

# **CONFIRMATION**

## **Handbook for Parents**







OFFICE  
OF THE  
BISHOP

## DIOCESE OF FARGO

5201 Bishops Boulevard, Suite A  
Fargo, North Dakota 58104-7605

www.fargodiocese.org

Phone: 701.356.7944

Fax: 701.356.7999

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Dear Parents,

This parent handbook is provided to you to help you prepare your child for the Sacrament of Confirmation.

The Catholic Church has always taught that the task of educating children in the faith is the primary responsibility of parents. The rite of Baptism declares this when the priest says to the parents, "*You have asked to have your child baptized. In doing so you are accepting the responsibility of training them in the practice of the faith. It will be your duty to bring them up to keep God's commandments as Christ taught us, by loving God and our neighbor. Do you clearly understand what you are undertaking?*" Parents respond "Yes". This parent handbook is designed to help you carry out the "Yes" you professed at your child's Baptism.

The Sacrament of Confirmation is a gift to help us grow in holiness through the power of the Holy Spirit. Confirmation completes the Sacrament of Baptism. Sealed with the gift of the Holy Spirit, a child is granted the grace of the seven gifts of the Holy Spirit so that he or she may live and share the faith by word and example. Both Baptism and Confirmation are ordered to the Eucharist so that a child may continually nourish the Christian life through the weekly reception of Holy Communion.

In the introduction to Confirmation in the *Rites of the Catholic Church*, it states, "The initiation of children into the sacramental life is ordinarily the responsibility and concern of Christian parents. They are to form and gradually increase a spirit of faith in the children and, at times with the help of catechism classes, prepare them for the fruitful reception of the sacraments of confirmation and the eucharist."

It is God's plan for a child to learn from his or her parents. God chose you to be the parent of your child and He gives you a specific grace to be a good parent. Perhaps you are worried that you do not know enough about our Catholic Faith to teach your child. Jesus tells us in the Gospel, "Be not afraid." Have confidence that He will grant you the grace to learn what you need to know. You can learn together with your child! Start now by using this handbook and praying with your child each day. Remember that learning our faith is a lifelong process: we always can deepen in understanding and in the conversion of our hearts and minds.

I recommend that you use authentic resources for learning about our rich and wonderful faith: the Bible and the Catechism of the Catholic Church. Be careful with using internet sites, as not all information is accurate or true to what the Catholic Church teaches. If in doubt, ask your pastor or catechist what they would recommend.

May the Holy Spirit stir into flame the gifts He has given to you in the Sacrament of Confirmation!

Sincerely Yours in Christ,

Most Reverend Samuel Aquila, S.T.L., D.D.  
Bishop of Fargo



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### **Church Documents on Confirmation**

the church documents are available online at

<http://www.fargodiocese.org/EducationFormation/Evangelization/Confirmation/confirmation.htm>

# Preparation for receiving the Sacraments

## The Role of Parents

### **As you begin preparing your child for the sacraments**

The Church teaches that parents are the first educators and catechists of their children. This means that parents have both a right and duty to instruct their children in the truths of our faith. God the Father entrusts you with the task of raising your children to know, love and serve Him so they can be happy in this world and the next.

To be true to the demands of the vocation to parenthood, parents should do all they can to learn about the Faith so that they can hand it on to their children.

This workbook is designed to assist you in this task of being an evangelizer and catechist to your children.

**Through the grace of the sacrament of marriage, parents receive the privilege and responsibility of evangelizing their children.**

**CCC 2225**

### **The Essential Role of Parents and Siblings**

The initiation of children into the sacramental life of the Church is primarily the responsibility and concern of parents (CIC 890, RC 3). Parents are the first teachers of their children in the ways of faith. In Baptism, parents accept the responsibility of training their children in the practice of the Faith and to make it *“their constant care.”* As stated in the Rite of Baptism (n. 120), parents are to see that *“the divine life which God gives them [their children] is kept safe from the poison of sin, to grow always stronger in their hearts.”*

Brothers and sisters of the child share in this responsibility of handing on the Faith. Siblings, especially those who have been fully initiated, assist the parents by their good example. This family catechesis precedes, accompanies and enriches all other catechesis (CT 68).

The entire family is to deliver the Gospel to each other daily in word and deed, filled with love and respect: *“For this reason the family home is rightly called the domestic church, a community of grace and prayer, a school of human virtues and of Christian charity”* (CCC 1666). The family is nothing less than a sign and image of the Father, Son, and Holy Spirit, the Trinity, for our unbelieving world (CCC 2205).

### **The Role of the Parish**

Before, during and after the children’s preparation for the Sacrament of Confirmation every parish should work to create:

- a community that is welcoming, where the Gospel is studied and lived with joy
- a community leading a sacramental life and growing in a life of prayer and discipleship
- a community willing to sustain one another in moments of hesitancy and anxiety

## Parent Responsibilities for Sacramental Preparation

The Diocese of Fargo calls upon parents to help suitably prepare their children for reception of the sacraments. The home is where the faith is developed and lived out. Each parent models to their child what the life of faith looks like. To properly assist your child in this time of sacramental preparation, the following is required:

- Attend Sunday Mass and Holy Days with your children.
- Provide proof of baptism to the parish (they will have a form to fill out).
- Attend Parent Sessions. Minimum of 2 sessions (4 hours) per each sacrament. (your parish may require more in order to better equip you).
- Attend the Retreat. 3 to 5 hour retreat for each sacrament.
- Attend the Interview. Prior to the celebration of each of the sacraments, the parish priest or designated catechist will interview your child to assess his or her readiness and intention for receiving the sacrament. Ideally, both parents are to be present during the interview so that you can help your child in their final preparations and show your support.
- Do home lessons and tasks with your child to foster love and understanding for the Faith.
- Make sure your child attends the religious education sessions offered by your parish and does any assigned homework.
- At home, work on memorizing prayers. Explain the meaning of the prayers to your child.
- Have family prayer time together daily – make this a priority.
- Live a life of charity, loving God above all things and our neighbor as ourselves (CCC 1822). Look for ‘teachable’ moments throughout the day to talk about the faith.
- Have a Bible and a Catechism of the Catholic Church, as well as religious articles such as a crucifix, holy water and sacred images in the home.
- Regular Reconciliation – Parents model this by their personal participation in the Sacrament. We recommend that once your child has made their First Reconciliation, that your family go back and receive this grace and forgiveness at least once a month.
- Regular Eucharist – Parents model this by their personal participation in the Sacrament. We are obliged to attend Mass each Sunday and Holy Day of obligation. At Mass, we have the opportunity to receive Jesus in the Eucharist (if we meet the required conditions; ; ccc 1385-1388).

## What is a Sacrament?

Out of love, Jesus died on the cross to save us. Out of love, He instituted the Church to save us. Through the Church, He gave us seven concrete ways to help us share in His life; these are the Sacraments of the Catholic Church. (Baptism, Reconciliation, Confirmation, Eucharist, Holy Orders, Marriage, and Anointing of the Sick).

The current Catechism of the Catholic Church (CCC) defines sacraments in the following way:

**1131.** The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions.

### What is Grace?

All Sacraments give grace. Grace is both God's life and God's help. See grace as life in Christ. Thus, receiving grace means growing in your relationship with Jesus Christ and His Family, the Church.

### Outward sign shows invisible reality

When each sacrament is properly celebrated, the visible part we see and hear makes present an invisible reality that is truly taking place.<sup>1</sup> For example, in Confirmation we see the anointing of chrism and the laying on of hands by the Bishop, and we hear the words "Be sealed with the gift of the Holy Spirit": an

actual physical event is taking place. We cannot see, however, the spiritual event that is taking place: a deepening and strengthening of baptismal grace and the permanent marking of the soul as for public witness.

**Grace is both God's life and God's help. The seven sacraments are the only certain means we have to receive God's life. God's help is available at all times in our daily living.**

Two things are unfolding whenever any sacrament is celebrated: the visible, physical event of the liturgy; and the invisible, spiritual event of a soul entering into a new and deeper phase of life with the Father, the Son and the Holy Spirit.

### Instituted by Christ

The Sacraments are part of God's plan of salvation and have been entrusted to the Church to safeguard and hand on. Jesus Christ established the Sacraments. If we say that the sacraments were instituted by Christ, does this mean He set in place during His life on earth each of the seven sacraments in their present form as we have them today? (*not exactly*) If not, are the sacraments just inventions of the institutional Church? (*no*) The Church teaches us to steer clear of these two extreme views. The TRUTH: The sacraments truly come from Christ by the power of the Holy Spirit. They developed into their present form over time in the life of the Church beginning with the apostolic traditions. The Church has carefully discerned over the centuries how to properly 'dispense' the sacraments under the guidance of the Holy Spirit. See CCC 1116-1117 By establishing the Church, Jesus Christ gave His authority to Peter, the first pope, in order to carry on His mission of salvation.

<sup>1</sup> An excellent resource for understanding more about the sacraments is [Understanding the Sacraments](#) by Peter M.J. Stravinskis. Many of the explanations in this handbook have been drawn from chapter one.

## Prayers for Third Grade

This is provided to assist parents in helping their child learn these prayers.

