I'm not a robot



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Have you ever wondered how the gifts of the Holy Spirit manifest in our daily lives? Everyday examples of the gifts of the Holy Spirit are all around us, often hidden in plain sight. From acts of kindness to moments of profound wisdom, these gifts shape our interactions and decisions. The gifts of the Holy Spirit play a crucial role in enriching your
spiritual life. They guide your actions and decisions, often manifesting in daily experiences without immediate recognition. The gifts of the Holy Spirit refer to specific abilities granted to believers, enabling them to serve others effectively. These gifts are essential for fostering a deeper connection with God and enhancing community relationships.
They empower you to live out your faith actively and contribute positively to society. The seven traditional gifts include: Wisdom: The ability to make sound judgments based on divine insight. Understanding: A deeper comprehension of spiritual truths. Counsel: Guidance provided through discernment during difficult choices. Fortitude: Strength to face
challenges boldly. Knowledge: Insight into God's creation and truth. Piety: A profound respect for God that inspires devotion. Fear of the Lord: Awe and reverence towards God's majesty. Each gift serves a unique purpose, equipping you for various aspects of life, whether personal growth or aiding others. Recognizing these gifts in action can enhance
your understanding of spirituality within everyday contexts. Wisdom manifests in various ways throughout daily life. Recognizing these moments can enhance your understanding and appreciation of this gift. Applying wisdom in decision-making often leads to more thoughtful outcomes. Consider a situation where you face a tough choice, like accepting
a new job offer or staying at your current position. You weigh the pros and cons carefully, seeking advice from trusted friends or mentors. This process reflects wisdom as it combines knowledge with discernment. Here are some practical examples: Choosing Education: When selecting courses for personal growth, think about how they align with long-
term goals. Financial Decisions: Deciding how to invest savings requires research and guidance from financial experts. Relationship Choices: Opting to communicate openly during conflicts demonstrates emotional insight. Wisdom enriches conversations by fostering understanding and connection. Engaging thoughtfully with others allows for deeper
interactions. For instance, when discussing sensitive topics, you might listen attentively before responding. This practice shows respect and enhances dialogue. Consider these examples: Providing Support: Offering comforting words to a friend facing difficulties illustrates empathy and insight. Sharing Experiences: Relating personal stories during
discussions can guide others through similar challenges. Encouraging Growth: Suggesting constructive feedback helps others improve while maintaining positivity. Incorporating wisdom into everyday situations strengthens relationships and promotes personal development. Understanding manifests in various aspects of daily life, helping you navigate
complex situations and enrich your relationships. Recognizing this gift enhances both personal growth and community connections. You encounter complex situations regularly, whether at work or home. Understanding helps
you see multiple perspectives and fosters resolution. Family Decisions: In family discussions about finances or education, your ability to grasp the nuances promotes harmony. Community Issues: Engaging in local matters requires understanding equips you
to handle difficult scenarios with clarity. Empathy plays a crucial role in building strong relationships. With a deep sense of understanding, you connect better with others' feelings and experiences. Consider these everyday instances: Listening Actively: When friends share struggles, your empathetic response validates their emotions. Supporting Loved
Ones: During challenging times, showing that you understand can provide comfort and strength. Navigating Social Interactions: At gatherings, recognizing unspoken feelings helps create an inclusive atmosphere. Embracing empathy through understanding strengthens bonds and cultivates trust among those around you. Counsel manifests in everyday
situations, providing guidance and support. This gift helps you make decisions that align with your values and the needs of those around you. You often find yourself in a position to offer advice or direction. When friends face dilemmas, your insights can steer them toward thoughtful solutions. For instance: Helping a friend choose a career path can
clarify their goals. Advising someone on relationship issues fosters healthier connections. Supporting family members in tough choices strengthens bonds. By sharing wisdom, you empower others to navigate life's challenges more effectively. You might encounter moments when seeking counsel from others becomes essential. Turning to trusted
individuals can provide clarity during difficult times. Consider these scenarios: Consulting mentors for professional growth enhances skills and opportunities. Reaching out to community leaders during crises builds solidarity and informed responses. Engaging with spiritual advisors for personal struggles offers comfort and perspective. Finding guidance
not only aids decision-making but also reinforces community ties. Fortitude manifests in daily life through acts of courage and resilience. This gift empowers you to face challenges with strength and determination, influencing both personal experiences and the lives of those around you. Standing firm during difficult times showcases fortitude. You
might encounter situations like job loss or health issues. Instead of succumbing to despair, maintaining a positive outlook demonstrates resilience. For example, when facing financial struggles, sticking to a budget while seeking new employment opportunities reflects inner strength. Moreover, supporting friends through similar hardships reinforces
community bonds. Encouraging others to be brave is another expression of fortitude. You can inspire those around you by sharing your experiences and offering support. When someone hesitates to pursue their dreams, your encouraging words may instill confidence. For instance, motivating a friend to apply for a challenging position shows how your
bravery can uplift others. Additionally, being present for loved ones facing fears fosters an environment where courage thrives. Knowledge manifests in daily life through various situations and interactions. It enriches your understanding of the world and enhances relationships with others. You gain insight through learning by engaging with new
