

# Confirmed for Mission



## Student Textbook

An Evangelical Catechesis on Confirmation



# Confirmed for Mission

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Sister Mary Gabriel Clausius, C.K.

*Nihil Obstat:* Rev. Andrew Heaslip, *Censor Librorum*  
*Imprimatur:* ✠ Most Reverend James D. Conley, Bishop of Lincoln

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ISBN 978-1-7923-5091-7



Diocese of Lincoln *Confirmation Curriculum, Little Catechism on Confirmation,*  
*Confirmed for Mission: Student Workbook* available online at:

[www.lincolndiocese.org/confirmation](http://www.lincolndiocese.org/confirmation)



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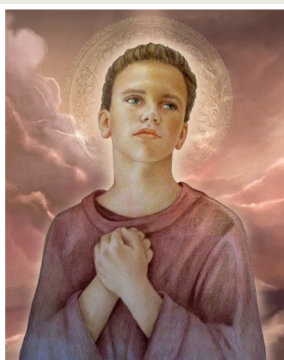
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*You will receive power when the Holy Spirit comes upon you, and you will be My witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth. (Acts 1:8)*

The Catholic Church is full of heroes. St. Tarcisus, was a boy who sacrificed his life to bring the Eucharist to persecuted Catholics. Fr. Augustus Tolton escaped from slavery when he was eight years old and became the first African American priest in the United States. St. Rose of Viterbo transformed her hometown by sharing the *kerygma* when she was only twelve years old. There are thousands of stories of Saints who lived lives of heroic sacrifice and mission. How did they do it? Through the power of the Holy Spirit. Jesus promised His disciples that when they received the Holy Spirit, He would give them the courage and strength to be witnesses of His saving love to every corner of the world. The Holy Spirit that filled the apostles at Pentecost continues to empower the Saints to do amazing things for Christ in every age and every country.

This is the same Holy Spirit, the same power for mission, that you will receive at Confirmation.



*Saint Tarcisus*



*Father Augustus Tolton*



*Saint Rose of Viterbo*

# Unit 1

The Holy Spirit and the Mission of Jesus,  
the Early Church, and Confirmation



# Chapter 1

## The Mission of Jesus through the Power of the Holy Spirit



*The Baptism of Christ* by Leonardo da Vinci

*After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened and the Holy Spirit descended upon Him in bodily form like a dove. And a voice came from heaven, "You are my beloved Son; with you I am well pleased." ... Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert. (Luke 3:21-22, 4:1)*

### The Mission of Jesus



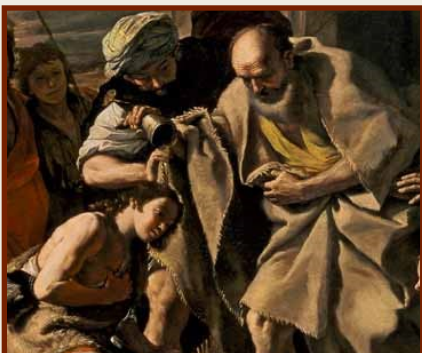
*Who is the Holy Spirit?*

The Holy Spirit is the third Person of the Trinity. He is the communion of love between God the Father and God the Son.

The word **Gospel** means good news. The first four books in the New Testament are called "gospels" because they tell about the greatest news there ever was or ever will be: God came to earth to save all people. The goal of Jesus' life, from the Annunciation to the Ascension, was to proclaim this "good news" and make it a reality through His words and actions. He did this through the power of the Holy Spirit.

The baptism of Jesus is the beginning of His public ministry. What an amazing moment! The Son is baptized in the Jordan River, the Father reveals that Jesus is His beloved Son, and the Holy Spirit descends from Heaven. All three Persons of the Trinity are manifest. Although the whole experience was just a moment long it reveals a lot. Particularly, the baptism of Jesus reveals that, "God anointed Jesus of Nazareth with the Holy Spirit and with power" for His saving mission (Acts 10:38).

### *Anointing in the Old Testament*



In the time of the Old Testament, the word "anointed" meant that sacred oil was poured over the head of future leaders. This oil was an outward sign that God had chosen these men for special missions. Aaron, the High priest, King Saul, and King David were all anointed before they began their work of leading the Israelites. The oil not only showed that they were chosen but also that God's Spirit would help them carry out the important task He had given them to do.