### **Sign of the Cross** - Mt. 28:19

In the name of the Father and of the Son and of the Holy Spirit. Amen.

CCC 233, 2157

### **Simple Prayers**

-Jesus, I love you.

-Thank You, God.

-God, how great You are.

CCC 2637-2639

### **Grace Before Meals** - Jn 6:11

(Acts 27:25 - The Lord prayed at meals)  
Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty, through Christ our Lord. Amen.

CCC 2698

### **Our Father** - Mt 6:9-13

Our Father,  
Who art in heaven, hallowed be thy name;  
Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

CCC 2759, 2761, 2777-2865

### **Grace After Meals**

We give You thanks, almighty God, for all Your benefits. Who lives and reigns now and forever. Amen.

V. May the Lord grant us His peace.

R. And life everlasting. Amen.

CCC 2698

### **Hail Mary** - Lk. 1:28, 42

Hail Mary, full of grace! the Lord is with thee; blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary,  
Mother of God, pray for us sinners, now and at the hour of our death. Amen.

CCC 2676-2677

### **Prayer to the Guardian Angel**

Angel of God, my guardian dear, to whom God's love commits me here; ever this day be at my side, to light and guard, to rule and guide. Amen.

### **Morning Prayer**

God, our Father, I offer you today all that I think and do and say. I offer it with what was done on earth by Jesus Christ, Your Son. Amen.

CCC 2698

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

CCC 2628

**Jesus**, help me to know you and receive your love for me today.

**Heavenly Father**, help me to know you and receive your love for me today.

**Holy Spirit**, help me to know you and receive your love for me today. Bishop Aquila

### **Responses to Prayers at Mass**

Refer to Parish Worship Guide (Missalette)

## **Prayers for Third Grade continued**

### ***Prayer to St. Michael, the Archangel***

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O prince of the heavenly host, by the power of God, cast into hell Satan and the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

### ***Prayer Before Reconciliation***

Come Holy Spirit,  
give me Your light to see my sins,  
and give me Your help to be sorry for them.  
Show me why I sinned.  
Help me never again to sin on purpose.

### ***Prayer After Reconciliation***

My Jesus, I thank You for washing away my sins in Your Precious Blood.  
Help me to accept my cross each day  
and not to hurt You or others. I love You with  
my whole heart and soul.

### ***Prayer of the Holy Spirit***

Come, Holy Spirit, fill the hearts of Your faithful, and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth. Let us pray. O God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit, we may be truly wise and ever rejoice in His consolation. Through Christ our Lord. Amen.

CCC 2671

### ***Act of Contrition***

*(your parish may use a different one)*

Oh My God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all, because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

CCC 1451

# An Adult Understanding of Confirmation & How to Talk to My Child

## How Can I Help My Child Prepare for Confirmation?

First and foremost, live a life of faith in your home. Foster a personal prayer life of conversion and growth in holiness. If children see that their parents have a strong connection with their church and that they take their faith seriously, they will naturally follow.

Right now you may not be living the faith as best you could. You might have slowly drifted away from Christ and His Church. The good news is that God is always joyful whenever anybody begins again. One can start with small, concrete steps and continue on from there. You and your child can learn together more about the gift of the Holy Spirit at work in your lives.

The whole purpose of Confirmation is for your child to grow in his or her relationship with Jesus Christ. All the sacraments have this as their purpose. You can help by being a good witness to your child.

Along with fostering a personal prayer life, something you can do to help your child in the Sacrament of Confirmation is to understand and learn more about it. Read Send Forth Your Spirit, the pastoral letter on this subject by Bishop Samuel Aquila. Available at: <http://www.fargodiocese.org/educationformation/evangelization/Confirmation/confirmation.pdf>

**More intense prayer  
should prepare one to receive  
the strength and graces  
of the Holy Spirit  
with docility and readiness to act.**

CCC 1310; Acts 1:4

Talk with your child. Explain in your own words what the Sacrament of Confirmation is. Then ask them how they understand the sacrament. Help your child memorize the Gifts and Fruits of the Holy Spirit. Help your child to understand who the Holy Spirit is and how the gifts of the Holy Spirit help us to live. Enable them to see the fruits of the Holy Spirit. Discuss being a witness in your daily lives (CCC 1309). To help you, there are many books that offer good explanations. Ask your parish for additional resources to help you work with your child. Read the Catechism of the Catholic Church sections which cover the Sacrament of Confirmation (CCC 1285-1321).

## Lifelong Formation

Again, the most important thing to keep in mind is that you cannot give to your child what you do not have. If you have (or are in the process of acquiring) a knowledge and love of this sacrament, you will be able to communicate that love and knowledge to your child. Growth in the understanding and living out of our faith is the result of a life-long effort. Remember, the Faith is not a check list of things to do (go to Mass, pray, acts of charity, etc.); rather, we do things in order to grow in our relationship with a person, Jesus Christ. For example, we go to Sunday Mass, not only because it is an obligation, but also because we want to grow in our love for God. We read Scripture to discover more about God and strengthen our relationship with Him.

The following pages are to help you gain an adult understanding of the Sacrament of Confirmation and then how to talk to your children about it.

## Essential Teachings on the Sacrament of Confirmation

The completion and perfection of baptismal grace is accomplished in this sacrament of confirmation, by which the faithful are strengthened by the Holy Spirit, bound more closely to the Church and are thus more fully prepared to receive His Body and Blood in the Holy Eucharist. (CCC 1285, 1302)

### What is the Sacrament of Confirmation? (CCC 1285-1321)

Confirmation is the second of the three sacraments of Christian initiation. Confirmation is the completion of Baptism and the sacrament by which the baptized faithful are anointed with chrism and sealed with the Spirit by the laying on of hands. The grace received is the fullness of the Holy Spirit and his gifts. We also describe this fullness as the completion, strengthening, perfection or augmentation of the Holy Spirit received in Baptism.

Jesus gave us this sacrament to become holy.

### Sacraments of Initiation

Confirmation is linked to the Sacraments of Baptism and the Eucharist. Together, all three are called the Sacraments of Initiation. In the words of the Catechism, these sacraments "lay the foundations of every Christian life." (CCC 1212) They initiate us because they provide an entrance into the fullness of life in Christ.

**Baptism,  
Confirmation  
and Holy Eucharist  
lay the foundations  
of every Christian life.**

CCC 1212

**Through Confirmation,  
God imprints on the soul an  
indelible spiritual mark.**

CCC 1304

### Indelible Mark

The relationship between Baptism and Confirmation is especially close. The Sacrament of Confirmation actually completes and deepens the grace of Baptism. Like Baptism, Confirmation is received only once, for it leaves an indelible mark on the soul. (CCC 698, 1295, 1296, 1304, 1306).

Like Baptism, Confirmation is a free gift of grace that comes from the outpouring of the Holy Spirit. Because of this close relationship between the two sacraments, the Diocese of Fargo restored the ancient order of receiving the Sacraments of Initiation: Baptism, Confirmation, and First Eucharist. As the parent of a child who is to receive confirmation, please read [Send Forth Your Spirit](#), the pastoral letter on this subject by Bishop Samuel Aquila. This document has a summary of the history of Confirmation, its place in the life of the Church, and how the sacrament is to be celebrated in the Diocese of Fargo.<sup>1</sup>

### Who is the Holy Spirit? (CCC 683-747)

The Holy Spirit is a Person, the Third Person of the Trinity (CCC 685). The Holy Spirit is one with the Father and the Son. He is the Spirit of Truth who reveals Christ to us (CCC 687). We first receive the Holy Spirit in Baptism. We can pray to the Holy Spirit and draw strength from Him. A relationship with the Holy Spirit is necessary for all believers because it is only through the Holy Spirit that we receive faith (CCC 683). The Holy Spirit is "the interior Master of Christian prayer" because it is the Spirit that acts in us every time we pray (CCC 2672). We need the Holy Spirit to live a Christian life of faith.

<sup>1</sup> Copies are available at the Diocese of Fargo, 701-356-7900 or by downloading a copy online, [www.fargodiocese.org](http://www.fargodiocese.org).

### **Confirmation is not graduation!**

Unfortunately, over the years, confirmation has been misunderstood as a type of "graduation" from the church that you must earn by attending 10 years of 'CCD', taking a final exam and doing 40 hours of community service. This is not what Confirmation is all about. Confirmation is not graduation. Confirmation is a sacrament of initiation, a beginning of life as a child of God. It is a totally free gift. The pastoral letter, Send Forth your Spirit, addresses this topic in the following way:

**Confirmation  
is not graduation.  
Confirmation  
is a sacrament of initiation,  
a beginning  
of life  
as a child of God.**

**16.** The perfection of baptismal grace found in the Sacrament of Confirmation is not dependent upon age or knowledge of the confirmand. The grace that is conferred is a **free gift** and "does not need ratification to become effective" (Cf. CCC 1308). The common practice of high school or middle school reception of Confirmation could give the impression that somehow the sacrament is merited by virtue of age or training. In truth, the Sacrament of Confirmation is an effective vehicle of grace at any age as long as it is validly conferred. Thus, those that receive the sacrament are able to reap its benefits from the moment of reception. The invisible benefits of this sacrament conferred at a young age could be of great benefit to young people as they grow toward adolescence and young adulthood.

