purified your hearts for the sincere love of God's people, see that you love one another from a pure heart. You have been born-again, not from mortal seed, but from One that is immortal by the everlasting Word of God' (1 Peter 1:22 & 23).

It is the fact that we were born of the seed of God's Word, that makes it possible to love one another with the love of God. We should all be showing that kind of love, the love is poured out by the Holy Spirit. 'God's love has been poured out within our hearts through the Holy Spirit, Who has been given to us' (Romans 5:5).

Growing in this kind of love requires the cooperation of our will, not our emotions. This love is expressed in action. 'No one has greater love than to lay down his life for his friends' (John 15:12 & 13).

**This is a commandment not an option**, and we are to love one another by laying down our lives just as Jesus did for us. 'We know love; that He laid down His life for us, and we ought to lay down our lives for the brethren' (1 John 3:16). This does not mean we have to experience physical death, but by making ourselves available; by going where God tells us; and to help when help is needed, we are showing God's eternal love.

## The Fruit of Joy.

Joy is a deep inner gladness; a deep gratitude for our salvation through the death and resurrection of Jesus. That gives us joy. Joy is not happiness which occurs in the soul; nor is it pleasure which occurs in the body. Joy is satisfaction that occurs in the God-given spirit; happiness and pleasure are of this world. Our joy depends on Someone who never changes – God Himself. Because God never changes, joy need never change either. If we live only in the realm of the body and soul, we can know pleasure and happiness but that does not include joy. Joy comes from a strong, continuing relationship with God.

When things are pressing in all around us, when we are under pressure and life is not going smoothly, we can feel very unhappy, but we can still have joy, because our joy is in the Lord. The scriptures say: ‘Then I will go to the altar of God, to God, my exceeding joy; yes, with the lyre will I praise You, O God, my God’ (Psalm 43:4).

God is our exceeding joy. Joy is not in our situation – it is in our relationship with God. We all need to have that kind of relationship with God, so we can find that open door to receive joy when pressure becomes too much. We need to keep that ‘channel’ open through prayer and thanksgiving. We cannot feel sad when we are praising God. Even if we are not finding happiness and pleasure in our lives, we can still find His joy. ‘He shall not often reflect on the days of his life, because God fills him with the joy of his heart’ (Ecclesiastes 5:20) To a certain degree, joy is a choice or an act of our will; it is a decision.

## The Fruit of Joy.

Everything that humans rely on, was cut off from Habakkuk, but he still chose to praise the Lord.

He did not give up; he turned to God

(Habakkuk 3:16-19).

David said; 'I will go to the altar' (Psalm 43:4);

Habakkuk said; 'I will exult in the Lord'. They chose to have joy and they chose to express their joy. This is not emotion, it is an act of our will.

Paul gives an interesting insight into Joy in

Romans 5:2 to 11. The mark of a mature

Christian is one who finds joy in all

circumstances and in God Himself. 'The disciples were continually filled with joy and the Holy

Spirit' (Acts 13:52).

When Paul and Silas were in chains in the

dungeon, they had been beaten with rods,

whipped across their backs, then put in stocks;

they would not have been happy, nor would the circumstances have given them pleasure, but they were filled with joy and sang praises to God so loudly the other prisoners could hear them.

Their wonderful attitude brought about a supernatural response from God the Father, who opened the prison doors and set them free, which in turn brought about the salvation of others

(Acts 16:22 to 25). Here we can see a big difference between happiness, pleasure and the fruit of Joy.

## The Fruit of Peace

Some people think peace is merely the end of conflict. That is not quite right. Peace comes when there is forgiveness and total reconciliation.

There is conflict between God and Man, and when we turn to God and are forgiven and reconciled, then we begin to experience His peace that passes all human understanding (Philippians 4:7). Our reconciliation came through the death and resurrection of Jesus on the cross. There is no other way to salvation and peace but through Jesus (John 14:6). He was wounded, bruised, crushed and chastised so we could have healing and peace (Isaiah 53:5). Jesus paid the penalty and took our punishment for our sin, and thus brought reconciliation and peace with God.

God purposed that through Jesus, all things should be completely reconciled back to Himself, whether on earth or in heaven. God the Father made peace by means of the blood of Jesus' cross (Colossians 1:20). The purpose of the death of Jesus was to bring reconciliation between God and His greatest creation – mankind. We are justified through faith. Let us grasp the fact that we have the peace of reconciliation; peace with God through our Lord Jesus, our Messiah, the Anointed One (Romans 5:1). He is Himself, our peace and has made us both (Jew and Gentile) one body and He has broken down the hostile divide between us ... making us one new man so making peace, and He designed to reconcile to God both Jew and Gentile in a single body by means of His cross, killing off the mutual enmity,

## The Fruit of Peace

and He came and preached peace to you, who were afar off and to those who were near (Ephesians 2:14 to 17). Jesus reconciled us with God the Father, plus, He reconciled all Gentiles with His brethren, the Jews. Mankind can never know true peace except through the cross of Jesus as There is no peace for the wicked (Isaiah 57:21). The full meaning of peace is summed up in one Hebrew word: Shalom. It means wholeness, completeness and well being. Peace is not just the absence of strife – it is wholeness for the whole person. The peace given to us by God will never end, and only those who live under God’s government can know His peace (Isaiah 9:7).

