Fortitude
A steady will to do good, in spite of difficulties. Fortitude is a gift of the Holy Spirit and a cardinal virtue.

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

JOHN 16:33 (NIV)

Reflection Question: Why do you think Jesus tells us to “take heart”? What does the heart have to do with fortitude?

Wisdom
Helps us respond to God as we contemplate (think about and meditate on) divine things. Wisdom is a gift of the Holy Spirit.

She [Wisdom] is a tree of life to those who grasp her, and those who hold her fast are happy.

PROVERBS 3:18

Reflection Question: The sacred author uses a metaphor to tell us that wisdom is a “tree of life.” How is wisdom like a tree? How does it give us life?
**Understanding**

Helps us grasp revealed truths more easily. Understanding is a gift of the Holy Spirit.

When they hand you over, do not worry about how you are to speak or what you are to say. You will be given at that moment what you are to say. For it will not be you who speaks, but the Spirit of your Father speaking through you.

MATTHEW 10:19-20

**Reflection Question:** What are some things you can do to hear God speaking to you more clearly?

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**Counsel**

Helps us judge quickly and correctly. Counsel is a gift of the Holy Spirit.

My son, do not forget my teaching, take to heart my commands.

PROVERBS 3:1

**Reflection Question:** To whom do you usually go for advice? Does anyone ever ask you for your advice? How do you know what to tell them?
Knowledge
Awareness of God’s plan for our lives. Knowledge is a gift of the Holy Spirit.

Make every effort to supplement your faith with virtue, virtue with knowledge.
2 Peter 1:5

Reflection Question: When you know something, how do you know that you know it?

Piety
Loyalty to God and divine things. Piety is a gift of the Holy Spirit.

The Spirit itself bears witness with our spirit that we are children of God.
Romans 8:16

Reflection Question: Would someone who doesn’t know you be able to tell you are a Christian from observing the way you treat others? Explain.

Fear of the Lord
Deep respect for God that helps us avoid sin. Fear of the Lord is a gift of the Holy Spirit.

My flesh trembles in fear of you; I stand in awe of your laws.
Psalm 119:120 (NIV)

Reflection Question: Fear of the Lord is sometimes called “awe.” What does awe mean? Have you ever seen anything or been anywhere that made you feel awe?