### **Suitable Preparation**

Your child deserves proper age-appropriate preparation for each sacrament. They have the capacity to learn and begin to understand what it is all about. They're not expected to know everything about the Faith. As they mature, they can come to a fuller understanding. Even as adults, we should never stop learning about the Faith. Kindergarteners to seniors in high school are expected to attend parish or school religious education classes. This helps them mature in the Faith and is a support to their family faith life at home.

### **Spiritual Effects of Confirmation**

Those who are confirmed receive the benefits of the sacrament their whole life to be true disciples of Christ. Those spiritual effects of the sacrament are: (CCC 1303, 1316).

- it roots us more deeply as sons and daughters of God;
- it unites us more firmly to Christ;
- it increases the gifts of the Holy Spirit in us;
- it renders our bond with the Church more perfect;
- it gives us a special strength of the Holy Spirit to spread and defend the Faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

**"Be sealed  
with the Gift  
of the Holy Spirit."  
  
CCC 1300**

### **Sacred Chrism Oil & Words of Confirmation**

During the sacrament of confirmation the forehead of the confirmand is anointed with the sacred chrism. This is the oil that is consecrated by the Bishop at the annual Chrism Mass during Lent (you are invited to attend this special Mass at the cathedral). After the forehead is anointed, the Bishop lays his hand on the confirmand and prays aloud, "Be sealed with the Gift of the Holy Spirit".

**Remember:**

All sacraments are a gift from our Heavenly Father, who desires to give us His very life, which we call grace. Sacraments are not earned or merited. For this reason, Confirmation should not be perceived as the sacrament of adult commitment to the Church. In fact, the Church even allows priests to confirm infants and children younger than the age of reason when they are in serious danger of death so that they may receive the fullness of the Holy Spirit. An authentic mature commitment to Christ and the Church is expressed in full participation in the Eucharistic and apostolic life of the Church. It is achieved over a lifetime of faithfulness.

**The Church allows priests to confirm infants and children younger than the age of reason when they are in serious danger of death.**

**Holding a Party for your Child**

Holding a party at your home is not required for Confirmation and First Eucharist. Many families do celebrate their children’s reception of the sacraments in this way with family and friends. Sometimes, preparing for the party is more the focus than preparing for the sacraments. Be careful! As parents, you need to prioritize. Eternal life is much more important than one day of this life on earth. Help your child get ready for the sacraments and then celebrate this special moment in their lives by keeping the focus on Jesus. If you have a party afterwards, please focus it on a celebration of the sacraments – the great gifts your child has received from God.

**Keep the  
FOCUS  
on  
JESUS!**

For many families it is customary for the child to receive gifts from family members and friends. Good gifts help the child to remember their Confirmation and First Eucharist. Some possible gifts that you can get from a Catholic Bookstore include:

1. Children’s Bible
2. Children’s Missal or Children’s Prayer Book
3. A crucifix
4. A rosary
5. Holy medals, scapulars and other religious jewelry
6. Book or statue of their patron saint
7. Holy picture, holy cards

## GOING DEEPER:

### A TWO-WEEK READING ASSIGNMENT

In order to help your child prepare for Confirmation, you must know the facts about Confirmation as the Church teaches and not just rely on your own memory and understanding.

The following pages are set up in a 7 day reading program, 1 page a day.

Please take 5 minutes a day to read and reflect upon the Catechism of the Catholic Church. Please do this 5 minute daily reflection prior to the second parent meeting.

Make notes. Write down any questions of words you don't understand or things you wish to have explained by an example.

Is there something you disagree with? Write it down!

Is there something that you are amazed at? Write it down!

At the second parent meeting you will have the opportunity to ask your questions and get answers.

This knowledge will allow you to hand on the correct teaching to your child.

Suggested prayer to start each day's reading and reflection time:

Prayer for Decision Making by Saint Francis of Assisi

**Most high and glorious God,  
come and enlighten the darkness of my  
heart. Give me right faith,  
certain hope,  
and perfect love,  
that everything I do may be  
in fulfillment of your holy will.  
Through Jesus Christ my Lord. Amen.**

## Day 1: Catechism of the Catholic Church

1285

Baptism, the Eucharist, and the sacrament of Confirmation together constitute the "sacraments of Christian initiation," whose unity must be safeguarded. It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace.<sup>89</sup> For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed."<sup>90</sup>

### I. Confirmation in the Economy of Salvation

[1286](#)

In the Old Testament the prophets announced that the Spirit of the Lord would rest on the hoped-for Messiah for his saving mission.<sup>91</sup> The descent of the Holy Spirit on Jesus at his baptism by John was the sign that this was he who was to come, the Messiah, the Son of God.<sup>92</sup> He was conceived of the Holy Spirit; his whole life and his whole mission are carried out in total communion with the Holy Spirit whom the Father gives him "without measure."<sup>93</sup>

[1287](#)

This fullness of the Spirit was not to remain uniquely the Messiah's, but was to be communicated to *the whole messianic people*.<sup>94</sup> On several occasions Christ promised this outpouring of the Spirit,<sup>95</sup> a promise which he fulfilled first on Easter Sunday and then more strikingly at Pentecost.<sup>96</sup> Filled with the Holy Spirit the apostles began to proclaim "the mighty works of God," and Peter declared this outpouring of the Spirit to be the sign of the messianic age.<sup>97</sup> Those who believed in the apostolic preaching and were baptized received the gift of the Holy Spirit in their turn.<sup>98</sup>

[1288](#)

"From that time on the apostles, in fulfillment of Christ's will, imparted to the newly baptized by the laying on of hands the gift of the Spirit that completes the grace of Baptism. For this reason in the *Letter to the Hebrews* the doctrine concerning Baptism and the laying on of hands is listed among the first elements of Christian instruction. The imposition of hands is rightly recognized by the Catholic tradition as the origin of the sacrament of Confirmation, which in a certain way perpetuates the grace of Pentecost in the Church."<sup>99</sup>

[1289](#)

Very early, the better to signify the gift of the Holy Spirit, an anointing with perfumed oil (*chrism*) was added to the laying on of hands. This anointing highlights the name "Christian," which means "anointed" and derives from that of Christ himself whom God "anointed with the Holy Spirit."<sup>100</sup> This rite of anointing has continued ever since, in both East and West. For this reason the Eastern Churches call this sacrament *Chrismation*, anointing with *chrism*, or *myron* which means "chrism." In the West, the term *Confirmation* suggests that this sacrament both confirms baptism and strengthens baptismal grace.

**Please write down questions to ask about this section of readings:**

## Day 2: Catechism of the Catholic Church

*Two traditions: East and West*

[1290](#)

In the first centuries Confirmation generally comprised one single celebration with Baptism, forming with it a "double sacrament," according to the expression of St. Cyprian. Among other reasons, the multiplication of infant baptisms all through the year, the increase of rural parishes, and the growth of dioceses often prevented the bishop from being present at all baptismal celebrations. In the West the desire to reserve the completion of Baptism to the bishop caused the temporal separation of the two sacraments. The East has kept them united, so that Confirmation is conferred by the priest who baptizes. But he can do so only with the "myron" consecrated by a bishop.<sup>101</sup>

[1291](#)

A custom of the Roman Church facilitated the development of the Western practice: a double anointing with sacred chrism after Baptism. The first anointing of the neophyte on coming out of the baptismal bath was performed by the priest; it was completed by a second anointing on the forehead of the newly baptized by the bishop.<sup>102</sup> The first anointing with sacred chrism, by the priest, has remained attached to the baptismal rite; it signifies the participation of the one baptized in the prophetic, priestly, and kingly offices of Christ. If Baptism is conferred on an adult, there is only one post-baptismal anointing, that of Confirmation.

[1292](#)

The practice of the Eastern Churches gives greater emphasis to the unity of Christian initiation. That of the Latin Church more clearly expresses the communion of the new Christian with the bishop as guarantor and servant of the unity, catholicity and apostolicity of his Church, and hence the connection with the apostolic origins of Christ's Church.

### II. The Signs and the Rite of Confirmation

[1293](#)

In treating the rite of Confirmation, it is fitting to consider the sign of *anointing* and what it signifies and imprints: a spiritual *seal*.

Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy;<sup>103</sup> it cleanses (anointing before and after a bath) and limbers (the anointing of athletes and wrestlers); oil is a sign of healing, since it is soothing to bruises and wounds;<sup>104</sup> and it makes radiant with beauty, health, and strength.