# The Mission of Jesus Through the Power of the Holy Spirit

At His baptism Jesus was anointed with the Holy Spirit. The prophet Isaiah said that when the Messiah comes, He would be anointed not with oil, but by the Holy Spirit. God did not need to use special oil to show that Jesus had been chosen and sent on a special mission. He said it Himself, "You are my beloved Son." Although we cannot hear it in the same way, God the Father whispers the same words into the heart of every person (babies, children, and adults) at the moment they are baptized. As soon as the Father spoke these words, the Holy Spirit descended upon and filled Jesus similar to the way that oil soaks into skin.

What did Jesus do next? He followed exactly where the Holy Spirit led Him. Moments after He was anointed, Jesus was led by the Spirit into the desert. He spent forty days in the desert praying, fasting, and overcoming the temptation of the enemy. This is what Catholics around the world do especially during the forty days of Lent. Following Jesus' example, Catholics pray and fast in order to be better able to overcome temptations. The Holy Spirit compelled Jesus to spend time alone in prayer and to fight directly against the enemy. Through the power of the Holy Spirit, Jesus was strengthened to defeat the temptations of the devil.

The Gospel of Luke records that after His temptation in the desert, Jesus returned to the region of Galilee, "in the power of the Spirit" (Lk 4:14). Every time He entered a town, He taught in the local



*Mark 1:12*

"At once the Spirit drove Him out into the desert and He remained for forty days."



*What is a synagogue?*

A synagogue is a place where Jews meet to pray and study. Here, both youth and adults learn about the Torah from teachers called *rabbi*.



Jesus the divine rabbi is shown teaching at the synagogue in Nazareth.

# The Mission of Jesus Through the Power of the Holy Spirit



Matthew 13:54-55

“They were astonished and said, “Where did He get such wisdom, is He not the carpenter’s son?”

synagogue. Reports of His powerful teaching and ability to perform amazing miracles spread throughout the whole region. Soon He was famous. One day, shortly after He began His public ministry, he went to Nazareth, His hometown. Jesus went to the synagogue like He always did on the Sabbath. His aunts, uncles, cousins, former teachers, and all the friends He used to play with when He was a boy were there, listening to Him. He read the following verse:

*The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor, He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord. (Is 61:1-2)*

He put away the scroll and told the people at the synagogue, “Today, this scripture passage is fulfilled in your hearing.”

## Jesus fulfills Isaiah’s Prophecy

Prophecy of Isaiah (Isaiah 61:1-2)	Fulfilled by Jesus
“The Spirit of the Lord ... has anointed me”	He was anointed with the Spirit at His baptism. (Mt 3:13-16; Mk 1:9-11; Lk 3:21-22)
“to bring glad tidings to the poor”	He brought the Good News (Gospel) to everyone He met. (Mt 4:17; Mk1:15; Lk 4:43)
“to proclaim liberty to captives”	He set the sinful woman free. (Jn 8:1-11)
“sight to the blind”	He performed miracles that made the blind see. (Mt 20:29-34; Jn 9:1-29; Mk 10:46-52)
“let the oppressed go free”	He freed those in bondage to evil spirits. (Lk 8:26-39)
“proclaim a year acceptable to the Lord”	The fulfillment of Jesus’ mission through His passion, death, and resurrection was the time of salvation. ( Mt 26:17-28:20; Mk 14:12-16:19; Lk 12:1-24:53)

# The Mission of Jesus Through the Power of the Holy Spirit

This was an unbelievable thing for Jesus to say! The prophets in the Old Testament gave clues about the Messiah. When Jesus said that the prophecy of Isaiah was “fulfilled,” He meant that He was the one the prophets’ clues were describing. This was hard for His family and friends to believe. Through the rest of His public ministry, Jesus proved that He really was the Messiah about whom the prophets had spoken.

The Gospel message of Jesus was more than His healing and miracles. At the center of the Gospel was the proclamation of the Kingdom of God. The **Kingdom of God** is Jesus’ living, acting, and ruling in our own souls, in the Church, and in the whole world. When Jesus proclaimed the Kingdom of God, He always included two main parts, a call to repentance and a call to faith. **Repentance** means a sincere change of heart away from sin. The call to faith means a sincere change of heart toward Jesus and the Gospel of salvation. Throughout His public ministry, Jesus constantly taught people how to turn away from sin and follow Him.

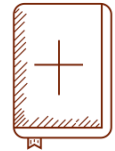
## Sending the Holy Spirit

Shortly before He was arrested, Jesus said some powerful words to His disciples. His “Last Supper Discourse” is recorded in the Gospel of John. Jesus told His disciples to continue to keep the commandments (repent) and love Him (call to faith). If they did this, He promised to ask the Father to send the Paraclete to dwell in them.