To have God’s peace we need to hear and obey God’s voice (Isaiah 48:18).

Jesus said, “My sheep hear My voice. I know them and they follow Me” (John 10:27).

The mark of a true disciple of Jesus, is that they hear His voice and follow Him. Just before He left this earth, He said, “My peace I leave with you. My peace I give to you” (John 14:27).

## The Fruit of Patience

Patience is steadfastness in enduring trouble, and slowness in avenging wrong. Without patience, our self discipline is incomplete. Some people are steadfast in trouble but are very quick to avenge themselves. Other people are slow to avenge themselves, but are not very steadfast. To have true scriptural patience in the complete fruit of the Spirit, we need to combine these different aspects of patience. The way into God's Kingdom is through many tribulations (Acts 14:22). We are to patiently endure if we are punished unjustly. Jesus was guilty of no sin but He entrusted His unjust punishment to the Father (1 Peter 2:20 to 23). When we are punished unjustly, we should endure it with patience and not avenge ourselves for we have been called for this purpose. What purpose? To patiently endure wrongdoing and unjust treatment (1 Peter 4:1 & 2). We haven't just been called to do exciting things for God, we have been called for this purpose also. Remember Jesus was punished unjustly and did not deserve any of the suffering that came upon Him. Vengeance belongs to God, and we need to leave that to Him, for He will repay on our behalf (Hebrews 10:30). We are clearly required to follow the example of Jesus in enduring suffering, and not try to avenge ourselves. The way in which Jesus responded to the unjust treatment came from the confidence in the Father. He endured mistreatment, wrongdoing, false accusations and rejection, patiently and without fighting back, because He trusted His Father to work it all out on His behalf. This is the patience we need to have.

## **Fruit of Kindness.**

Kindness is treating people as we wish them to treat us. 'Whatever you desire that others would do for you, do also for them' (Matthew 7:12). 'As you would desire that men would do to you, do exactly to them' (Luke 6:31).

If we study the Gospels we see that Jesus mentioned various acts of kindness; loving our enemies; doing good to those who hate us; blessing those who curse us; praying for those who mistreat us; give to those who want to take from us; give to those who ask of us even when we know we may not be paid back, do not judge, give gifts, and whatever we deal out to others, will be what is dealt out to us. We must do what the Word says, not just hear it (Luke 6:27 to 49).

This is all kindness in action. In the sermon on the mount (Matthew chapters 5 to 7), Jesus returns to this principle. It is amazing that the Law was based on one simple principle; that whatever you want others to do to you, you do to them first. How we treat others, will one day return to us. 'Whatever a man sows, that and that only is what he will reap. Let us not lose heart, for in due time we shall reap' (Galatians 6:7 & 9). There is sometimes an interval between sowing and reaping. There is great emphasis in the scriptures in applying this principle to the poor. The Bible has a lot more to say about helping the poor more than most people realise.

In the Bible, there are 174 references to the poor, 61 references to the needy, 194 references to helping. When we help the poor, we are lending to the Lord and the Lord will repay us (Proverbs 19:17). We need to give without expecting anything in return, like the Good Samaritan

## **Fruit of Kindness.**

(Luke 10:30 to 35). ‘Cast your bread upon the waters and in many days it will return to you. Give a portion to seven, yes even to eight, for you know not what evil may come upon the earth’ (Ecclesiastes 11:1 & 2). What Solomon was saying here, is seven is the number of duty, eight is beyond duty, so give beyond what we need to because we never know when we will need help. Being kind is not just about giving. It is also about our attitude to others. We must show kindness and not judge others. We will be judged exactly, according to how we judge others; no more and no less (Matthew 7:1 & 2). Jesus also said ‘Blessed are the merciful for they shall see mercy’ (Matthew 5:7). If we want mercy from God, we need to show mercy to others. We all need the mercy of God so we cannot dare not to show mercy. We need to show mercy to those who fall into sin, because we are also vulnerable to sin (Galatians 6:1).

Being Spiritual is not being dogmatic and severe, it is being gentle, kind and merciful to others when they are in trouble. ‘Judgement will be merciless to one who has shown no mercy’ (James 2:13). If we are not merciful in our judgement of others, we will be judged without mercy ourselves,. ‘By your words you will be justified, and by your words you will be condemned’ (Matthew 12:37).

Kindness is living in harmony with the laws that govern the universe, especially the laws that govern our conduct.