[1294](#)

Anointing with oil has all these meanings in the sacramental life. The pre-baptismal anointing with the oil of catechumens signifies cleansing and strengthening; the anointing of the sick expresses healing and comfort. The post-baptismal anointing with sacred chrism in Confirmation and ordination is the sign of consecration. By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so that their lives may give off "the aroma of Christ."<sup>105</sup>

### Questions to ask about this section of readings:

## Day 3: Catechism of the Catholic Church

[1295](#)

By this anointing the confirmand receives the "mark," the *seal* of the Holy Spirit. A seal is a symbol of a person, a sign of personal authority, or ownership of an object.<sup>106</sup> Hence soldiers were marked with their leader's seal and slaves with their master's. A seal authenticates a juridical act or document and occasionally makes it secret.<sup>107</sup>

[1296](#)

Christ himself declared that he was marked with his Father's seal.<sup>108</sup> Christians are also marked with a seal: "It is God who establishes us with you in Christ and has commissioned us; he has put his seal on us and given us his Spirit in our hearts as a guarantee."<sup>109</sup> This seal of the Holy Spirit marks our total belonging to Christ, our enrollment in his service for ever, as well as the promise of divine protection in the great eschatological trial.<sup>110</sup>

### *The celebration of Confirmation*

[1297](#)

*The consecration of the sacred chrism* is an important action that precedes the celebration of Confirmation, but is in a certain way a part of it. It is the bishop who, in the course of the Chrism Mass of Holy Thursday, consecrates the sacred chrism for his whole diocese. In some Eastern Churches this consecration is even reserved to the patriarch:

The liturgy of Antioch expresses the epiclesis for the consecration of the sacred chrism (myron) in this way: "[Father . . . send your Holy Spirit] on us and on this oil which is before us and consecrate it, so that it may be for all who are anointed and marked with it holy myron, priestly myron, royal myron, anointing with gladness, clothing with light, a cloak of salvation, a spiritual gift, the sanctification of souls and bodies, imperishable happiness, the indelible seal, a buckler of faith, and a fearsome helmet against all the works of the adversary."

**1298**

When Confirmation is celebrated separately from Baptism, as is the case in the Roman Rite, the Liturgy of Confirmation begins with the renewal of baptismal promises and the profession of faith by the confirmands. This clearly shows that Confirmation follows Baptism.<sup>111</sup> When adults are baptized, they immediately receive Confirmation and participate in the Eucharist.<sup>112</sup>

[1299](#)

In the Roman Rite the bishop extends his hands over the whole group of the confirmands. Since the time of the apostles this gesture has signified the gift of the Spirit. The bishop invokes the outpouring of the Spirit in these words:

All-powerful God, Father of our Lord Jesus Christ,  
by water and the Holy Spirit  
you freed your sons and daughters from sin  
and gave them new life. Send your Holy Spirit upon them  
to be their helper and guide. Give them the spirit of wisdom and understanding,  
the spirit of right judgment and courage,  
the spirit of knowledge and reverence.  
Fill them with the spirit of wonder and awe in your presence.  
We ask this through Christ our Lord.<sup>113</sup>

## Questions to ask about this section of readings:

## Day 4: Catechism of the Catholic Church

[1300](#)

The *essential rite* of the sacrament follows. In the Latin rite, "the sacrament of Confirmation is conferred through the anointing with chrism on the forehead, which is done by the laying on of the hand, and through the words: '*Accipe signaculum doni Spiritus Sancti*' [Be sealed with the Gift of the Holy Spirit.]"<sup>114</sup> In the Eastern Churches of Byzantine rite, after a prayer of epiclesis, the more significant parts of the body are anointed with myron: forehead, eyes, nose, ears, lips, chest, back, hands, and feet. Each anointing is accompanied by the formula *Σφραγὶς δωρεᾶς Πνεύματος Ἁγίου* (*Signaculum doni Spiritus Sancti*): "the seal of the gift of the Holy Spirit."<sup>115</sup>

**1301**

The sign of peace that concludes the rite of the sacrament signifies and demonstrates ecclesial communion with the bishop and with all the faithful.<sup>116</sup>

### III. The Effects of Confirmation

[1302](#)

It is evident from its celebration that the effect of the sacrament of Confirmation is the special outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost.

[1303](#)

From this fact, Confirmation brings an increase and deepening of baptismal grace:

- it roots us more deeply in the divine filiation which makes us cry, "Abba! Father!";<sup>117</sup>
- it unites us more firmly to Christ;
- it increases the gifts of the Holy Spirit in us;
- it renders our bond with the Church more perfect;<sup>118</sup>
- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross:<sup>119</sup>

Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts.<sup>120</sup>

### Questions to ask about this section of readings:

## Day 5: Catechism of the Catholic Church

[1304](#)

Like Baptism which it completes, Confirmation is given only once, for it too imprints on the soul an *indelible spiritual mark*, the "character," which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness.<sup>[121](#)</sup>

[1305](#)

This "character" perfects the common priesthood of the faithful, received in Baptism, and "the confirmed person receives the power to profess faith in Christ publicly and as it were officially (*quasi ex officio*)."<sup>[122](#)</sup>

### IV. Who Can Receive This Sacrament?

[1306](#)

Every baptized person not yet confirmed can and should receive the sacrament of Confirmation.<sup>[123](#)</sup> Since Baptism, Confirmation, and Eucharist form a unity, it follows that "the faithful are obliged to receive this sacrament at the appropriate time,"<sup>[124](#)</sup> for without Confirmation and Eucharist, Baptism is certainly valid and efficacious, but Christian initiation remains incomplete.

**1307**

For centuries, Latin custom has indicated "the age of discretion" as the reference point for receiving Confirmation. But in danger of death children should be confirmed even if they have not yet attained the age of discretion.<sup>[125](#)</sup>

[1308](#)

Although Confirmation is sometimes called the "sacrament of Christian maturity," we must not confuse adult faith with the adult age of natural growth, nor forget that the baptismal grace is a grace of free, unmerited election and does not need "ratification" to become effective. St. Thomas reminds us of this:

Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity: as the book of Wisdom says: "For old age is not honored for length of time, or measured by number of years." Many children, through the strength of the Holy Spirit they have received, have bravely fought for Christ even to the shedding of their blood.<sup>[126](#)</sup>

**1309**

*Preparation* for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.<sup>[127](#)</sup>

### Questions to ask about this section of readings:

## Day 6: Catechism of the Catholic Church

[1310](#)

To receive Confirmation one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act.<sup>128</sup>

[1311](#)

Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a *sponsor*. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents.<sup>129</sup>

### V. The Minister of Confirmation

[1312](#)

The *original minister* of Confirmation is the bishop.<sup>130</sup>

In the East, ordinarily the priest who baptizes also immediately confers Confirmation in one and the same celebration. But he does so with sacred chrism consecrated by the patriarch or the bishop, thus expressing the apostolic unity of the Church whose bonds are strengthened by the sacrament of Confirmation. In the Latin Church, the same discipline applies to the Baptism of adults or to the reception into full communion with the Church of a person baptized in another Christian community that does not have valid Confirmation.<sup>131</sup>

[1313](#)

*In the Latin Rite*, the ordinary minister of Confirmation is the bishop.<sup>132</sup> If the need arises, the bishop may grant the faculty of administering Confirmation<sup>133</sup> to priests, although it is fitting that he confer it himself, mindful that the celebration of Confirmation has been temporally separated from Baptism for this reason. Bishops are the successors of the apostles. They have received the fullness of the sacrament of Holy Orders. The administration of this sacrament by them demonstrates clearly that its effect is to unite those who receive it more closely to the Church, to her apostolic origins, and to her mission of bearing witness to Christ.

[1314](#)

If a Christian is in danger of death, any priest can give him Confirmation.<sup>134</sup> Indeed the Church desires that none of her children, even the youngest, should depart this world without having been perfected by the Holy Spirit with the gift of Christ's fullness.

### Questions to ask about this section of readings:

## Day 7: Catechism of the Catholic Church

### IN BRIEF

1315

"Now when the apostles at Jerusalem heard that Samaria had received the word of God, they sent to them Peter and John, who came down and prayed for them that they might receive the Holy Spirit; for it had not yet fallen on any of them, but they had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit" (Acts 8:14-17).

1316

Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds.

1317

Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason one can receive this sacrament only once in one's life.

1318

In the East this sacrament is administered immediately after Baptism and is followed by participation in the Eucharist; this tradition highlights the unity of the three sacraments of Christian initiation. In the Latin Church this sacrament is administered when the age of reason has been reached, and its celebration is ordinarily reserved to the bishop, thus signifying that this sacrament strengthens the ecclesial bond.

1319

A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.

1320

The essential rite of Confirmation is anointing the forehead of the baptized with sacred chrism (in the East other sense-organs as well), together with the laying on of the minister's hand and the words: "*Accipe signaculum doni Spiritus Sancti*" (Be sealed with the Gift of the Holy Spirit.) in the Roman rite, or: *Signaculum doni Spiritus Sancti* (the seal of the gift of the Holy Spirit) in the Byzantine rite.

1321

When Confirmation is celebrated separately from Baptism, its connection with Baptism is expressed, among other ways, by the renewal of baptismal promises. The celebration of Confirmation during the Eucharist helps underline the unity of the sacraments of Christian initiation.

#### Notes

89. Cf. *Roman Ritual*, Rite of Confirmation (OC), Introduction 1.
90. LG 11; cf. OC, Introduction 2.
91. Cf. *Isa* 11:2; 61:1; *Lk* 4:16-22.
92. Cf. *Mt* 3:13-17; *Jn* 1:33-34.
93. *Jn* 3:34.
94. Cf. *Ezek* 36:25-27; *Joel* 3:1-2.
95. Cf. *Lk* 12:12; *Jn* 3:5-8; 7:37-39; 16:7-15; *Acts* 1:8.
96. Cf. *Jn* 20:22; *Acts* 2:1-4.
97. *Acts* 2:11; cf. 2:17-18.
98. Cf. *Acts* 2:38.
99. Paul VI, *Divinae consortium naturae*, 659; cf. *Acts* 8:15-17; 19:5-6; *Heb* 6:2.