Jesus promised His disciples that the Holy Spirit would dwell in them. **Indwelling** means that the Trinity lives inside us. When God is in the soul of a person, that person is in a state of grace. When the Holy Spirit dwells in us, He brings us into loving communion with the whole Trinity.

Jesus told His disciples that Holy Spirit would do two things within them: lead them to truth and empower them to be a witness.

Jesus is the truth. When the Holy Spirit leads to truth, He is leading to Jesus, the ultimate Truth. Jesus promised that the Holy Spirit would



*Mark 1:15*

“The time is fulfilled, and the Kingdom of God is at hand. Repent, and believe in the Gospel.”



*Who is the Paraclete?*

**Paraclete** is another name for the Holy Spirit. The word means “he who is called to your side.”

**QQ** When the Holy Spirit dwells in us He brings with Him the Father and the Son.

*Pope Francis*

# The Mission of Jesus Through the Power of the Holy Spirit

remind the disciples of all the true things that Jesus taught them about the Father. The Holy Spirit does the same for us.

The second promise Jesus made to the disciples was that the Holy Spirit would empower them to be witnesses. A **witness** is someone who tells about events that he has seen or experienced. The account of someone who was at a football game is easier to believe than someone who merely heard about the game secondhand. The phrase “I was there,” makes the story more believable. Jesus reminded His disciples that they had the unique privilege of witnessing everything He did and taught while He was on earth. Jesus asked His disciples to share their experience of His saving work with everybody they met. Jesus asks the same from each of us.



*What is a martyr?*

A **martyr** is a person who shows with his or her life that Jesus is real and His love is worth dying for.

Being a witness to the love of Jesus is a great joy but it can be dangerous. In fact, in Greek, the word for witness is *martyr*. Jesus asked His disciples to witness, even if it meant sacrificing their life. To really be a witness, someone needs more than just human strength. Jesus knew that His disciples needed the help, love, and power of the Holy Spirit to begin the Church and share His saving message of love. So, before He ascended to the right hand of the Father, He gave His disciples one final instruction, “Stay in the city until you are clothed with power from on high.” (Lk 24:49)

The Holy Spirit was at work throughout the entire public ministry of Jesus. He taught, healed, and expelled demons by the power of the Holy Spirit. Just like the Holy Spirit accompanied Jesus, the Holy Spirit guides and accompanies all who, “are clothed with power from on high,” in Confirmation.



Jesus told His disciples to go to Jerusalem to wait for the coming of the Holy Spirit.

# Chapter 2

## The Holy Spirit and the Mission of the Apostolic Church



*The Pentecost* by Juan Bautista Maino

*And suddenly a sound came from heaven like the rush of a mighty wind, and it filled the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. (Acts 2:2-3)*



*Where was the Upper Room?*

Many historians believe that the Upper Room was the same room where the disciples celebrated the Last Supper.



*Acts 1:8*

“You will receive power when the Holy Spirit has come upon you and you shall be my witnesses to the end of the earth.”

The disciples may not have known what it meant to be “clothed with power from on high,” but they did know what it meant to “stay in the city.” After they watched Jesus ascend into Heaven, they followed His instructions and returned to Jerusalem. Along with the eleven disciples were the other followers of Jesus, both men and women. Luke, who wrote the Acts of the Apostles, tells us that Mary the mother of Jesus also was part of the group. In all, about 120 of Jesus’ followers gathered together.

### **Waiting for the Holy Spirit**

For nine days they waited and prayed. They probably felt both excited and afraid. Jesus had promised that they would receive the power to be His witnesses. They knew that Jesus wanted His forgiveness, love, and friendship to be shared with the whole world. They also knew that they were the only ones who could share it. But they did not know how, and they were frightened. The followers of Jesus saw His crucifixion and knew that the same people who had killed Jesus would not hesitate to kill them also. Each time they passed a soldier on the street they were in danger of being arrested or executed.

The disciples had learned many things from their time with Jesus. Whenever Jesus had important work to do, He prayed. So the disciples did the same thing. For nine days they waited and prayed together. They trusted that God would show them what to do next, and they did not want to do anything without His help. Mary, Jesus’ mother, had already received the Holy Spirit when He overshadowed her at the moment of the Annunciation. She helped the disciples to

# The Holy Spirit and the Mission of the Apostolic Church

pray and taught them how to open their hearts to be ready to receive the Holy Spirit.