information. This can occur in simple ways, like reading books or attending workshops. For example, when you explore topics that interest you, such as history or science, you're expanding your knowledge base. Additionally, taking online courses allows for flexible learning opportunities at your own pace. Further examples include: Participating in
discussions: Engaging with peers can deepen comprehension. Seeking mentorship: Learning from someone experienced provides unique perspectives. Reflecting on experiences: Analyzing past events leads to personal growth. Each effort contributes to a broader understanding and application of knowledge. Sharing knowledge strengthens community
ties and fosters collaboration. You might organize a workshop to teach valuable skills like cooking or coding. Such initiatives empower others while enhancing your teaching abilities. Moreover, consider these acts of sharing: Volunteering at local schools: Helping students learn promotes educational development. Creating online resources: Blogs or
videos offer accessible information to wider audiences. Joining book clubs: Discussing literature encourages diverse viewpoints and learning from each other. These actions not only spread knowledge but also inspire collective growth within the community. Piety manifests in various aspects of daily life, reflecting devotion and reverence. You can
recognize acts of piety through simple yet profound actions that show respect for God and others. Piety often expresses itself through rituals and practices. For instance, attending church services regularly cultivates a sense of community and spirituality. Additionally, saying grace before meals acknowledges gratitude for one's blessings. Engaging in
personal prayer or meditation fosters a deeper connection with your faith. These activities reinforce your commitment to spiritual growth while encouraging mindful living. Acts of kindness are tangible expressions of piety that impact others positively. Volunteering at local shelters or participating in community clean-up events demonstrates
selflessness. Helping neighbors with errands or offering support during difficult times showcases compassion. Donating time or resources to charitable causes not only fulfills spiritual duties but strengthens community ties too. Each act reinforces the idea that serving others is an essential part of living a faithful life. The gift of Fear of the Lord
manifests in daily life through reverence and awe for God. This attitude shapes your actions and choices, guiding you toward a more fulfilling spiritual existence. You can develop spiritual awareness by engaging in practices that deepen your connection with God. For example: Daily prayer fosters communication with Him. Meditation on scripture
enhances understanding and reflection. Participating in community worship strengthens ties with fellow believers. These activities cultivate a sense of awareness about His presence, encouraging gratitude and humility in everyday interactions. Respecting God's presence influences how you conduct yourself throughout the day. Acknowledging His
guidance during decision-making leads to thoughtful choices. When faced with challenges, consider: Seeking divine wisdom before responding to difficult situations. Practicing patience when interacting with others. Expressing kindness, even when it's not reciprocated. These actions reflect an awareness of divine influence, promoting a lifestyle rooted
in respect and love for God. Many of us are familiar with the story Dead Man Walking. It's about a Catholic nun, Helen Prejean, who is working among prisoners on death row, helping prepare them for death to own up to what he has done, to
forgive society and himself, and to die without bitterness. And she needs to do this in the face of near-universal misunderstanding. The prisoners themselves initially suspect her intent, the victims' families cannot accept that she is trying to help the killer of their loved ones, the existing chaplains do not want her, the people she used to work with
cannot understand how she can abandon them for this, many look upon her as an adolescent do-gooder, and many within society hate her simply for her stand against capital punishment. Save for a few friends, she is unanimity-minus-one. Despite this all, she sustains herself, but there is a cost, constant strain and an unspeakable loneliness. At onesand against capital punishment.
point, standing in the warden's office, she collapses - from tiredness, exasperation, an untreated flu and a coldness of capital punishment. She recovers, perseveres and continues to walk by her own principles and spirit
Among other things, this story illustrates what one of the gift of fortitude? Biblically, fortitude is the gift of the Holy Spirit, fortitude? Biblically, forti
we defend these through prophecy - and prophecy - and prophecy requires courage for prophets of our time and how do they
illustrate fortitude? We have already seen the case of Sister Helen Prejean. Let us look at some others: Dorothy Day was a picture of fortitude. She kept to her principles, to non-violently serve God and the poor, even when this meant
losing a relationship she had to a man she deeply loved, the father of her child; even when it meant risking the love and support of the very community who had joined her cause, as happened several times in her building of the Catholic Worker; and even when it meant arrest, ridicule, loss of her former friends and unspeakable loneliness. That is
fortitude. Henri Nouwen is another example of prophetic fortitude. He never wrote a formal autobiography with loneliness in its title, but, like Dorothy Day, he lived that loneliness. He was a man of teal faith. He believed in the reality of God, the unfathomable compassion of Jesus and the transformation this
would bring into our lives if we ever gave ourselves over to it. He lived that and tried to share it with others, especially the poor - he left the academic world for them, used to re-write his books to try to make them simpler and openly shared his own brokenness with the whole world. He did all this, even though it constantly brought him deep interior
crisis and to the edges of emotional and physical breakdown. He was accused of neurosis, egoism, narcissism, ambition and of not having an unpublished thought, but he persevered and, like Kierkegaard, his early mentor, helped millions of people by sharing his own pain. That is prophetic courage, biblical fortitude. Oscar Romero demonstrated
fortitude when, instead of accepting the privilege and place among the powerful which the president of lying and betraying himself and the poor. He was shot for that, but he died knowing his death would ultimately bring about what his words could not, more justice for the poor.