100. *Acts* 10:38.
101. Cf. CCEO, can. 695 § 1; 696 § 1.
102. Cf. St. Hippolytus, *Trad. Ap.* 21: Sch 11, 80-95.
103. *Deut* 11:14; *Pss* 23:5; 104:15.
104. Cf. *Isa* 1:6; *Lk* 10:34.
105. *2 Cor* 2:15.
106. Cf. *Gen* 38:18; 41:42; *Deut* 32:34; *CT* 8:6.
107. Cf. *1 Kings* 21:8; *Jer* 32:10; *Isa* 29:11.
108. Cf. *Jn* 6:27.
109. *2 Cor* 1:21-22; cf. *Eph* 1:13; 4, 30.
110. Cf. *Rev* 7:2-3; 9:4; *Ezek* 9:4-6.
111. Cf. SC 71.
112. Cf. CIC, can. 866.

113. OC 25.  
 114. Paul VI, apostolic constitution, *Divinae consortium naturae*, 663.  
 115. *Rituale per le Chiese orientali di rito bizantino in lingua greca*, Pars Prima (Libreria Editrice Vaticana, 1954), 36.  
 116. Cf. St. Hippolytus, *Trad. Ap.* 21: SCh 11, 80-95.  
 117. *Rom* 8:15.  
 118. Cf. *LG* 11.  
 119. Cf. Council of Florence (1439): DS 1319; *LG* 11; 12.  
 120. St. Ambrose, *De myst.* 7, 42: PL 16, 402-403.  
 121. Cf. Council of Trent (1547): DS 1609; *Lk* 24:48-49.  
 122. St. Thomas Aquinas, *STh* III, 72, 5, *ad* 2.  
 123. 2Cf. CIC, can. 889 § 1.  
 124. CIC can. 890.  
 125. Cf. CIC, cann. 891; 883, 3°.  
 126. St. Thomas Aquinas, *STh* III, 72, 8, *ad* 2; cf. *Wis* 4:8.  
 127. Cf. OC Introduction 3.  
 128. Cf. *Acts* 1:14.  
 129. Cf. OC Introduction 5; 6; CIC, can. 893 §§ 1- 2.  
 130. Cf. *LG* 26.  
 131. Cf. CIC, can. 883 § 2.  
 132. Cf. CIC, can. 882.  
 133. Cf. CIC, can. 884 § 2.  
 134. Cf. CIC, can. 883 § 3.

## **ADDITIONAL OPTIONAL READINGS FROM THE CATECHISM OF THE CATHOLIC CHURCH**

### **Section from CCC on the Holy Spirit**

|                 |   |
|-----------------|---|
| _____ 687 – 688 | <b>Article 8: I Believe in the Holy Spirit</b>                |
| _____ 689 – 690 | <b>I. The Joint Mission of the Son and the Spirit</b>         |
| _____ 691 - 701 | <b>II. The Name, Titles and Symbols of the Holy Spirit</b>    |
| _____ 702       | <b>III. God’s Spirit and Word in the Time of the Promises</b> |
| _____ 703 – 704 | <b>In creation</b>  |
| _____ 705 – 706 | <b>The Spirit of the promise</b>                              |
| _____ 707 – 708 | <b>In Theophanies and the Law</b>                             |
| _____ 709 – 710 | <b>In the Kingdom and the Exile</b>                           |
| _____ 711 – 716 | <b>Expectation of the Messiah and his Spirit</b>              |

### **IV. The Spirit of Christ in the Fullness of Time**

|                 |   |
|-----------------|---|
| _____ 717 – 720 | <b>John, precursor, prophet and Baptist</b> |
| _____ 721 – 726 | <b>“Rejoice, you who are full of grace”</b> |
| _____ 727 – 730 | <b>Christ Jesus</b>                         |

### **V. The Spirit and the Church in the Last Days**

|                 |                                       |
|-----------------|---------------------------------------|
| _____ 731 – 732 | <b>Pentecost</b>                      |
| _____ 733 – 736 | <b>The Holy Spirit – God’s gift</b>   |
| _____ 737 – 741 | <b>The Holy Spirit and the Church</b> |
| _____ 742 – 747 | <b><u>IN BRIEF</u></b>                |

## **Activities & Resources**

**The following pages are just some ways  
of helping you teach your child about  
the Sacrament Confirmation.**

## Introduction to Prayer: Preparing your child for Confirmation

For many people, children included, prayer begins with the reciting of prayer formulas, such as the Our Father, Hail Mary, Glory Be and bedtime prayers. Others might also include spontaneous petitions like “God bless mommy, God bless daddy, and God help me be good.” These beginning prayers serve as a foundation of prayer for one’s entire life. It is a good starting point to grow from.

Prayer is raising one’s heart and mind to God. The life of prayer must not be reduced to reciting a certain check list of prayers. Prayer is simple; its spending time with the One who created us, redeemed us, sanctified us, loves us and desires for us to be with Him forever.

“More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act” (CCC 1310). As a parent, your witness of prayer will be key to your child’s developing a more intense prayer, not only to receive the sacrament, but for their entire life as a Christian. God’s design is for parents to teach their children to pray.

**PRAYER is  
spending time  
with the One  
who created us,  
redeemed us,  
sanctified us, loves us  
and desires for us  
to be with Him  
forever.**

### How do I teach my child to pray?

First, by your example of a life of prayer, not only going to Mass on Sunday and regular Reconciliation, but also taking time to pray each day. Just like food nourishes our bodies, prayer nourishes our souls.

Second, by helping your child to memorize and understand the prayers from the list of Third Grade Prayers.

### Where can I read about Jesus’ prayer life?

The four gospels, Matthew, Mark, Luke and John, record Jesus life of prayer and what Jesus taught about prayer. The following passages will get you started. Read and discuss them with your children.

- Luke 11:1 Jesus is praying.
- Luke 11:1-4 Jesus teaches the Our Father.
- Luke 11:5-13 Jesus tells the parable of the late night, persistent friend.
- Luke 18:1-8 Jesus tells the parable of the widow and the judge.
- Luke 18:9-14 Jesus tells the parable of the Pharisee and the humble tax collector.
- Luke 22:39-46 Jesus prays and seeks the Father’s will even at the coming of His death.
- Luke 23:46 Jesus’ last words are a prayer of trust in God.

You can also read the *Catechism of the Catholic Church* section on prayer (CCC 2598-2616).

### What if I cannot teach my child to pray?

Do not be afraid. There is no doubt that you will be able to teach your child to pray. God comes to us and tirelessly calls each one of us. Open your heart to Jesus. Through the Holy Spirit, God even helps us know what to pray. Begin by looking at Jesus. Jesus prays and Jesus teaches us how to pray. Furthermore, as parents, through the sacrament of Matrimony, the Holy Spirit will assist you in teaching your children to pray. Ask your priest for help – he loves bringing others to Jesus!

## Praying a Novena to the Holy Spirit with your Child

A novena is nine consecutive days of prayer. The *Novena to the Holy Spirit* is the oldest of all novenas since it was first made at the direction of Our Lord Himself, when He sent His apostles back to Jerusalem to await the coming of the Holy Spirit on Pentecost. In other words, the Twelve Apostles spent nine days praying to prepare for receiving the power of the Holy Spirit. You can do the same thing to prepare with your child for their Confirmation. You might also have their sponsor join in.

The *Novena to the Holy Spirit* begins with The Act of Consecration and The Prayer for the Seven Gifts of the Holy Spirit; (page 28) which are recited daily along with the prayers for the day.

### **FIRST DAY - The Holy Spirit**

Only one thing is important -- eternal salvation. Only one thing, therefore, is to be feared--sin. Sin is the result of ignorance, weakness, and indifference. The Holy Spirit is the Spirit of Light, of Strength, and of Love. With His sevenfold gift He enlightens the mind, strengthens the will, and inflames the heart with love of God. To ensure our salvation we ought to invoke the Divine Spirit daily, for "The Spirit helps our infirmity. We know not what we should pray for as we ought. But the Spirit Himself asks for us."

**Prayer:** Almighty and eternal God, Who has vouchsafed to regenerate us by water and the Holy Spirit, and has given us forgiveness of all sins, vouchsafe to send forth from heaven upon us your sevenfold gift, the gifts of Wisdom and Understanding, the gifts of Counsel and Fortitude, the gifts of Knowledge and Piety, and fill us with the gift of Holy Fear. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **SECOND DAY - The Gift of Wisdom**

Embodying all the other gifts, as charity embraces all the other virtues, Wisdom is the most perfect of the gifts. Of wisdom it is written "all good things came to me with her, and innumerable riches through her hands." It is the gift of Wisdom that strengthens our faith, fortifies hope, perfects charity, and promotes the practice of virtue in the highest degree. Wisdom enlightens the mind to discern and relish things divine, in the appreciation of which earthly joys lose their savor, while the Cross of Christ yields a divine sweetness according to the words of the Savior: "Take up your cross and follow me, for my yoke is sweet and my burden light".