## Coming of the Holy Spirit

On the morning of the ninth day, Pentecost, everything changed. Luke describes the moment when the Holy Spirit came into the disciples while they were praying in the upper room:

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*And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.*

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The Holy Spirit made Himself known in two powerful ways. The first is the sound of a rushing wind that came from heaven and filled the upper room. The Hebrew word for wind is **ruah** (רוח). The word *ruah* can mean Spirit, breath, or “mighty wind”. In the book of Genesis, the story of creation begins with the world as a formless wasteland. Then a “mighty wind” or *ruah*, swept over the waters, beginning the creation of the world. (Genesis 1:2)

Just like the Spirit filled the earth at the dawn of creation, the Spirit filled the upper room and the hearts of the disciples at **Pentecost**. The moment the Holy Spirit first came into the apostles and disciples is often called the Birthday (beginning) of the Catholic Church. Like the *ruah* at creation brought new life to the earth, the *ruah* of the first Pentecost brought new life to everyone redeemed by Christ.



*What is a novena?*

A novena is nine prayers. Often novena prayers are prayed once a day, nine days in a row. The very first novena was the nine days of prayer before Pentecost.

**PP** Our Lady leads us to the Holy Spirit and the Holy Spirit moves us to have recourse to our Lady.

*St. Josemaria*



*Genesis 2:7*

“The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life.”

# The Holy Spirit and the Mission of the Apostolic Church

**PP** Whenever the Holy Spirit intervenes, He leaves people astonished.  
*St. John Paul II*



*Exodus 13:21*

“The Lord preceded them at night by means of a column of fire to give them light.”

Secondly, “tongues as of fire” seemed to rest on each disciple. God often appeared to the ancient Israelites in the form of fire. Remember Moses and the burning bush? This was where God gave Moses a special mission and promised His help and protection (Exodus 3). As the Israelites were walking from the slavery of Egypt to the freedom of the Promised Land, God guided them through the darkness by a “pillar of fire.” The fire of the bush and the fire in the sky were always just ahead of Moses and the Israelites, guiding them at a distance (Exodus 13:21).



At Pentecost, the fire of the Holy Spirit came to each individual person. What looked like a flame on the outside, became the living fire of the Holy Spirit inside each apostle. The presence of God became closer to them than the beating of their hearts.

After they were filled with the Holy Spirit the disciples immediately “began to speak in other tongues.” Tongues is another word for languages. Imagine knowing how to speak Chinese or Danish without having to study, this is what happened to the apostles! They experienced the transforming power of the Holy Spirit and began talking in foreign languages about the mighty works of God. Their



## *The Jewish Feast of Pentecost*

Before Pentecost was the Birthday of the Church, it was a Jewish holiday. Pentecost ( שבועות ) was a time to give thanks to God for the grain harvest and for giving the Ten Commandments. Like the modern holiday of Thanksgiving, the Jewish people would gather at the homes of their relatives to enjoy good food and fun. During the big feasts, like Hanukah, Passover, and Pentecost, the streets of Jerusalem were crowded with visitors from all over the world. It was to the people on these crowded streets that the disciples began proclaiming the good news of Jesus Christ.

# The Holy Spirit and the Mission of the Apostolic Church

fear and confusion vanished. They rushed into the busy streets of Jerusalem and began telling everyone they saw about the death, resurrection, and saving love of Jesus.

## Proclaiming Through the Holy Spirit

Crowds of people gathered around them to watch and listen. They saw the followers of Jesus speaking with bold excitement and heard them talk in the language that each could understand. As they listened, the Holy Spirit changed their hearts. Jesus had been crucified and rose from the dead only 50 days earlier. Some people in the crowd may have watched the crucifixion, or yelled, “Crucify Him!” in the praetorium on Good Friday. While listening to Peter’s message they were “cut to the heart.” This means that they were moved to repentance and faith. The Acts of the Apostles recounts that over 3,000 people were baptized and became Christian that day.

The words of the apostles must have been powerful in order to change the hearts and minds of so many people. The message of these early evangelists is the same basic message of every faithful Christian. This message is the good news of salvation in Jesus Christ and is called the *kerygma*. There are thousands of ways to tell the message of the *kerygma*, but the simplest way is this:

- ☆ God loves you.
- ☆ He sent His son, Jesus, to die for your sins so that you can be forgiven.
- ☆ Jesus rose from the dead so that you can have eternal life when He returns to judge the living and the dead.

