

# **CONFIRMATION STUDY GUIDE**

## **Introduction**

Confirmation is a difficult sacrament to explain. It is not about “getting confirmed”, but about a relationship with the Third Person of the Trinity. It is not about receiving the Holy Spirit, because you already received Him in Baptism. Confirmation, however, completes the Baptismal graces. It is a Sacrament of Christian maturity. This is the heart of your “Christian adulthood”. You will grow in maturity during your entire life, but this Sacrament recognizes you as responsible for your faith.

Confirmation more perfectly unites you to Christ, and prepares you for a familiarity with the Holy Spirit, His actions, gifts and bidding. The Sacrament of Confirmation more perfectly binds you with Christ’s Church as well and all Her members throughout the ages. By your Confirmation, you will become a Christian witness, a Soldier of Christ responsible for preaching and defending the true faith. You will also accept for yourself the responsible of continuing your education in the faith and practicing your religion.

In Confirmation, you will receive the fullness of the Holy Spirit and His gifts, preparing you for your ministry and renewed commitment to Christ and His Church. This Holy Spirit is the Counselor promised to us by Christ Himself when He said, “If you love me, you will keep my Commandment. And I will pray the Father, and He will give you another Counselor, to be with you forever, even the Spirit of Truth, whom the world cannot receive, because it neither sees him nor knows him; you know him, for He dwells with you, and will be in you”.

Jesus gave the Apostles His Holy Spirit after His Resurrection when he breathed on them and said, “Receive the Holy Spirit”. We receive the Holy Spirit in Baptism when we are Baptized “In the name of the Father, and of the Son, and of the Holy Spirit”.

Confirmation is the outpouring of this same Spirit, and all His gifts in their fullness, as when the Holy Spirit anointed Jesus after His Baptism in the Jordan, leading Him into His public ministry. At Pentecost, the Apostles received the fullness of the Holy Spirit enabling them to evangelize and serve God in their public ministry. Through Confirmation, you too will be prepared for your public ministry as a soldier of Christ, teaching and defending the faith. You will receive all the gifts and graces necessary to bear the mark of Christ’s witness. You will be sealed with the gift of the Holy Spirit.

## **Basic Prayers**

The Sign of the Cross  
Lord's Prayer  
Hail Mary  
Glory Be  
Apostles' Creed  
Acts of Contrition  
Hail Holy Queen  
Prayer to the Holy Spirit  
Prayer to St. Michael the Archangel

## **The Lists of the Sacraments**

<b>Sacraments of Initiation</b>	<b>Sacraments of Reconciliation and Healing</b>	<b>Sacraments of Commitment</b>
Baptism	Penance (Reconciliation)	Matrimony
Holy Eucharist	The Anointing of the Sick	Holy Order
Confirmation		

## **The Liturgical Seasons**

Advent  
Christmas  
Lent  
Holy Week  
Easter Triduum  
Easter Season  
Ordinary Time  
(“Proper of Seasons” – Sacramentary)

## **Parts of the Mass**

Introductory Rite  
The Liturgy of the Word  
The Liturgy of the Eucharist  
The Communion Rite  
Concluding Rite

## **The Holy Days of Obligation**

Solemnity of Mary, the Mother of God	January 1
Ascension of Our Lord	(40 days after Easter)
Assumption of the Blessed Virgin Mary	August 15
All Saints Day	November 1
Immaculate Conception	December 8
Christmas – Nativity of Our Lord	December 25

## **FORMULAS AND PRACTICES DEALING WITH THE MORAL LIFE OF CHRISTIANS**

### **THE SPECIFICS OF MORALITY**

“The specifics of morality should be taught in light of the Ten Commandments (cf. Appendix A), the Sermon on the Mount, especially the beatitudes, and Christ’s discourse at the Last Supper. Whatever approach is used, students should know the Decalogue as part of their religious heritage. Among the matters to be treated are the spiritual and corporal works of mercy, the theological and moral virtues, the seven capital sins, the traditional formulations concerning the Christian moral life which expresses the wisdom, drawn from experience and reflection, of those who have gone before us in the faith. Catechesis in Christian living should also include what are called the “Precepts of the Church.” (Cf. Appendix B). The Bible and the lives of the saints provide concrete examples of moral living.” (National Catechetical Directory 105).

### **THE DUTIES OF THE CATHOLIC CHRISTIANS**

1. To keep holy the day of the Lord’s resurrection: to worship God by participating in Mass every Sunday and holy day of obligation; to avoid those activities that would hinder the renewal of soul and body. For example, needless work and business activities, unnecessary shopping.
2. To lead a sacramental life. This means to receive Holy Communion at least once a year between the first Sunday of Lent and Trinity Sunday, receiving the sacrament of reconciliation beforehand if serious sin is involved. But this also means that all are urged and expected to receive these sacraments frequently.
3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to study and advance the cause of Christ.
4. To observe the marriage laws of the Church; to give religious training (by word and example) to one’s children; to use parish schools and religious education programs.
5. To strengthen and support the Church; one’s own parish community and parish priests; the worldwide Church and the Holy Father.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

## **THE TEN COMMANDMENTS**

The Ten Commandments of God are of special importance in teaching specifics of morality. The Old Testament, the New Testament, and the long tradition of the Church testify to this. A summary of the Ten Commandments of God is:

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

## **THE BEATITUDES**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

🔥 The "poor in spirit" are willing to use their blessings and gifts to help others

Blessed are they who mourn, for they will be comforted.