## The Fruit of Goodness.

In the Bible, the word ‘good’ denotes excellence; especially moral excellence; complete uprightness; perfect honesty; perfect justice. In its strictest use, it applies only to God Himself. Jesus said; ‘No one is good except God alone’ (Mark 10:17 &18). In this context, ‘good’ means morally and essentially perfect. Goodness is based on God’s very high standard. If we are to be good in any sense, we need to become vessels of the life and nature of God, then God’s goodness is manifested in us and we are able to show what God is really like. Goodness in this sense is living a life that bears witness to the existence of God and by living the Word people can be drawn to Jesus through us. We need to yield to God and allow Him to live His life through us. Paul said, “I have been crucified with Jesus. It is no longer I who lives but the Messiah Who lives in me” (Galatians 2:20). We must show Jesus to the world at all times, just like Paul did. ‘For me to live is Jesus’ life in me, but to die is to gain the glory of eternity’ (Philippians 1:21). Paul’s life was not his own, but it was the life of Jesus lived through Paul. By living pure lives we do not go on to sin (Romans 6:11 to 14). Sin will not be our master if we let God live through us. Goodness of this kind will never compromise with evil. We are to; ‘abhor that which is evil; love that which is good’ (Romans 12:9); or, love righteousness and hate wickedness (Psalm 45:7). To love righteousness requires us to hate wickedness. The only power strong enough to overcome evil, is good (Romans 12:21).

## Fruit of Faithfulness

Faithfulness is being dependable and trustworthy despite situations that may tempt us to act otherwise.

God is faithful to man. This is written eight times in the Bible

God wants us to be faithful to Him and to others  
“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?

And if you have not been trustworthy with someone else’s property, who will give you property of your own? (Luke 16:10-12)

Faithfulness is committing oneself to something or someone, for instance, to God, to one's spouse. Being faithful requires personal resolve not to wander away from commitments or promises.

It takes trust in God. "O Lord, thou art my God; I will exalt thee, I will praise thy name; for thou hast done wonderful things; thy counsels of old are faithfulness and truth".(Isaiah 25:1)

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith".(Eph 3:16-17)

## **The Fruit of Gentleness (meekness).**

Meekness is not weakness. Moses was the meekest; the most gentle, kind and humble man on the face of the earth (Numbers 12:3), but he most definitely was not weak and did not in any way lack authority. At 80 years old he led a nation to victory and twice, he climbed a mountain wearing only a robe and sandals. Moses developed this meekness through the course of time. Meekness is the demonstration of divine strength. When we come to the end of our own human strength, then God will come in with His strength (Isaiah 40:29), just like He did with Moses. People who shout, stamp their foot and abuse others, are not showing strength – they are showing weakness of character. Gentleness and meekness go together with authority. We need to lead by humility, meekness and example (1 Peter 5:2 & 3).

What does God have to do to bring us to the point of meekness? He gives us time, just like He did with Moses. Moses was 80 years old before God called him. Most older people have reached the point where they realise that trying to ‘help’ God out, leads nowhere, plus people ‘mellow’ with age. At some point, we realise we do God’s will; we do not try to help Him, and He will show us what He wants from us, and when. A meek person understands that when God calls us, we do not have to try anymore, we have to surrender. A surrendered will, will happily and meekly obey God’s will, no matter what the cost. Blessed are the meek, they shall possess the earth. (Matt

## **The Fruit of Self-control.**

This is also self-discipline. God actually expects us to develop and exercise both self-discipline and self-control. The Holy Spirit does not control us – we have our own free will and we must choose to be of good behaviour and temperate in our conduct. We cannot exercise God's standard of conduct without the help of the Holy Spirit, and He will not do anything without our cooperation. Even our very salvation depends on our cooperation with the Lord. The whole process of salvation originates with God. 'Every athlete who goes into training, conducts himself temperately and restricts himself in all things. They do it to win a wreath that will soon wither, but we do it to receive an eternal crown that cannot wither.(1 Corinthians 9:24 to 27).

It is a sobering thought that even Paul, after all he did for the Lord, felt he might miss out if he did not keep self-control. Our motivation; our goal should be to have every area of our lives under control so we can accomplish God's purpose for our lives. That is more than just getting to heaven; it is serving God with all our hearts while on earth, to increase the Kingdom of God.

Self-control and self-discipline affect every area of our lives; every waking moment. For example, do we discipline our time; how much time do we set aside for Prayer? Fasting? Meditation?

To show the nine fruits of the Holy Spirit takes much self-discipline and love for our fellow man.

If we are to be true disciples we must always be aware of the fruits of the Holy Spirit dwelling within us, and we need to 'use' them all day, every day, to the greater Glory of His Name.

Amen and Amen

## Scripture References

“And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven.” (Luke 24:49)

For the one whom God has sent speaks the words of God: for God gives the Spirit without limit. (John 3:34)

No-one has ever seen God but if we love one another, God lives in us, and his love is perfected in us. We know we that we live in him, and he in us, because he has given us of his Spirit. (1 John 4:12-13)

But the Counsellor, the Holy Spirit ,whom the Father will send in my name, will teach you all things, and will remind you of everything I have said to you. (John 14:26)

When the Counsellor comes , whom I will send to you from the Father, the Spirit of truth, who goes out from the Father, he will testify about me: (John 15:26)

Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come. (2 Corinthians 1:21-22)

Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit. (1 Thessalonians 4:8)

# Healing Light Ministry

**“to heal wounds, to unite what has fallen apart  
and bring back home those who have lost their  
way”**

**(St Francis of Assisi)**

Alison Riggott & Patrick Lynch



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