**Prayer:** Come, O Spirit of Wisdom, and reveal to my soul the mysteries of heavenly things, their exceeding greatness, power and beauty. Teach me to love them above and beyond all the passing joys and satisfactions of earth. Help me to attain them and possess them for ever. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **THIRD DAY - The Gift of Understanding**

Understanding, as a gift of the Holy Spirit, helps us to grasp the meaning of the truths of our holy religion. By faith we know them, but by Understanding we learn to appreciate and relish them. It enables us to penetrate the inner meaning of revealed truths and through them to be quickened to newness of life. Our faith ceases to be sterile and inactive, but inspires a mode of life that bears eloquent testimony to the faith that is in us; we begin to "walk worthy of God in all things pleasing, and increasing in the knowledge of God."

**Prayer:** Come, O Spirit of Understanding, and enlighten our minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Your Light; and in the light of glory to have a clear vision of You, Holy Spirit and the Father and the Son. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **FOURTH DAY - The Gift of Counsel**

The gift of Counsel endows the soul with supernatural prudence, enabling it to judge promptly and rightly what must be done, especially in difficult circumstances. Counsel applies the principles furnished by Knowledge and Understanding to the innumerable concrete cases that confront us in the course of our daily duty as parents, teachers, public servants, and Christian citizens. Counsel is supernatural common sense, a priceless treasure in the quest of salvation. "Above all these things, pray to the Most High, that He may direct Your way in truth."

**Prayer:** Come, O Spirit of Counsel, help and guide me in all my ways, that I may always do Your holy will. Incline my heart to that which is good; turn it away from all that is evil, and direct me by the straight path of Your commandments to that goal of eternal life for which I long. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **FIFTH DAY - The Gift Of Fortitude**

By the gift of Fortitude the soul is strengthened against natural fear, and supported to the end in the performance of duty. Fortitude imparts to the will an impulse and energy which move it to undertake without hesitancy the most arduous tasks, to face dangers, to trample under foot human respect, and to endure without complaint the slow martyrdom of even lifelong tribulation. "He that shall persevere unto the end, he shall be saved."

**Prayer:** Come, O Blessed Spirit of Fortitude, uphold my soul in time of trouble and adversity, sustain my efforts after holiness, strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome and separated from You, my God and greatest Good. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **SIXTH DAY - The Gift of Knowledge**

The gift of Knowledge enables the soul to evaluate created things at their true worth--in their relation to God. Knowledge unmasks the pretense of creatures, reveals their emptiness, and points out their only true purpose as instruments in the service of God. It shows us the loving care of God even in adversity, and directs us to glorify Him in every circumstance of life. Guided by its light, we put first things first, and prize the friendship of God beyond all else. "Knowledge is a fountain of life to him that possesses it."

**Prayer:** Come, O Blessed Spirit of Knowledge, and grant that I may perceive the will of the Father; show me the nothingness of earthly things, that I may realize their vanity and use them only for Your glory and my own salvation, looking ever beyond them to You, and Your eternal rewards. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **SEVENTH DAY - The Gift of Piety**

The gift of Piety begets in our hearts a filial affection for God as our most loving Father. It inspires us to love and respect for His sake persons and things consecrated to Him, as well as those who are vested with His authority, His Blessed Mother and the Saints, the Church and its visible Head, our parents and superiors, our country and its rulers. He who is filled with the gift of Piety finds the practice of his religion, not a burdensome duty, but a delightful service. Where there is love, there is no labor.

**Prayer:** Come, O Blessed Spirit of Piety, possess my heart. Enkindle therein such a love for God that I may find satisfaction only in His service, and for His sake lovingly submit to all legitimate authority. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **EIGHTH DAY - The Gift of Fear**

The gift of Fear fills us with a sovereign respect for God, and makes us dread nothing so much as to offend Him by sin. It is a fear that arises, not from the thought of hell, but from sentiments of reverence and filial submission to our heavenly Father. It is the fear that is the beginning of wisdom, detaching us from worldly pleasures that could in any way separate us from God. "They that fear the Lord will prepare their hearts, and in His sight will sanctify their souls."

**Prayer:** Come, O blessed Spirit of Holy Fear, penetrate my inmost heart that I may set you, my Lord and God, before my face forever. Help me to shun all things that can offend You, and make me worthy to appear before the pure eyes of Your Divine Majesty in heaven, where You live and reign in the unity of the ever Blessed Trinity, God world without end. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

### **NINTH DAY - The Fruits of the Holy Spirit**

The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue more perfect. Such acts of virtue leave the heart filled with joy and consolation and are known as Fruits of the Holy Spirit. These Fruits in turn render the practice of virtue more attractive and become a powerful incentive for still greater efforts in the service of God.

**Prayer:** Come, O Divine Spirit, fill my heart with Your heavenly fruits, Your charity, joy, peace, patience, benignity, goodness, faith, mildness, and temperance, that I may never weary in the service of God, but by continued faithful submission to Your inspiration may merit to be united eternally with You in the love of the Father and the Son. Amen.

(Our Father, Hail Mary, Glory be - 7 Times, Act of Consecration, Prayer for the Seven Gifts)

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

(recite daily during the nine days of the novena)

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your disciples and witnesses, please 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 gift of Wisdom that I may know as God knows, striving to have the mind and heart of Jesus Christ, desiring the gifts that are for eternal life and despising those things that will lead me away, the gift of Understanding to enlighten my mind with the light of your divine truth, the gift of knowledge that I may know You, know myself and know the value of all creation in light of their relationship with God so to grow in perfect holiness as the saints, the gift of counsel that I may always know the right decisions to make in my life, to choose the good and to avoid evil, ever choosing the surest way of pleasing God and gaining heaven, the gift of Fortitude that I may bear my cross with You and that I may overcome with courage all the obstacles that prevent me from being a faithful disciple and constant witness, the gift of Piety that will heal my heart and open my heart tenderly towards God and others, so that service of You is sweet, and the gift of Fear that I may be filled with a loving reverence towards God and may dread in any way to displease You. Mark me, dear Lord with the sign of Your true disciples and animate me in all things with Your Spirit. Amen.

### **Act of Consecration to the Holy Spirit**

(recite daily during the nine days of the novena)

On my knees before the great multitude of heavenly witnesses, I offer myself, soul and body to You, Holy Spirit. I adore the brightness of Your purity, the unerring keenness of Your justice, and the might of Your love. You are the Strength and Light of my soul. In you I live and move and have my being. I desire never to grieve You by unfaithfulness and I pray with all my heart to be kept from the smallest sin against You. Mercifully guard my every thought, word, deed and hope. Grant that I may always watch for Your light, listen to Your voice, and follow Your gracious inspirations. I cling to You and give myself to You and ask You, by Your compassion to watch for Your light, listen to Your voice, and follow Your gracious inspirations. I cling to You and give myself to You and ask You, by Your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus, looking at His Five Wounds, trusting in His Precious Blood, adoring His Side and stricken Heart, I implore You, Adorable Spirit, Helper of my infirmity, to keep me in Your grace that I may never sin against You. Give me grace O Holy Spirit, Spirit of the Father and the Son to say to You always and everywhere, "Speak Lord for Your servant is listening." Amen.

# Helping Your Child Choose a Confirmation Sponsor

Directions: Parents lead a discussion with your child to talk about whom to pick for a sponsor. It is important to choose a good sponsor to help your child follow Jesus Christ as best as they can. Parishes may have a form to fill out in order to have the sponsor approved.

## Do I really need a sponsor?

Yes. Everyone needs help living the Christian life. Sponsors, along with parents, have the duty of helping you to follow Jesus Christ. Because it is good for you, the church makes it a requirement for confirmation.

## Who can be a sponsor?

They must be willing and able to help you live your life as a Christian. Do they love Jesus with their whole heart? Do they love others? Who is your godparent from baptism? If your godparent is doing a good job following Jesus, it is recommended that you have him or her be your confirmation sponsor to continue in the role they began at your baptism. If you had two godparents, you can even ask them both and have two sponsors (only one is required).

Specifically, the church requires that sponsors:

- must be sixteen years old
- may not be the natural or adoptive parents of the confirmand
- must be fully initiated into the Catholic Faith (Baptism, Confirmation, and Eucharist)
- must be leading a life in harmony with the Catholic Faith
- must be free of any canonical impediment

From this list, you can see that sometimes a best friend or favorite relative is not the right choice for being a sponsor. Not everyone can be a sponsor. Be sure to ask your parish priest if the person you choose would be a good sponsor.

## How do I ask someone to be my sponsor?

Just ask. Let them know why you are asking them. If they say, yes, then put them in contact with your parish priest, so he can talk to them and make sure they meet all the requirements. Your parish might schedule some sponsor sessions that they will need to attend or have other paperwork to fill out.

Once your sponsor has been approved, invite them to be involved with your preparation. Go to Mass together; invite them to class, pray with and for one another, attend the retreat together, talk about what saint you will choose for your confirmation name, etc.

For more information:

*Rite of Christian Initiation*, Introduction, 5-6; *Code of Canon Law*, 872-874, 892-893; *Catechism of the Catholic Church* 1311; and the *Rite of Christian Initiation of Adults*, Introduction, 10.2.