This is the message Jesus shared with the disciples on the road to Emmaus after His resurrection. (Luke 24:13-32) This is also the basic



*Acts 2:7*

“Are not all these people who are speaking Galileans? Then how does each of us hear them in his own language?”

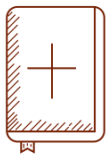
**PP** Jesus Christ loves you and He gave His life to save you. Now He is living every moment by your side to enlighten, strengthen, and set you free.

*Pope Francis*

# The Holy Spirit and the Mission of the Apostolic Church

PP I pray to God to give me perseverance that I be a faithful witness to Him to the end of my life.

*St. Patrick*



*Acts 14:3*

“So they stayed for a considerable period, speaking out boldly for the Lord, who confirmed the word about His grace by granting signs and wonders to occur through their hands.”



*What is the Mystical Body of Christ?*

The Catholic Church is called the Mystical Body of Christ. Jesus is the Head and every member is part of the Mystical Body.

message in every speech that has been recorded in the New Testament: Peter’s Speech at Pentecost (Acts 2:14-36), St. Stephen’s speech to the High Priest (Acts 7:1-53), Peter’s speech to Cornelius (Acts 10:34-43), Paul’s speech in the synagogue (Acts 13:16-41), Paul’s speech in the Areopagus (Acts 17:22-27), and Paul’s speech to the Corinthians (1 Cor 15:1-11).

The early Christians shared the *kerygma* in a new and powerful way. They continued to pray to the Holy Spirit for courage and guidance. They also asked the Holy Spirit to change hearts through their words and actions. The apostles and early Christians were given the courage to speak boldly, saying the truth even at the risk of being mocked, imprisoned or killed. After they shared the *kerygma*, they invited all the people who heard their message to repent of their sins and be baptized.

When Peter spoke at Pentecost he was doing more than retelling the story of the Old Testament. Peter was introducing his listeners to his good friend, Jesus. Peter, the apostles, and all Catholics who are empowered through the Holy Spirit to be His witnesses, want those they meet to have a deep friendship with Jesus and be part of the **Mystical Body of Christ**. Like fire on a pile of leaves, the flame of the Holy Spirit spread into the hearts of everyone who heard the *kerygma*. Soon, thousands of people, both Jews and Gentiles began telling all of their friends, family members, and strangers they met in the market about the saving love of Jesus: the *kerygma*.



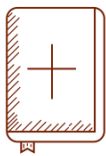
# Chapter 3

## The Holy Spirit and the Call to Mission in the Sacrament of Confirmation



*Saint Peter Preaching* by Masolino da Panicale

*You will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth. (Acts 1:8)*



*Romans 8:38*

“For I am convinced that neither death nor life nor present things nor future things will be able to separate us from the love of God.”

Both the Baptism of Jesus and Pentecost happened almost 2000 years ago. Much has happened since then: the discovery of America, advances in technology, and your birthday. Even though you may change and the world around you may change, God never changes. His unique love for you is constant from the moment you were conceived and straight on through to eternity. The truth of the love revealed in Jesus Christ and the Holy Spirit is for every age and every single person. THAT is amazing.

### **The Example of Jesus**

Two things that Jesus’ life teaches us are how to be a son or daughter of the Father and how to receive the Holy Spirit. We learn both of these things in the story of Jesus’ baptism. How Jesus received and experienced the Holy Spirit shows us how we are called to receive the Holy Spirit at Confirmation.

## **Parallels Between Jesus’ Baptism and Confirmation**

<b>Jesus’ Baptism</b>	<b>Confirmation</b>
Jesus was in prayer before He was baptized.	Prayer is the best preparation for Confirmation.
Jesus’ baptism was complete when the Holy Spirit descended upon Him.	The Sacrament of Confirmation completes the Sacrament of Baptism.
The Holy Spirit empowered Jesus to endure the temptation in the desert.	Through Confirmation the Holy Spirit gives the strength to endure temptation without sinning.
This was the beginning of Jesus’ public ministry where He worked in the power of the Holy Spirit.	Confirmation is the beginning of every Catholic’s mission to publicly proclaim the Gospel.

# The Holy Spirit and the Call to Mission in the Sacrament of Confirmation

After Jesus was baptized, He carried out His mission in a new and powerful way. Imagine what Jesus' life was like before His baptism. He helped Joseph in the carpentry shop, He attended the synagogue school with the other Jewish boys, and He lived a life so ordinary that nobody thought it was worth writing about. After His baptism, everything He said and did became a way of publically sharing God's love and salvation with the people He met.