Mother Teresa showed prophetic fortitude in the direct way she reached out to the poor and the direct way she lived to social justice, too pious and too blindly obedient to the church. She lived out her principles in spite of this and gave a
concrete face to biblical fortitude. It is never easy to live out what is truest within us, nor is it easy to defended. Fortitude is always necessary and we might all do well to pray with Ignatius of Loyola: "Passion of Christ, strengthen me!" The gift of the Holy Spirit of fortitude is also called the gift of courage. Thomas Aquinas
says the virtue of fortitude is a firmness of mind, and spirit that helps us, especially in difficult situations to not yield to the pressure. The gift of the Holy Spirit of fortitude, gives us a confidence in God, in facing the fears, and overcoming them, even the fear of death. King David, St. Jose Sanchez del Rio and St. Faustina are examples of those having
the gift of fortitude, courage. Thomas sees a correspondence between two of the fruits of the Holy Spirit. One is the fruit to endure evil and the other is to be able to hold on when there's a long delay for the accomplishment of something good. Since baptism, each one of us has been given this gift of fortitude to give us a divine help in the difficulties
that we are facing. To be faithful to Jesus, to follow Him faithfully, is very difficult. It takes a lot of fortitude is a firmness of mind, and spirit that helps us, especially in difficult situations, to not yield to the pressure. The virtue of fortitude is that human virtue,
which gives us the firmness in difficult situations. The gift of the Holy Spirit of fortitude, gives us a confidence in God, in facing the fears, and overcoming even the fear of death, and coming to eternal life. It gives us the help of the Holy Spirit to stand our ground, amid all the dangers and fears that we're facing, especially the fear
of death. The paradox of this gift of fortitude, a gift of courage, that in our human weakness, when we turn to the Lord, then He can give us His strength, to overcome our own human weakness. By Father Reginald Martin, O.P. A SHARED NAME

The third of the Spirit's gifts that enriches the will is the gift of Fortitude. This is, of course, a name
shared with the moral virtue, so we might profitably spend a moment considering the virtue of Fortitude, to learn how the gift compliments yet differs from it. St. Thomas Aquinas, reflecting St. Augustine, calls virtue "A good habit of the mind, by which we live righteously, of which no one can make bad use, which God works in us...." (ST I-II,
The word "habit" comes from the Latin word habere, which means "to have." Our theology teaches us that habits are dispositions, tendencies within us by which we are moved to act. God has given us the freedom to choose from among many options; when we consistently use our freedom to choose good, we find good easier and easier to
choose, and good actions easier and easier to perform. As we cultivate this disposition to choose good, it becomes more and more a part of who we are. Habit comes from the word that means "to have," so when we speak of habits, we describe something a person "has," namely, a disposition to act in a certain way. A HELPFUL DISTINCTION
What sets Fortitude apart from the other virtues is the capacity it gives us to face hard tasks, and especially tasks that are dangerous. Fortitude strengthens our will when our will is moved to some rash action. St. Thomas Aquinas taught
Fortitude encourages us to fight, if a stern reply is an appropriate response. We must always remember that virtues seek the mean between extremes. Fortitude, like all the virtues, is a habit of self-mastery. It particularly prods us to lay aside unreasonable fear, and directs us to rein in any temptation to unwise behavior through rash or hasty action
     In our everyday life, Fortitude manifests itself more often by assisting us to face our fears than by reducing our inclination to lash out blindly. This is because danger exercises its own dampening effect on our bravery, the virtue of
                                                                                     But what of the individual who must endure a long, fatal illness? Or any of us who struggles with temptation? In these cases we are faced with forces that cannot be resisted, but must simply be endured. Here we may think of Jesus, confronted by the solders in the Garden
to endurance, resistance of temptation, and moderation of our passions, we can see that many might easily call forth harsh anger or a dangerous relaxing of our moral standards. The virtue of Fortitude strengthens our will to face such events without shrinking from them. The gift of Fortitude helps us embrace, patiently and gracefully, the suffering
that often accompanies such self-denial. One spiritual writer observes, If there is one thing more than another that the saints themselves found nearest the realms of impossibility, it was, surely, that of keeping the body in subjection, not by stifling its natural wants, but by curbing its unruly whims. It cost them years of labor, many a sacrifice and
many a drop of blood. And they were saints. What, then, might not be said of the work ordinary Catholics are called upon to perform in virtue of the their religion? What of inordinate love, vanity, anger, insubordination, avarice? (James F. Carroll, C.S.Sp., God The Holy Ghost, p. 115) THE GIFT AND THE WAY TO PERFECTION
example in everything we do, so the gift of Fortitude builds on the virtue and helps us imitate Christ's own patience and forbearance. At the beginning of this reflection we discussed the virtue of Fortitude as something we possess, namely, a disposition or habit of self-mastery. Although God works in and through us in the virtue and helps us imitate Christ's own patience and forbearance.
us. The virtues require the supernatural assistance of the Spirit's gifts if they are to achieve the end we seek, Our good will does not always meet the task. How well we experience this when, after the grace of enlightenment following a good confession or a retreat, we
make some resolution demanding courage, seek God's help in prayer, and then set to work - and fail! It needed something more, an even more divine help. The Holy Spirit takes pity on our weakness; he will not leave us sole masters of the strength we have received from him, He will complete it by a gift. The gift of fortitude comes to help our virtue of
fortitude. The gift is not founded upon that strength which is our permanent possession, which we use or refrain from using at will...the gift comes from the Holy Spirit, and when it is he who takes possession of us, we submit to his irresistible pressure, we are no longer subject to the risks and vacillation of our own personal government. (H.D.