# Reviewing the Baptismal Promises with your Child

**DIRECTIONS:** Assist your child in understanding the meaning of a promise and how to keep a promise. Then discuss each of the baptismal promises below that they will renew at confirmation.

Being able to renew one's baptismal promises is one of the requirements for being able to receive Confirmation. The baptismal promises are the promises we made (or that our parents made for us) at the time of our Baptism. During the celebration of Confirmation, the bishop asks the child to make these promises for themselves. Even after we are confirmed, we are asked to renew these promises.

The promises consist of rejecting sin and professing the faith. There are two forms of the rejection of sin, but they are essentially the same. They are used at Mass during various times of the year.

## Rejection of Sin

### Form One

1. Do you reject satan? I do.
2. And all his works? I do.
3. And all of his empty promises? I do.

### Form Two

1. Do you reject sin so as to live in the freedom of God's children? I do.
2. Do you reject the glamour of evil, and refuse to be mastered by sin? I do.
3. Do you reject satan, father of sin and prince of darkness? I do.

## Profession of Faith

4. Do you believe in God the Father almighty, Creator of heaven and earth? I do.
5. Do you believe in Jesus Christ, His only Son, our Lord,  
who was born of the Virgin Mary, was crucified, died, and was buried,  
rose from the dead, and is now seated at the right hand of the Father? I do.
6. Do you believe in the Holy Spirit,  
the Lord, the giver of life, who came upon the apostles at Pentecost  
and today is given to you sacramentally in confirmation? I do.
7. Do you believe in the holy catholic Church,  
the communion of saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting? I do.

## Conclusion

This is our faith. This is the faith of the Church. We are proud to profess it in Jesus our Lord.

Amen

## Reviewing the Gifts of the Holy Spirit with your Child

**DIRECTIONS:** Parents lead a discussion with your child to talk about the gifts of the Holy Spirit. Think of examples that show what this looks like in your life when you use each gift.

We first receive the seven gifts of the Holy Spirit in Baptism. These gifts are strengthened in Confirmation. (cf. Is 11:1-3; CCC 1831). The gifts of the Holy Spirit help us to live as children of God and disciples of Jesus. The gifts complete and perfect the virtues.

Imagine an artist. An artist cannot paint without tools like brushes, a canvas, paints, etc., so too a Christian cannot live as a Christian without the gifts of the Holy Spirit. But owning the tools is still not enough for an artist to be an artist. An artist needs to practice and figure out how to use the tools, so also a Christian cannot be a Christian unless they practice and figure out how to use the gifts of the Holy Spirit.

The gifts of the Holy Spirit take practice to see; they are not as easily seen as an artist's tools. Fortunately, the Holy Spirit is with us always as our interior teacher and guide. We can always ask the Holy Spirit for help. Learning the meaning of each of the gifts of the Holy Spirit is the start for understanding how to use them in our daily life as a Christian.

**wisdom** first and greatest gift; wisdom is having the ways and thoughts of God, the mind and heart of Jesus Christ; helps us to know as God knows; helps us to love the things of God; helps us to act the way God would wish. Wisdom is the ability to see how all things work together in God's plan of salvation.

**understanding** gift which gives us insight into the truths of faith. Understanding deepens our knowledge of God and the meaning of His teachings and life; a sort of divine intuition.

**Counsel (right judgment)** gift that helps us to know the right decisions to make in our life, to see and choose correctly what will help most to follow God; helps us to seek advice and follow direction from godly people. Counsel is the gift that points out to us the path God wants us to follow and the dangers to avoid in order to reach heaven; sometimes called "right judgment"

**Fortitude (courage)** gift that gives us the strength to live our faith, to live as Jesus calls us to live, to obey the commandments; gives us the courage to love God in the face of all obstacles, even death, and gives us a willingness to suffer for the sake of the Kingdom of God; sometimes called "courage"

**knowledge** gift which helps us know God, know ourselves and know the value of all created things as God intended.

**Piety (reverence)** gift of having devotion to God; gift that heals our hearts and helps us to open them tenderly towards God and others; helps us to love and worship God; helps us to pray and gives us a deep respect for God, for all of His people and for all of His creation; sometimes called "reverence".

**fear of the Lord (wonder and awe)** gift that helps us recognize the majesty of God (how great He is) and how much we need Him; gives us the desire to avoid anything that would separate us from His love; helps us to pray to God and never lose trust in Him; sometimes called "wonder and awe".

## Reviewing the Fruits of the Holy Spirit with your Child

**DIRECTIONS:** Parents lead a discussion with your child to talk about the fruits of the Holy Spirit. Think of examples that show what this looks like in your child's life when they use each gift.

If you see apples on a tree, what kind of tree is it? What if you see oranges on a tree? Similarly, the fruits of the Holy Spirit show the work of the Holy Spirit. If you are often mean, angry, greedy, unhappy, and impatient, etc. then you need to make some changes in order to produce the fruits of the Holy Spirit.

The fruits of the Holy Spirit give us a slice of heaven right now on earth. This taste of heaven is given to the individual and everyone that the individual encounters either directly or indirectly. In other words, people who do not know Jesus can come to know Him by meeting someone who is living like Him (as His witness and disciple).

There are twelve fruits of the Holy Spirit (cf. Gal. 5:22-23, CCC 1832). Learning the meaning of each of these will help you see if these fruits are in your life or if you need to work more on developing them. You can pray that the Holy Spirit would help you have more of these fruits.

**charity (love)** loving God above all things and loving all other people. Charity is the sign that you love God as your good Father and others as Jesus loves you. Your love is so great that you show selfless service to others by your prayers, words and actions.

A time when my son or daughter showed charity: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**joy** interior, unshakeable happiness. Joy is deep and constant gladness in the Lord that cannot be destroyed by other people or things. It comes from a good relationship with God and others, a relationship of genuine love.

A time when my son or daughter showed joy: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**peace** not only the absence of fighting and violence, but also an internal presence resulting from a friendship with God and His Family, the Church. Peace comes from knowing that everything will be ok because God is with us. A disciple faithful to God's will is calm, not anxious or upset.

A time when my son or daughter showed peace: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**patience** seeing things and waiting in God's time. Patience is love that is willing to endure life's sufferings. It means not giving up when it is hard to act like Jesus. We trust that God is in control and wait for Him.

A time when my son or daughter showed patience: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**kindness** acting as God acts towards others, forgiving others even when they hurt us. Kindness is showing we care and doing good to others. It is showing Jesus' love to all.

A time when my son or daughter showed kindness: \_\_\_\_\_

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**goodness** all the qualities and virtues which make us what God wants us to be. Goodness is a sign that we love all people without exception and do good to them. Goodness comes from God's great love.

A time when my son or daughter showed goodness: \_\_\_\_\_

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**generosity** willingness to give all that we have received to God and others. Generosity is giving and sharing without asking or wanting something in return. It finds ways to make others happy.

A time when my son or daughter showed generosity: \_\_\_\_\_

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**gentleness** acting towards others with the recognition that you cannot make them follow Jesus, they need to decide for themselves. Gentleness is really strength softened by love so we can be gentle and kind. A gentle person has the power to forgive instead of getting angry.

A time when my son or daughter showed gentleness: \_\_\_\_\_

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**faithfulness** following Jesus in every way. You are faithful when you show loyalty to God, trusting and obeying Him. Faithful people are dependable; they keep their promises.

A time when my son or daughter showed faithfulness: \_\_\_\_\_

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**modesty** dress or conduct that respects others. Modesty is moderation in all our actions, especially how we dress, talk and behave with others. Modesty is a sign that we give credit to God for our talents and successes.

A time when my son or daughter showed modesty: \_\_\_\_\_

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**self-control** temperance, knowing when enough is enough, right control over ones' desire. Self-control means controlling our thoughts, words and actions. We control our emotions and desires instead of letting them control us. We decide to be good.

A time when my son or daughter showed self-control: \_\_\_\_\_

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**chastity** purity in thought, word, and act. Chastity helps us to be pure in mind, heart and body. It helps us respect ourselves and others.

A time when my son or daughter showed chastity: \_\_\_\_\_

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# Helping your Child Choose A Confirmation Name

A name is used by the bishop in Confirmation. “ *N*, be sealed with the gift of the Holy Spirit.” (RC # 27) This name must be *either* your child’s formal Baptismal name *or* the name of a person who has officially been declared a saint, blessed, or venerable or who is one of the faithful from the Bible. As parents, you will need to assist your child in choosing a Confirmation name. When chosen, the saint becomes your child’s special patron and can be called upon in prayer to intercede for them. This is called their patron saint.

## How do I help my child choose a Confirmation name?

### 1. Start with the baptismal name.

Are there saints with the same name as your child? Research their life-stories. If you intentionally named your child after a saint, tell them why you chose that name. What do they have in common with their name-sake?

### 2. Patron saints.

Help your child to understand that they are not simply choosing a name they like, but they are asking a saint to be their close friend for the rest of their lives. We call these saint friends “patrons.” Patrons help us live as Christians both through their praying for us (intercession) and their good example (witness) (cf. CCC 2156, 956).