The same is true for Jesus' apostles and followers. Remember, many of His disciples had been baptized by John the Baptist. This was a baptism of repentance for the forgiveness of sin. Before Pentecost, they were frightened and unsure about what to do. After Pentecost, they were able to share the Gospel with their friends and even their enemies. They could not have done this without the help of the Holy Spirit.

## The Power of the Holy Spirit

The same is true with Confirmation. The Holy Spirit gives new power to every Catholic who receives Him in Confirmation. Like Jesus and the apostles, receiving the Holy Spirit in Confirmation is a new beginning: the beginning of the work of evangelization and of living a life more fully directed by the Holy Spirit.



*Where did Jesus live?*

Jesus lived in the region that is now the countries of Jordan and Israel. During the three years of His public ministry, He was never more than 100 miles from His hometown.



*John 14:12*

"Amen, amen, I say to you, whoever believes in Me will do the works that I do, and will do greater ones than these, because I am going to the Father."

## St. Paul the Missionary

As a young man, St. Paul persecuted the Church. After his conversion (read about it in the ninth chapter of Acts) he became a great evangelizer. Most of the books of the New Testament are his letters to the people whom he evangelized. This map shows all the places he traveled in order to share the *kerygma*.



# The Holy Spirit and the Call to Mission in the Sacrament of Confirmation

**PP** The Catholic Church exists to evangelize, to preach, to teach, to be a channel of grace.

*Pope Paul VI*



*What are the works of mercy?*

Any of the ways we show the mercy of God through our actions, especially the corporal and spiritual works of mercy.

Jesus told His disciples to continue His saving work on earth. Through the power of the Holy Spirit, the apostles began to **evangelize**. To evangelize is to share the saving work of Jesus with others so that they allow Jesus to change their hearts, become His disciples, and be united with His Mystical Body, the Catholic Church.

Those who heard the apostles talk allowed their hearts to be changed and *they* began to evangelize as well. On and on Christians spread the message from Jerusalem to Spain, to Rome, across borders and oceans for over 2000 years. In fact, the Catholic Church exists to evangelize. The sad truth is that even after 2000 years there are still kids your age, maybe even some of your friends, that don't know how much Jesus loves them and that He wants them to spend eternity with Him in Heaven. Every Catholic has the duty and the joy of being able, through the power of the Holy Spirit, to share the Gospel of Jesus.

## **What is Evangelization?**

Evangelization can mean two different things. Firstly, it is sharing the *kerygma*, the good news of salvation, with people who have never heard it before. This is called **primary evangelization**. Anyone who evangelizes through primary evangelization is called a **missionary**. Secondly, evangelization is everything that Catholics do to share the Gospel. This includes Catholic schools, hospitals, and other works of mercy; praying with others, Catholic movies, artwork, and books; and many other ways. Through the Sacrament of Confirmation, the Holy Spirit empowers Catholics to evangelize both ways.







The Holy Spirit inspired Fr. Damian to leave his home in Belgium and move to Molokai, Hawaii, to share the *kerygma* with the lepers that lived there.

# The Holy Spirit and the Call to Mission in the Sacrament of Confirmation

Each way of evangelizing is part of the mission of the Church. This **mission** is the activity of the church which continues the saving work of Jesus. God never changes and the mission of evangelization never changes. The work of the Holy Spirit at Pentecost is the SAME work the Holy Spirit wants to do through you. It may look different because each Catholic lives in a different time and place. But the result is the same: sharing the saving love of Jesus with the whole world. The best way to prepare for the coming of the Spirit in Confirmation is to follow the example of the Apostles, Mary, and all the disciples present in the Upper Room on the day of Pentecost.

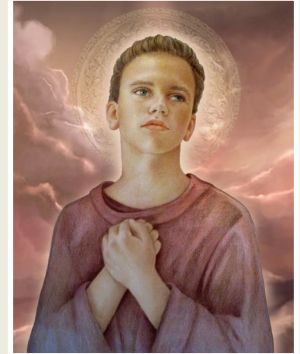
## Parallels Between Pentecost and Confirmation

Preparing for the Holy Spirit	Pentecost	Confirmation
PRAY 	The disciples gathered together to pray. They asked God to show them what to do and to give them the courage to do it.	The best way to prepare for the full outpouring of the Holy Spirit is to pray.
ANTICIPATE 	Jesus promised the disciples that they would be “clothed with power from on high”. While the disciples prayed, they anticipated the coming of the Spirit.	Like the disciples, we should anticipate the coming of the Holy Spirit in Confirmation.
EXPERIENCE 	The Holy Spirit came to the disciples in the form of wind, fire, and joyful courage.	God loves each person individually. Each person will uniquely experience the Holy Spirit in Confirmation.
PROCLAIM 	The Holy Spirit came to the apostles in order that the apostles could share the saving work of Jesus with others.	The Holy Spirit empowers every confirmed Catholic to share this message. When we share the <i>kerygma</i> it is the Holy Spirit who changes the hearts of the people who hear us.