Gardeil, O.P., The Holy Spirit in Christian Life, p. 35) FORTITUDE REVEALS WHO WE ARE Essentially, the Holy Spirit's gift of Fortitude is the gift of spiritude is the gift of spiritude is the gift...we no longer act as the sole lords and masters of our lives, but as the instruments of the power of the Spirit." (p. 37) This quote underlines those positive
passive qualities the gift confers on us - something that might be hard to accept at first, as we are so used to the notion that we must roll up our sleeves and assume full responsibility, for it ... is a divine power, a perfection of
the will, enabling the faithful soul to follow the inspirations of the Holy Spirit, with full confidence in Him in the hour of temptation, with magnanimous steadfastness in difficulties and with patient endurance of sufferings, and all this to the term of life's journey, to the end of the road which leads to heaven. (Carroll, p. 114)
who attack, the more feeble who endure. Again he who receives, receives the attack, he who suffers, feels the actual danger, whilst he who gives fight sees it only in the future. Hence, it is commonly said, that the best army is not the one most ardent in combat, but the one most enduring in fatigue. (Carroll, p. 116) DISCOVERING OUR INNER
                However, these reflections on the gift of Fortitude should by no means be mistaken as justification for abdicating entirely - or even largely - our share of responsibility in the quest for our salvation. The gift is the Spirit's promise of assistance in our pilgrimage toward God's kingdom, and, hence, a source of hope. St. Thomas Aquinas
writes Yet furthermore man's mind is moved by the Holy Ghost, in order that he end of each work begun, and avoid whatever perils may threaten. This surpasses human nature: for sometimes it is not in a man's power to attain the end of his work, or to avoid evils or dangers, since these may happen to overwhelm him in death. But the
Holy Ghost works this in man, by bringing him to everlasting life, which is the end of all good deeds, and the release from all perils. A certain confidence of this is infused into the mind by the Holy Ghost Who expels any fear of the contrary. (II-II, 139.1) THE COURAGE TO LOOK AHEAD
believes as it prays. This means that we can look at our prayer life and gain an accurate picture of our doctrinal life. These words of St. Thomas echo one of our prayers, which begs God to bring to a happy conclusion the good work He has begun in us. This assures us that the Spirit's gift of Fortitude enables us to look beyond even the threat of death
confident that we may look forward in the future to the crown promised all God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are thwarted by misfortune or the interference of God's heroes, even if our present heroic undertakings are than the first result of the gift of Fortitude is the ability of the gift of Fortitude is the gift of Fortitude is the ability of the gift of Fortitude is the gi
to assess the spiritual challenges that await us. "If we have not courage and strength to bruise them under our feet, they will in the end bruise us under their power. Our character is the result of this conflict." (Internal Mission of the Holy Ghost, p. 206)

These words call to mind a host of gospel challenges, such as Jesus' encounter with the man
who said, "I will follow you, Lord; but let me first say farewell to those at my home." Jesus said to him, "No one who puts his hand to the plow and looks back is fit for the kingdom of God." (Lk. 9:61)

They suggest, too, the consoling words to St. Paul, who can laugh at hardship and say with absolute confidence, "I know how to be abased, and I
know how to abound; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. I can do all things in him who strengthens me." (Phil. 4:13) Perhaps most of all, though, they call to mind Moses' words to our ancestors in the desert, "I call heaven and earth to witness against you this day, that I have set
before you life and death, blessing and curse; therefore, choose life...." (Deut. 30:19) THE EXAMPLE OF MARY The gift of Fortitude is the Spirit's promise that if we are willing to choose the life God sets before us, we may rely upon the assistance that strengthened the numberless heroes of our faith throughout history. Each of us has our
favorities, and if we are willing to do even the most cursory research we shall easily discover what obstacles the gift of Fortitude enabled them to overcome. We may, likewise, look at Mary, standing at the foot of the cross, and see in her silent grief, the acceptance of pain and sorrow that the gift of Fortitude, at least occasionally, strengthens us
or those we love - to embrace and endure. Back to Light & Life Page | Way Back to Rosary Center Home Page The Holy Spirit, traditionally depicted as a dove, is pictured in a stained-glass window at St. John Vianney Church in Lithia Springs, Ga. The Holy Spirit's gift of fortitude equips us with a never-depleted reservoir of God-given perseverance to
live out our faith to the last breath, carrying us to heaven. (CNS photo/Michael Alexander, Georgia Bulletin) When wondering how we will get through a crisis, when we are faced with decisions that challenge our beliefs, when heaven seems far away, the Holy Spirit provides profound support, a light for our dark path, through the gift of fortitude.