### 2. Research the saints.

Take time to read the lives of the saints and find something in common or inspiring about them. There are many different books on saints. The internet also has many different websites on the saints. One place to start is <http://www.catholicforum.com/saints/indexsnt.htm>. This site provides a list by topic and by name. Another site is <http://www.catholic.org/saints/calendar> which provides a list by date.

You might start your reading with a saint that has similar interests to your child (music, sports, etc).

Sometimes, patrons are chosen because of the day their feast day falls on, e.g. if your child’s birthday is on August 4, they might chose St. John Vianney. Sometimes, patrons might be chosen because of family ties, e.g. the child’s grandpa’s name is Mark, grandpa is a great, so the child chooses St. Mark. Ultimately, the patron chosen should be someone that your child wants to imitate in their love for Christ and others.

### 3. Choose a saint.

After researching, pick a saint. Let the parish know the saint you have chosen by completing the Confirmation Name Report Form.

### 4. Ask the saint for their prayers.

The child should ask the saint to be their friend (patron) and to help them be holy. As parents, you might encourage them to write a letter to the saint. Teach your child to ask for the saint’s intercession. Consider getting them a picture / holy card, book or statue of the saint. Celebrate on the feast day of the saint in a special way.

### 5. Practice telling the saint’s story.

Your child will be asked why they chose the particular patron. They should be able to explain who the saint is, how they were a faithful disciple and witness of Jesus Christ, and what they hope to imitate in their own lives as a disciple and witness.

# Confirmation Name Report Form

DIRECTIONS: After finding a saint that inspires your faith, complete the form below and give it to your catechist (your religion teacher). Your parents should help you.

What saint have you asked to be your friend? \_\_\_\_\_

What are they the patron saint of? \_\_\_\_\_

When is their feast day? \_\_\_\_\_

Where was the saint born? \_\_\_\_\_

How old was the saint when they died? \_\_\_\_\_

How many brothers and sisters did the saint have? \_\_\_\_\_

Why did you choose this saint to be your friend? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Name two ways that the saint was a disciple and witness of Jesus Christ? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why do we need friends in heaven? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

PARENTS, PLEASE PRINT

Candidate's First Name: \_\_\_\_\_

Date: \_\_\_\_\_

Candidate's Last Name: \_\_\_\_\_

Candidate's Confirmation Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

# Sacrament of Confirmation Discussion Questions

DIRECTION: Parents lead a discussion with their child to talk about the sacrament of Confirmation.

**1. What is the sacrament of the Confirmation?**

It is special outpouring of the Holy Spirit upon me so I can become a more faithful disciple and a stronger witness of Jesus. With Confirmation I am more fully prepared to receive the Eucharist (Jesus' Body and Blood).

**2. When does the Holy Spirit first come to dwell within you?**

The Holy Spirit first comes to dwell within me at Baptism. In Confirmation, I receive the fullness and strength of the Holy Spirit.

**3. Do you see the Holy Spirit in Confirmation?** NO. I will see the bishop anoint my forehead with the Sacred Chrism oil and lay his hands upon my head. I will hear the bishop say, "Be sealed with the gift of the Holy Spirit."

**4. Why does the Sacred Chrism oil smell?**

The Sacred Chrism oil smells because it has balsam perfume in it. It is a sign that my whole life – every thought, word, deed and hope -- will spread the fragrance of Christ (For we are the aroma of Christ for God among those who are being saved and among those who are perishing. 2 Cor 2:15).

**Prayer of Cardinal Newman**

*Dear Jesus, help me to spread Your **fragrance** everywhere I go. Flood my soul with Your Spirit and Life. Penetrate and possess my whole being so utterly that my life may only be a radiance of Yours. Shine through me and be so in me that every soul I come in contact with may feel Your presence in my soul. Let them look up and see no longer me but only Jesus! Stay with me and then I shall begin to shine as You shine, so to shine as to be a light to others. The light, O Jesus, will be all from You; none of it will be mine. It will be You, shining on others through me. Let me thus praise You in the way which You love best, by shining on those around me. Let me preach You without preaching, not by my words but by my example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears for You. Amen.*

**5. What does it mean to be "sealed with the Holy Spirit?"**

A seal is like an invisible label or a tattoo. I cannot see the seal with my eyes, but the seal is there. The seal of the Holy Spirit sets me apart as belonging totally to Jesus Christ and His Family, the Church.

**6. What sacraments did you receive before receiving Confirmation?**

Baptism and Reconciliation.

**7. What happened when you were Baptized?**

Original sin and all my sins and their punishments were washed away. Then, the Holy Spirit came to live inside me. I became a member of God's family, a son or daughter of God the Father. Baptism left an indelible (permanent) mark on my soul.

**8. What is an indelible mark?**

An indelible mark can never, ever, ever be removed. It is a permanent spiritual mark.

**9. What happens in the sacrament of Reconciliation?**

Reconciliation is the way Jesus has given to me to start over. In Reconciliation my sins are forgiven. A good confession is the sure way to be in the state of grace before receiving Confirmation.

**10. What happens when you receive Confirmation?**

I am more firmly united with Jesus and His Family the Church as a Child of God. I receive the power of the Holy Spirit. I am given the strength I need to live as a disciple and witness of Jesus Christ. Confirmation leaves an indelible mark on my soul, just like Baptism.

**11. Why does the Holy Spirit strengthen you in Confirmation?**

The Holy Spirit strengthens me in Confirmation so I can be Jesus' disciple and witness in everything I say and do. Not only with my family and at church, but also with my friends, classmates, teachers and with people I don't even know. Through Confirmation, I will have the strength to be like Jesus even when it is difficult.

**12. What does it mean to be more fully united with Jesus and His Family, the Church?**

To unite means to be joined together, like the pieces of a puzzle. When I am united with Jesus and His Family, the Church, I am more closely connected to Him and His Family.

**13. What is the Church?**

The Church is the Family of God.

**14. Who belongs to the Church, the Family of God?**

The Family of God includes the saints in heaven, the souls in purgatory and the faithful on earth.

**15. What does it mean to be a disciple of Jesus?**

A disciple of Jesus is someone who is committed to always seeking to know Jesus better and better. Some of the ways a disciple seeks to know Jesus better is through praying each day, receiving the Sacraments of Reconciliation & Eucharist often, reading the Bible, studying, asking questions and going out of the way to be kind to others (acts of charity).

**16. What does it mean to be a witness of Jesus?**

A witness of Jesus is someone who tries to be just like Jesus. A witness asks themselves "what would Jesus do?" A witness is someone who thinks, judges, acts and hopes like Jesus in their own lives.

**17. What must I do to receive Confirmation?**

- a. Be in the state of grace. Have no serious sin on my soul. (go to Reconciliation beforehand)
- b. Renew my baptismal promises.
- c. Open my heart to Jesus and receive His love.
- d. Receive the strength and gifts of the Holy Spirit when the bishop anoints my head with Chrism oil.
- e. Pray for help to use the gifts of the Holy Spirit each day to be a good son or daughter of God.

**18. How many times can I be confirmed?**

Only once, like baptism. Both last forever unless it was not done right (not valid). A priest can help to figure out if it was done right.

**19. When did the Holy Spirit come upon Jesus?**

The Holy Spirit came upon Jesus immediately after He was baptized by John the Baptist in the Jordan River. The Holy Spirit came upon Jesus in the form of a dove and then a voice from heaven proclaimed, "This is my beloved Son." (The full story is in Matthew 3:13-17).

**20. What did Jesus do after the Holy Spirit came upon Him?**

After the Holy Spirit came upon Jesus, He went into the desert to be alone with God. In the desert, Jesus fasted and prayed for forty days. He was getting ready for the job God sent Him to do. In the desert, the devil came to tempt Jesus to reject or turn away from God. Jesus resisted the devil and the devil left. Then angels came to help Him. Next Jesus came out of the desert to proclaim the Good News about the Kingdom of God and did miracles to prove He was God's Son. (see Matthew 4:1-11)

**21. When were Peter and the other apostles filled with the Holy Spirit?**

At Pentecost, ten days after Jesus has ascended to the Father. (see Acts 2)

**22. What happened to the apostles after they were filled with the power of the Holy Spirit?**

First, the apostles were no longer afraid to talk about Jesus to other people, so that others could listen and decide to follow Jesus. Second, the apostles baptized and confirmed all those who believed their preaching so they could follow Jesus. (The full story is in Acts 2)

**23. Who did Jesus give the power to do Confirmation?**

The Twelve Apostles and their successors, the bishops. Sometimes, the bishop might also have priests help him. He gives them his permission. Priests also have the power to confirm when all three Sacraments of Initiation (baptism, confirmation, eucharist) are celebrated at the Easter Vigil.

**24. How do bishops get this power from Jesus today?**

Through the sacrament of Holy Orders when they are ordained a bishop.

**25. Be able to discuss your Confirmation name. Here are some possible questions.**

What saint have you asked to be your friend?

What are they the patron saint of?

When is their feast day?

Where was the saint born?

How old was the saint when they died?

How many brothers and sisters did the saint have?

How old was the saint when they died?

Why did you choose this saint to be your friend?

Name two ways that the saint was a disciple and witness of Jesus Christ?

Why do we need friends in heaven?