

PRAYERS AND DEVOTIONS TO THE HOLY SPIRIT

Prayer for the Twelve Fruits of the Holy Spirit

Holy Spirit, eternal Love of the Father and the Son, kindly bestow on us the fruit of *charity*, that we may be united to you by divine love; the fruit of *joy*, that we may be filled with holy consolation; the fruit of *peace*, that we may enjoy tranquility of soul; and the fruit of *patience*, that we may endure humbly everything that may be opposed to our own desires.

Divine Spirit, be pleased to infuse in us the fruit of *benignity (kindness)*, that we may willingly relieve our neighbor's necessities; the fruit of *goodness*, that we may be benevolent toward all; the fruit of *longanimity (long-suffering)*, that we may not be discouraged by delay but may persevere in prayer; and the fruit of *mildness (humility)*, that we may subdue every rising of ill temper, stifle every murmur, and repress the susceptibilities of our nature in all our dealings with our neighbor.

Creator Spirit, graciously impart to us the fruit of *fidelity*, that we may rely with assured confidence on the word of God; the fruit of *modesty*, that we may order our exterior regularly; and the fruits of *continence* and *chastity*, that we may keep our bodies in such holiness as befits your temple, so that having by your assistance preserved our hearts pure on earth, we may merit in Jesus Christ, according to the words of the Gospel, to see God eternally in the glory of his kingdom.

The Twelve Fruits of the Holy Spirit

Traditional

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Long-suffering
8. Humility
9. Fidelity
10. Modesty
11. Continence
12. Chastity