One of the most all-encompassing of the seven gifts of the Holy Spirit, fortitude supports us in living out the other six gifts (wisdom, understanding, knowledge, counsel, piety and fear of the Lord) and making our way faithfully through our earthly life to blessed eternity with God. The gift of fortitude is sometimes confused with the moral virtue by the
same name, but it is distinct in origin and scope. The gift of fortitude is "acquired by human effort," says the Catechism of the Catholic Church, and we practice it through our decisions and actions (No. 1804). The gift of fortitude equips us with a
never-depleted reservoir of God-given perseverance to live out our faith to the last breath, carrying us to heaven. The human, moral virtue of fortitude is developed each time we decide to do the right thing, approach a life challenge with faith and say "yes" to God. In Scripture, the greatest example of fortitude, gift and virtue, is seen in the life, death
and resurrection of Jesus Christ. Whether facing physical deprivation and temptation (Mt 4:1-11), strong and powerful criticism (Mt 12:1-8) or betrayal and death on the cross (Mk 14), Jesus resisted temptation, endured criticism and forged ahead to the cross (Mk 14), Jesus resisted temptation (Mt 12:1-8) or betrayal and death on the cross (Mk 14), Jesus resisted temptation, endured criticism and forged ahead to the cross despite terrible pain. Jesus was sustained by the gift of fortitude, God-given endurance to
see the journey through to its glorious end. Each decision we make to do the good builds within us the virtue of fortitude, which is supported by the gifts of knowledge and fear of God (humility) shine in an early incident in Jesus' life. As a
child of 12 years old, he left his family to teach in the Temple (Lk 2:41-52). But rather than start his ministry at that age, when his parents came to find him, he returned home, where he "advanced in wisdom and age and favor before God and man" (Lk 2:52). The gifts of knowledge and wisdom are practiced through a consistent commitment to grow
in faith, and they are focused on faith through the gift of fortitude. While carrying out his ministry, Jesus went off by himself to pray (Lk 4:42, 5:15-16), an act of piety and understanding of what he needed to do for the longevity of his ministry that must have been difficult as demand for his teaching and miracles increased. The gift of fortitude, present
in Jesus, is also available to us. When we feel that our activities are pulling us from our spiritual center, we too can find the understanding and strength we need to go off, reflect and refresh so that we are able to continue our heavenward journey. Jesus' unwavering call to "love one another" and his love for outcasts show how the gift of fortitude
keeps the spiritual and ministerial gaze in the right, the good, place no matter the distractions posed by society or those close to us. Through acts of Christ-like kindness and compassion, we benefit from the gift of fortitude to show society how to refocus and why. As with any virtue that we desire to build, prayer, frequent reception of the sacraments
eucharistic adoration and Mass attendance are crucial activities that keep us focused and faithful. Here, too, the gift of fortitude plays a key role, keeping us steady when we think we do not have enough time, a quiet place or a coherent word to say to our Creator. And, as we strengthen in the virtue of fortitude and witness God's amazing grace in our
lives, time and again, what might have begun as "I don't know how I'm going to get through this" moments turn into awe at how greatly God supplied us with whatever we needed — and more! Writing to the Corinthians about a painful, ongoing affliction ("a thorn in the flesh" — 2 Cor 12:7), the apostle Paul writes: "Three times, I begged the Lord
about this, that it might leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weaknesses, in order that the power of Christ may dwell with me. Therefore, I am content with weaknesses, insults, hardships, persecutions and constraints, for the sake of Christ; for when I
am weak, then I am strong" (2 Cor 12:8-10). A blessed reminder that as we face adversity of any kind in faith and prayer, we are not alone. God's grace and lead us on to eternity. Pratt's website is www.maureenpratt.com.
2023 One of the best analogies given in years past describing the Presence, Power and Perfection of the Holy Spirit is a sailboat. This was before electricity, motor-driven vehicles, or the electronic world. The sailboat is an analogy used in the Middle Ages or earlier. Imagine that you wanted to cross a lake and the distance was five miles. Ruminating
upon the various options, these surfaced in your mind. Swimming? You would have to be in top shape, with great stamina, knowing how to swim against the current. A canoe? Maybe more likely than swimming! A rowboat with two rowing? More manpower and direction. Finally, the following occurs to you. A massive Sailboat with an excellent captain
and crew, but most important: seven strong, robust sails. Bingo! Of all the options, the sailboat wins the prize. However, the key to maneuvering where and when the wind was blowing. Then the Captain would have to raise the sails to catch the wind, of course with the strength and ability
of the crew men. The Fathers of the Church offer us a symbolic interpretation of the Sailboat and Sails related to the working of the Holy Spirit and His Seven Gifts. The Sailboat is our soul. The shore is eternal life to which we all aspire and yearn! The uncertain and sometimes rough waters symbolic interpretation of the Holy Spirit and His Seven Gifts.
devil that we must conquer with the help of God's grace. Now the Seven Sails are the seven gifts of the Holy Spirit: Wisdom, Knowledge, Understanding, Counsel, Fortitude, Piety, and Fear of the Lord. Unless these sails are raised in the right time and place, they are practically useless. The wind is the Breath of God, a term to define the Holy Spirit.