# Heroic Witness: St Tarcisius

*"My youth will be the best shield for the Eucharist."*

Mass had just ended and the small congregation knelt for a few silent moments of prayer. Beneath the peace of an early Sunday morning, there was the ever-present fear that came from knowing at any moment you could be caught. The strong men in the back of the congregation felt it. Tarcisius, the altar server, felt it too. They were safe celebrating Mass in the inside room of Cornelius' house, but just outside the suspicious neighbors were watching for any sign that would give them away as Christians, sending them to prison or worse. Many of their friends had already been arrested. So it was no wonder that Tarcisius jumped a little when Father rushed in and stood before the praying group.



"Will someone bring the Eucharistic King to the Christians in prison?"



Several men volunteered right away. But each offer was turned down. The Romans suspected Joshua and they couldn't risk Cornelius being caught. His house was the only secret place they had to celebrate Mass. With pounding heart, Tarcisius raised his hand, "I'll take the Eucharist to the prisoners."



The priest placed the Sacred Host in the pyx, then gently slid it into a leather pouch. He placed the long string over Tarcisius' neck so the pouch hung just above his heart.

"God be with you," Father whispered as he watched Tarcisius leave the room and carefully walk out into the street.

With both hands tightly wrapped around his precious delivery, Tarcisius walked through the early morning streets. He prayed silently as he walked. Even though he knew how dangerous it was, he was also filled with peace, and even some excitement. Like the Apostles that Father loved to talk about, he had left the safety of the hidden

## *Heroic Witness: St Tarcisius*

room and Cornelius' house. Like the Apostles he was also bringing the love of Jesus to the people who really needed it.

"Tarcisius, TARCISIUS!" His thoughts were interrupted by the familiar shouts of some boys just ahead of him. As they came running down the street, he recognized Odell from his class.

"Tarcisius, do you want to...hey, what are you holding?" Before Odell could finish his question, he noticed Tarcisius clutching the leather pouch around his neck.

Tarcisius replied, surprised at the bravery in his own vice, "I have to take this to some friends, but I'll come back when I'm done."

"Some friends in the poor house," the boy said, under his breath. Then, as if just remembering something, he yelled to the others, "I've seen him with Joshua. I'll bet he's a Christian! I hear Christians don't fight back. Let's see if it's true."

With that, the group of boys fell on Tarcisius, punching, kicking, and trying to pull the pouch from his hands. All the while, Tarcisius clutched tightly to the Eucharist, knowing that with each blow, he was defending the King of Kings.

"STOP! STOP!" A Roman soldier, and a secret Christian, came rushing up to the group. The older boys scattered, leaving Tarcisius, badly beaten, lying on the ground. As the soldier rushed closer, he recognized Tarcisius, who so reverently served for the secret Masses. The hands of Tarcisius were still clinging tightly to the Body of Christ.

The soldier fell to his knees. Gazing at the young martyr he prayed, "Eternal rest grant unto him O Lord."



### **THINK ABOUT IT!**

How was St. Tarcisius a witness to the truth that Jesus' love is real and powerful?



### **TALK ABOUT IT!**

Are you old enough to be a martyr? How can you be a witness to Jesus' love?



### **PRAY ABOUT IT!**

When have I been ashamed to be Catholic? How can Jesus help me to be brave?

# Unit 2

## The Sacrament of Confirmation



# Chapter 4

## Review of the Sacraments



*Triptych of Redemption* by Vrancke van der Stockt



*The water I shall give will become in him a spring of living water welling up to eternal life. (John 4:14)*



*What are the seven sacraments?*

The seven sacraments given to the Catholic Church by Jesus are Baptism, Eucharist, Confirmation, Reconciliation, Anointing of the Sick, Holy Orders and Matrimony.



*James 5:14*

“Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint him with oil in the name of the Lord.”

Have you ever been thirsty? Water is a basic need of every human. You can live without shoes, you can live without a house, you can even live several weeks without food, but you won't last very long without water. Water keeps humans physically alive. It is no wonder that Jesus used water to teach us about what we need most to keep us spiritually alive: the sacraments.