🔥 "Those who mourn" feel genuine sorrow for the victims of injustice and feel called to work for change.

Blessed are the meek, for they will inherit the earth.

🔥 The "meek" identify with the poor, oppressed, and powerless and work for respect and dignity for all persons.

Blessed are they who hunger and thirst for righteousness, for they will be filled.

🔥 "Those who hunger and thirst for righteousness" strive to bring about the Kingdom of God

Blessed are the merciful, for they will receive mercy.

🔥 The "merciful" show compassion and are as concerned about others as they are about themselves.

Blessed are the pure of heart, for they will see God.

🔥 The "pure of heart" are those who genuinely love God.

Blessed are the peacemakers, for they will be called children of God.

🔥 The "peacemakers" put aside anger and insults to reconcile with one another.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

🔥 "Those who are persecuted for righteousness' sake" stand up for their faith, knowing that following Jesus may sometimes be difficult and demanding.

## **SEVEN GIFTS OF THE HOLY SPIRIT**

**Wisdom** – gives us the ability to think deeply about a situation or problem and to make the best decision. Wisdom helps us to see with the Holy Spirit's eyes. That vision helps us discover God's will so we can make the decision that will be best for everyone.

**Right Judgment, or Counsel** – gives us the ability to judge between right and wrong, good and evil. The Holy Spirit enables us to see what is truly important, what brings life and happiness. The gift of right judgment helps us to decide against those things that bring sadness, depression, worry and death.

**Understanding** – helps us open our ears, minds, hearts, and hands to the people around us. The gift of understanding helps us become aware of what we can do to help others.

**Knowledge** – gives us the information we need to live our lives. First it gives us the information we need to make good decisions. The gift also helps us to know God. It allows us to see God as Jesus knew him, as our loving Father.

**Courage, or Fortitude** – helps us to stand up for what we believe in. This gift of the Spirit helps us to be true to ourselves, to dare to be different, and to live according to what we know to be right.

**Reverence, or Piety** – has less to do with how we act than with who we are. This gift is also called "holiness". To be holy, or whole, is to have a good idea of who we are, who God is and what our place is in God's creation. The gift of reverence helps us participate fully in liturgy, have an active prayer life, praise God continuously, and respect other members of our community.

**Wonder and Awe, or Fear of the Lord** – allows us to experience all of life as a gift from God. We are amazed at God's work in the world, and we realize that we are always in God's presence. This gift encourages us to show our appreciation for the wonders of creation by striving to improve our relationship with God and to respond to the needs of the community.

## **FRUITS OF THE HOLY SPIRIT**

Perfections that the Holy Spirit forms in us as the first fruits of eternal glory.

Charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity. (CCC 1832)

## **THE MYSTERIES OF THE ROSARY**

### **Joyful Mysteries**

The Annunciation  
The Visitation  
The Birth of Jesus  
The Presentation of Jesus in the Temple  
The Finding of Jesus in the Temple

### **Luminous Mysteries**

The Wedding at Cana  
The Baptism in the Jordan  
The Proclamation of the Kingdom of God  
The Transfiguration  
The Institution of the Eucharist

### **Sorrowful Mysteries**

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion and Death of Jesus

### **Glorious Mysteries**

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
The Assumption of Mary  
The Crowning of Mary as Queen of Heaven and Earth

## **WORKS OF MERCY**

### **Corporal Works of Mercy**

Feed the hungry  
Give drink to the thirsty  
Clothe the naked  
Visit the imprisoned  
Shelter the homeless  
Visit the sick  
Bury the dead

### **Spiritual Works of Mercy**

Convert the sinner  
Instruct the ignorant  
Counsel the doubtful  
Bear wrongs patiently  
Forgive all injuries  
Pray for the living and the dead  
Comfort the Sorrowful

## **VIRTUES**

### **Cardinal Virtues**

Prudence – to make good decisions  
Justice – to give to others what they deserve  
Fortitude – to always do the right thing, even if it's hard  
Temperance – to use the things around us well

### **Theological Virtues**

Faith, hope, love (charity)