The Captain of the Sailboat might be considered our will that must be directed toward the Will of the Heavenly Father. The other crew men are our spiritual friends on earth, as well as our friends in Heaven—we call them the saints. The analogy explained, now let us strive to the best of our ability and the help of God's grace, and the workings of the
Holy Spirit, to understand the seven sails—the seven Gifts of the Holy Spirit. The nature of God is goodness and generous giving to all of His creatures, especially man and woman. Among the many Gifts bestowed upon us from God are the Seven Gifts of the Holy Spirit. These Gifts God generously gives to those who want to receive them as a powerful
means to arrive at the goal and purpose of our existence—Our Heavenly Home. God gives generously of Himself, but He respects our freedom. We must willingly and maintain that the Gifts of the Holy Spirit enter the soul upon receiving the
Sacrament of Confirmation. Not so! How easy it is for us to underestimate the important and abundant Gifts God bestows upon us at our Baptism. Not only does Baptism transform us into sons/daughters of God, brothers/sisters of Jesus, intimate friends of the Holy Spirit, and temples of the Blessed Trinity, there is still more. At the moment of Baptism
God gives us with utmost generosity the Seven Gifts of the Holy Spirit. Of course this does not diminish the importance and efficacy of the Seven Gifts of the Holy Spirit. SPIRITUAL EXERCISES: STRENGTHEN YOUR SPIRITUAL MUSCLES As in the physical realm where the body and its
will now proceed to explain succinctly these seven heavenly Gifts that originate from the loving goodness of God the Father, the Giver of all good gifts. Once again, let us give the list: Wisdom, Knowledge, and Understanding perfect the intellect;
Counsel serves as a bridge between the intellect and will; the last three—Fortitude, Piety and Fear of the Lord work on elevating and purifying the will. Let us start with the most important or the greatest, according to Saint Thomas Aquinas, the Angelic Doctor—the Gift of Wisdom. 1. THE GIFT OF WISDOM. A concise and pithy definition of Wisdom
follows as such: "Wisdom is the Gift of the Holy Spirit by which we interiorly relish all the things that pertain to God." Saint Thomas Aquinas specifies this Gift as perfecting the theological virtue of Charity. The opposite vice opposing Wisdom would be that of folly or foolishness. One of the best Parables exemplifying folly is the Parable of the Rich
Fool. He places a premium on gathering, collecting and hoarding possessions for his future ease, pleasure and comfort. The "live it up"... "It's Miller time" mentality. Jesus calls this man a fool because that very night his life will be brought to a screeching halt. Where will all his possessions go? To the birds or to the Government in today's world! What
then are manifestations of the Gift of Wisdom operative in a docile and open person? They might be seen as the following: WORD Of GOD. They long and hunger for the Eucharist: the Bread of life. RETREATS. If they have a free weekend, or even a week, they long to spend
time on retreat so as to recharge their spiritual batteries. PRAYER. Following the injunction of Jesus: "It is necessary to prayer, the better! SPIRITUAL READING. Keenly aware of their ignorance of many theological truths, they long for time in
the day to apply themselves to spiritual reading so as to fill in the many gaps in their knowledge of the Faith and even go deeper. BIBLICAL VERSES. These two Biblical verses can put the frosting on the cake for Wisdom. "Taste and see the goodness of the Lord" (Ps 34:8). "As the deer yearns for the running streams, so my soul yearns for you my
God" (Psalm 42:1). 2. THE GIFT OF UNDERSTANDING. This Gift also works on purifying and perfecting the intellect. This Gift endows the intellect with Divine Light to penetrate the Truth as revealed in Sacred Scripture. Two Biblical passages come to mind: The Disciples on the Road to Emmaus encountering Jesus; and Jesus appearing to the
Apostles afterwards in the Upper Room. Both times He opened up their minds to an understanding of the Scriptures. Back-tracking to Emmaus, it was the pilgrim, the wayfarer, the friendly Companion, Jesus Himself who opened up their minds to understand many Biblical references in the Old Testament that pointed to Jesus, His suffering, death ancestand many Biblical references in the Old Testament that pointed to Jesus, His suffering, death ancestand many Biblical references in the Old Testament that pointed to Jesus, His suffering, death ancestand many Biblical references in the Old Testament that pointed to Jesus Himself who opened up their minds to understand many Biblical references in the Old Testament that pointed to Jesus, His suffering, death ancestand many Biblical references in the Old Testament that pointed to Jesus Himself who opened up their minds to understand many Biblical references in the Old Testament that pointed to Jesus Himself who opened up their minds to understand many Biblical references in the Old Testament that pointed to Jesus Himself who opened up their minds to understand many Biblical references in the Old Testament that pointed to Jesus Himself who opened up their minds to understand many Biblical references in the Old Testament that pointed the Old Testament that pointed the Old Testament that pointed the Old Testament that the 
 Resurrection. Consequently, their hearts were burning within them as Jesus explained the Word to them and gave them understanding of the BIBLE. Understanding linked with Wisdom motivates us to find time to read and meditate
 with hunger on the Word of God. (2) LIGHT TO PENETRATE ITS MEANING. Not only is there a real longing to break open the bread of God's Word, but also the WORD MOVES US TO ACTION. The young Saint Anthony of the Desert
heard the Word of God read two times. As a result, different than the rich young man in the Bible who was motivated by folly, Anthony gave all his money and possessions to the poor and went on to become one of the greatest saints in the Church. He is actually considered the Father of Eastern monasticism. (4) THE WORD IS A LANTERN FOR OUR
STEPS AND A LIGHT FOR OUR PATH. (Ps 34:8) The Psalmist accentuates the fact that the Word of God, through the Gift of Understanding opposes the spirit of worldliness
and all the lies that spew forth from wordily values. Jesus stated it clearly: "Seek first the Kingdom God and His righteousness and everything else will be given to you as well." (Mt 6:33) 3. THE GIFT OF KNOWLEDGE. This Gift penetrates the intellect with the ability to perceive God's handiwork both in Creation, as well as in the ordinary
circumstances of life. QUOTATION of Saint Paul in Athens, taken from the poet, expresses the truth best: "In Him we live and move and have our being." In other words, through the Gift of Knowledge, we are given the spiritual insight to live constantly in the Presence of God. (Read the book of Brother Lawrence: Living in the Presence of God.) The
BEAUTY OF NATURE points to the Author of all beauty—God, the greatest of all artists. Saint Francis of Assisi penned an Italian poem in which he perceived the beauty of God in all natural creation. His inspired writing is known as "Canticle of Brother Sun and Sister Moon." Look it up and relish it! DIVINE PROVIDENCE. In addition, the Gift of
Knowledge enlightens us to a keen awareness of God's Hand present in what is called DIVINE PROVIDENCE—nothing happens by chance! Rather, all circumstances in life are both allowed, permitted and directed by the loving and wise hand of God's Providence. Even sufferings, apparent failures, contradictions, persecutions are allowed by God so
that good may be derived from them. As Augustine and the saints emphasize: "God allows apparent evil so that He can bring greater good from it." The persons imbued with and motivated by Knowledge live in trust and peace because they allow God to take the steering wheel and direct the circumstances of their lives. "If God is for us, who can be
against us?" (Rom 8:31) 4. THE GIFT OF COUNSEL. This Gift serves as bridge between the Intellect and the Will. This Gift actually perfects the Moral/Cardinal Virtue of Prudence which is the art of decision-making. If you like, Counsel is right decision-making in action. How important this Gift is for parents, teachers, politicians, priests, Superiors,
Aquinas, the brilliant "Angelic Doctor": DELIBERATION. By this is meant the intellect must apply itself to serious reflection, pondering, ruminating—that is to say, a very serious thought process. Of course, and this is logical, the more important the decision and action to be taken, the more time should be given to deliberation. DECISION. After
 allowing sufficient time for deliberation, the decision must be made. At times, in serious matters, it is highly prudent and advisable to seek advice from a qualified spiritual direction, the decision must be made. At times, in serious matters, it is highly prudent and advisable to seek advice from a qualified spiritual direction, the decision must be made. At times, in serious matters, it is highly prudent and advisable to seek advice from a qualified spiritual direction, the decision must be made. At times, in serious matters, it is highly prudent and advisable to seek advice from a qualified spiritual direction.
