God gives the 7 gifts of the Holy Spirit at Confirmation. He gives us these gifts to help us become the saints we are called to be!

The 1st four gifts (WUCK) are all about knowing. The 2nd three gifts (PUFF) are all about doing.

W - Wisdom
  - Helps us remember and prioritize the things that really matter in life.
  - Helps us "Keep the main thing the main thing" and put God 1st, Others 2nd, and Me 3rd.

U - Understanding
  - Helps us understand Jesus' teachings and how to live them out.

C - Counsel a.k.a. Right Judgment
  - Helps us figure out what are good or bad moral and spiritual decisions.

K - Knowledge
  - This is NOT about book knowledge – You don’t have to be a smart person to be a saint.
  - Helps us know the meaning of life and what will make us truly happy.
Piety a.k.a. Reverence
- Helps us worship and honor God with our lives as He deserves
- God should be worshiped and honored because He made us, continues to keep us in existence, and loves us so much that he died for us!

Fortitude a.k.a. Courage
- Helps us think, speak, and act like saints even when doing so is really difficult.
- “Great saints are never wimps.” – Peter Kreeft
- Living your faith in high school and college might be one of the toughest things you ever do. You need courage to do that.

Fear of the Lord a.k.a. Wonder and Awe
- Helps us want to keep our friendship with God and not do anything sinful to harm it.

When we use the grace and gifts God has given us we should begin to see certain results in our lives. These results or effects are commonly referred to as The 12 Fruits of the Holy Spirit. They are:

1. Charity
2. Peace
3. Joy
4. Patience
5. Kindness
6. Gentleness
7. Goodness
8. Generosity
9. Self-Control
10. Faithfulness
11. Modesty
12. Chastity