## **CONFIRMATION QUESTIONS**

1. Who is a Christian?  
🔥 A Christian is a follower of Jesus Christ.
2. When did you become a Christian?  
🔥 I became a Christian at Baptism.
3. What is a Sacrament?  
🔥 A Sacrament is an action of Christ Himself, an outward sign of God's grace and of our faith in Him.  
🔥 A Sacrament is an outward sign, instituted by Christ to give grace. (Traditional).
4. What is the purpose of the Sacraments?  
🔥 The purpose of the Sacraments is to sanctify us, to build up the Body of Christ, and to give worship to God.
5. Do Sacraments always give grace?  
🔥 Yes, the Sacraments always give grace if we receive them with the right dispositions.
6. What is Confirmation?  
🔥 Confirmation is the Sacrament in which the Holy Spirit comes to us in a special way to enable us to witness to Jesus Christ both in word and deed as committed Christians.
7. Who is the Holy Spirit who comes to us in Confirmation?  
🔥 The Holy Spirit who comes to us in Confirmation is the third person of the Blessed Trinity.
8. Is the Holy Spirit God?  
🔥 Yes, the Holy Spirit is God.
9. Is the Holy Spirit equal to the Father and the Son?  
🔥 Yes, the Holy Spirit is equal to the Father and the Son.
10. How does the Holy Spirit come in Confirmation? How does the Bishop Confirm?  
🔥 The Bishop extends his hands over those to be confirmed, and prays that they may receive the Holy Spirit, and anoints their foreheads with Chrism in the form of the cross. Our Confirmation by the Bishop reminds us of the First Pentecost.
11. What is Chrism?  
🔥 Chrism is the oil blessed by the Bishop on Holy Thursday. It is a sign of the strength the Holy Spirit gives us to carry out a mission for Jesus.

12. What does the Bishop say when he confirms?
- 🔥 (Name) Be sealed with the gift of the Holy Spirit.
  - 🔥 Newly Confirmed answer: Amen.
  - 🔥 Bishop: Peace be with you.
  - 🔥 Newly confirmed answer: And with your spirit.
13. Why does the Bishop anoint the forehead with Chrism in the form of a cross?
- 🔥 The Bishop anoints the forehead with Chrism in the form of a cross because the cross shows that the new task or mission will sometimes be difficult and he/she may have to suffer like Christ, his/her leader.
14. The effects of the Sacrament of Confirmation are:
- 🔥 An increase in sanctifying grace.
  - 🔥 A spiritual character (or an active power) that helps the one who receives it to publicly profess and defend the faith.
15. How often may Confirmation be received?
- 🔥 Confirmation can be received only once. Like Baptism, Confirmation imprints a spiritual character.
16. What is the character of Confirmation?
- 🔥 The character of Confirmation is a spiritual and permanent mark that signifies that the person confirmed is a witness to Christ and a defender of the Faith.
17. Why can Baptism, Confirmation, and Holy Orders be received only once?
- 🔥 Baptism, Confirmation, and Holy Orders can be received only once because they imprint on the soul a spiritual mark, called a character, which lasts forever.
18. Why should all Catholics be confirmed?
- 🔥 All Catholics should be confirmed in order to be strengthened against the dangers to salvation and to be prepared better to defend their Catholic faith.
19. What special preparation should we make to receive Confirmation?
- 🔥 In preparing to receive Confirmation we should pray, serve others, and know the chief mysteries of our Faith and the duties of a Christian. We need to be instructed in the nature and effect of the Sacrament of Confirmation.
20. What is required to be a sponsor at Confirmation?
- 🔥 To be a sponsor at Confirmation a person must be:
    - i. A practicing Catholic.
    - ii. Already confirmed and able to fulfill the duties of a sponsor.
21. Why are there sponsors at Confirmation?
- 🔥 Sponsors at Confirmation present the persons to be confirmed to the Bishop for anointing. They are to help and to support the confirmed persons in their daily witness to Christ in their lives.



22. Which Sacraments are called Sacraments of Initiation?

🔥 Baptism, Confirmation and Holy Eucharist are called Sacraments of Initiation.

23. Why are Baptism, Confirmation and Holy Eucharist called Sacraments of Initiation?

🔥 Baptism, Confirmation, and Holy Eucharist are called Sacraments of Initiation because Christian Initiation is celebrated in Baptism, Confirmation and Eucharist. It is through these visible actions (Sacraments) that a person becomes a member of the Church.

24. Explain how these Sacraments of Baptism, Confirmation and Eucharist are visible signs of initiation.

🔥 Christians are reborn in Baptism, strengthened by Confirmation and sustained by the food of the Eucharist.

25. The child who is confirmed should be able to describe the First Pentecost.

🔥 The account may be found in the Scriptures in the Acts of the Apostles Chapter Two.

26. In what form did the Holy Spirit come upon the Apostles at the First Pentecost?

🔥 The Holy Spirit came upon the Apostles at the First Pentecost in the form of tongues of fire.

27. Name the Gifts of the Holy Spirit.

🔥 The Gifts of the Holy Spirit are Wisdom, Counsel, Understanding, Knowledge, Fortitude, Piety and Fear of the Lord.

### **THE OUR FATHER**

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.

### **HAIL MARY**

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.

### **GLORY BE TO THE FATHER**

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.

## **THE APOSTLES' CREED**

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## **ACT OF CONTRITION**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good. I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

## **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, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

## **PRAYER TO 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. O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, Our Lord. Amen

## **HAIL, HOLY QUEEN**

Hail, holy queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.