decision should be swift and decisive without turning back. All of the above comes into the realm of the Cardinal or Moral virtue of Prudence perfected and motivated by the Gift of the Holy Spirit of Counsel. Examples of greatest importance in decision-making would be the following: 1) Choice and place of Higher Education—college or University, 2)
Choice of one's profession, 3) Choice of one's vocation, be it marriage, the priesthood, or religious life. These are momentous decisions that should be considered under the guidance of Prudence perfected by the Gift of the Holy Spirit—that of Counsel. Again, it is highly prudent and advisable to seek advice from a qualified spiritual director on these
important matters. May Our Lady of Good Counsel pray for us! 5. THE GIFT OF PIETY. The virtue of piety must be defined as a reverential attitude before the Sacred. Whereas the gift of piety is much deeper and richer and might be defined as such: "The filial and
confident love we have for Our Heavenly Father. Which leads us to a universal love for humanity, as well as all persons individually, because we are all brothers and sisters brought into existence and loved by the same loving Father." Somewhat of a long definition but quite substantial
and necessary! What then does this entail? How does this entail? How does this gift of piety influence our way of living, our view of who God the Father is and how He acts; followed by the way or manner in which we see and treat other people with the
own stories and sufferings. Let us delve into these two specific areas and piety. PIETY AND OUR RELATIONSHIP TO GOD THE FATHER—THE OUR FATHER
prayer, The Our Father. In concrete, we come to recognize God the Father not as an abstract, abstruse, ethereal myth of the past, quite the contrary: He is alive and present in our life! As Father, He gave us life; He sustains us in existence; He loves us tenderly; He cares for us and always desires what is best for us in all times and places. If you like
magnify the love of the best of fathers on a human level, then know that God the Father loves us a million times more and always. His love and care for us is as permanent and solid as a rock. Even when suffering comes knocking at our door—and this is inevitable—still we have trust in God the Father as our Father! We know and firmly believe
that, "God the Father knows best." We live in the present moment; God lives in the eternal-now. He takes into account what is best for us in all times—past, present and future. PIETY AND OUR RELATIONSHIP TO OTHERS. As a logical consequence of the Gift of Piety and our relationship to God as loving Father, there necessarily follows our
relationship to our brothers and sisters. If God indeed is our loving Father, then all of us belong to the same human family and we should have love for each other. Therefore, what is inimical and diametrically opposed to the Gift of Piety is any form of prejudice. If we
look down on, despise, marginalize or reject any person due to race, culture, economic or educational status, age, sickness this frustrates and blocks the flow of grace in our souls that operates with the Gift of Piety. In sum, let us trust and love our Heavenly Father, and as a consequence, let us strive to live out the last and greatest of Jesus'
commandments: "Love one another as I have loved you." (In 13:34) 6. THE GIFT OF FORTITUDE This Gift of the Holy Spirit perfects the moral virtue of Fortitude. Of utmost importance in our life, the Gift of Fortitude gives us interior strength to follow me must
renounce Himself, take up his cross and follow me" (Mt 16:24). FORTITUDE AND THE REALITY OF SUFFERING. To be human is to enter into a world with many moments of joy, but also many circumstances of suffering. The Gift of the Holy Spirit of Fortitude imbues and invigorates our entire being with the courage not simply to suffer, but to
sanctify our sufferings. The adage is true: "Suffering can make us either better or bitter." Bitter? Yes, when we suffer with no meaning or purpose to our suffering. Angry, bitter, caustic and sarcastic people, and often gossipers, are very frequently those who suffer but with no apparent meaning or purpose. THE GIFT OF FORTITUDE unites us in
mind and heart to the sufferings of Jesus. Keenly aware of the immensity and all-embracing power of the Passion, suffering, cross and death of Jesus, Fortitude lifts us up to Jesus on the cross. We actually become one with Jesus on the cross. We learn how to live out those short three words we learned at our mother's knee: OFFER IT UP! For the
salvation of a multitude of souls!!! (See Number 3.) THE ALTAR AND MASS. Once these sufferings are deposited on the altar in the Holy Sacrifice of the Wass then these sufferings have Infinite Value. PATIENCE AND FORTITUDE.
that the Gifts of the Holy Spirit work on perfecting many virtues. We all need patience and a lot of this virtue. The Gift of the Holy Spirit of Fortitude imbues our spirit with patience in dealing with others; it invigorates us to be patient with God and learn to wait on God's timing
and not our timing. APEX OF FORTITUDE: MARTYRDOM! The very apex, summit, zenith of Fortitude is the call to Martyrdom and the acceptance of this extraordinary Gift from God. Saint Ignatius states that we do not have the grace for martyrdom except in the time, manner and moment that God in His Divine Providence call us to it. This being
said, if God offers this supreme and sublime manner to honor Him, by the suffering and sacrifice of one's life, God will give us the sufficient and abundant graces to suffer it. It is a supreme and sublime gift most especially because it is the imitation of Christ who suffered and sacrificed His life for us on the cross. FORTITUDE IN DAILY LIFE.
However, the Gift of the Holy Spirit of Fortitude is necessary in our daily walk with the Lord, the daily small but trying crosses. Fortitude enlightens our mind to understand our sufferings—even though they be small—as a means to be united with the cross of Christ. When accepted and carried out, we sanctify ourselves, the Church, our family, as well
as the whole world. 7. THE GIFT OF FEAR OF THE LORD. The Bible teaches us. "Fear of the Lord is the beginning of wisdom." (Prov 9:10) Saint Thomas Aguinas points out that Wisdom is the greatest of the Holy Spirit, However, Pietv should be the first in operation. The Gift of the Holy Spirit of Fear of the Lord is closely linked to the
virtue of humility. The GIFT OF FEAR OF THE LORD enlightens us to a keen awareness of the fact that we are all very weak. We are all prone to fall and moral failure. We realize that without God's prevenient grace, His preventive and all-sustaining grace—we are capable of not only sinning, but sinning quickly, as well as
seriously! In a word, following the teaching of Saint Augustine, the "Doctor of Grace", we recognize that all the good we have done is due to God's grace; and all the evil we have done is due to our failure to correspond to God's grace; and all the evil we have done is due to our failure to correspond to God's grace; and all the evil we have done is due to our failure to correspond to God's grace.
but the flesh is weak." (Mt 26:41) Saint Paul understood this clearly when he asserted that the good he wanted to do, he did the exact opposite due to weakness of the flesh. SAINT PHILIP NERI saw a man in the gutter in the streets of Rome and exclaimed: "There go I save the grace of God." SAINT THERESE reaffirmed Saint Neri's statement by
saying that she would be capable of all of the most heinous crimes and sins of humanity, save the grace of God. She went on to say that the primary reason why she did not fall into many sins was simply because "God cleared the moral pitfalls that all of us can be plunged into at any time, in any place.
The worst of sinners can become the greatest of saints; but also the greatest of saints; but also the greatest of sinners! SAFEGUARD FROM ETERNAL CONDEMNATION. The Gift of Fear of the Lord can serve as a most efficacious remedy to avoid losing our soul in Hell. "Fear of the Lord is the beginning of Wisdom." And: "If the love of
God does not move us, then at least Fear of the Lord and God's just punishment can move us to change and give up sin." MEDITATION ON THE REALITY AND POSSIBILITY OF HELL. We all want an ever-growing love for God, than Fear of the Lord which is
the beginning of wisdom can help us avoid falling into mortal sin, or at least help us get out of it as quickly as possible by a good Confession. Many saints have been motivated by Fear of the Lord sparked by the contemplation of Hell! In fact, Our Lady of Fatima portrayed the reality of Hell to the three little children—Lucia, Jacinta, and Francisco, and
it motivated them to do great things for God by sacrificing themselves for sinners, with Francisco and Jacinta becoming two of the youngest saints in the Catholic Church. All related to Fear of the Lord. In conclusion, friends in Jesus and Mary, let us get into the ship (our soul). The rough waters represent the tempestuous world in which we live
amidst so many dangers and temptations. Let us lift on high the Seven Gifts of the Holy Spirit)! As captain (our free will) let us open up those sails as wide as possible to catch the whole created world) will sail smoothly and on course to
the shore (Our Heavenly Home). Yes, the shore is our eternal destiny—Heaven! All of us are called to become saints—to be authentic followers of Jesus Christ who truly is the Way, the Truth and the Life. Why not take the short-cut? Allow the gust of wind, the Holy Spirit, to inspire and invigorate those gifts to be active and operative in our lives on a
constant basis. Also, may we never forget to call upon Mary! Indeed, Mary is the Daughter of God the Father, the Mother of God the Son, and the Mystical Spouse of the Holy Spirit. Saint Louis de Montfort asserts vigorously that Mary is the shortcut to God, to holiness, and to Heaven. Let us beg Mary for the grace of being open and docile to the Gifts
of the Holy Spirit. Mary, Seat of Wisdom, pray for us. Mary, Our Lady of Good Counsel, help us to follow the promptings of the Holy Spirit. Our Lady of Sorrows, grant us strength and Fortitude in our trials. Our Lady of Sorrows, grant us strength and Fortitude in our trials.
and sanctity through and intimate union with the Holy Spirit. Amen. ♣ READ LATER - GET THIS POST AS PDF >> CLICK HERE
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