### **What is a Sacrament?**

A **sacrament** is an outward sign, instituted by Christ, to give grace. The outward sign of a sacrament is the part of the sacrament that can be experienced with one of the five senses. This includes things like the smell of the Chrism Oil at Confirmation or feeling the water during Baptism. Because the Holy Spirit is really at work in every sacrament, an interior change happens at the same time the outward sign is taking place. When a priest says the words of Consecration, the piece of bread really becomes the Body, Blood, Soul and Divinity of Christ. When a person is anointed with oil, his soul is also anointed with the Holy Spirit. This is true for every sacrament. Sacraments DO what they SAY.

The second quality of a sacrament is that they were instituted by Christ. The word **instituted** means started. Jesus gave the sacraments to the Church and the power to administer them to the apostles. The Gospels contain many of the moments that Jesus instituted the sacraments. The moment that Jesus gave the Church the Eucharist is in both the Gospel of Matthew (26:26-28) and of Luke (22:14-20). Other times we read about the apostles administering the

sacraments, such as when they anointed the sick in the early church. Through the sacrament of Holy Orders, the power to administer the sacraments was handed on from the first apostles to the bishops and priests of today.

The final and most important quality of a sacrament is that it gives grace. **Grace** is a free gift of God. God gives Himself in both big and small ways in order to help us love Him and our neighbor more, and to be like Him in our thoughts, words and actions. There are three types of grace. **Sanctifying grace** is the gift of God actually dwelling within us. God gives this gift through the sacrament of Baptism and strengthens it with every sacrament. The second type is **actual grace**. This is the day-to-day or specific grace that allows us to act like Jesus.



Actual graces can be as small as helping your mom with the groceries out of charity or as big as being able to give up your life for Christ as a martyr. The third type of grace is **sacramental grace**. In every sacrament God gives specific gifts that help His sons and daughters live a holy and happy life. Just like different types of food contain different nutrients that make the body healthy, through the each sacrament, God gives a different type of grace that makes the soul healthy and holy.

## Outward Signs of the Sacraments

God made each person with a body and a soul. Because both of these are important, Jesus chooses to use our bodies as doorways for His grace to enter. He does this through our five senses. For example, during Mass you smell the incense and candle wax, hear the words of Consecration, see the elevated Host, and taste the Body of Christ. All of these help our bodies to enter into the mystery of the Mass. Not only that, but Jesus also chose to work through people in order to give us His grace. For instance, in the sacrament of Reconciliation we hear the priest speak the words of Jesus, “I absolve you from your



*How do you respond to grace?*

God often invites people to think and act more like Him through ideas and feelings. When we do the good things we think of doing we are responding to grace.



The sacraments are a manifestation of God’s tenderness and love toward each of us.

*Pope Francis*



When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest.

*Jesus’ words to St. Faustina*

# Review of the Sacraments



*Matthew 28:19*

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”



*Why does the matter matter?*

The Catholic Faith is for everybody all over the world and for every time: past, present and future. The matter used in the sacraments are the most basic materials of nature and easily available to all people for all time.

sins.” Before walking into the confessional we have confidence that Jesus is going to forgive us. But it is both powerful and reassuring to actually hear Jesus’ words of absolution spoken through a priest, since these words really bring about forgiveness.

The outward signs of a sacrament can be divided into four parts: the matter, form, minister, and recipient. The **matter** of a sacrament is the material and the actions that are used during a sacrament. When a baby is baptized, water is poured three times over his head. The water is the material of the sacrament and the action is the pouring. The **form** of a sacrament is the words. God works through the sacrament to do what the words say. When the priest says the form, “I baptize you...” the person baptized becomes a child of God. The **minister** of a sacrament is the person who can impart the sacrament. A priest is usually the minister of Baptism, but in an emergency anyone can baptize. The **recipient** of a sacrament is the person who can rightfully receive it. Anyone who is not baptized can receive Baptism, but someone who is not baptized cannot rightfully receive Confirmation until he or she is baptized.

## Graces of the Sacraments

The sacraments are the way that God gives His grace to His beloved sons and daughters. God promised that He would never abandon the Catholic Church and that His grace is always available through the sacraments. At the same time, each person remains free to accept or reject God’s grace. The amount of grace a soul can receive is called the **fruitfulness** of the sacrament.



A sacrament’s fruitfulness in a particular person depends on the soul’s desire and capacity for grace. The desire for grace is how deeply someone wants the grace. The capacity is how much they are able to receive. This is true for every gift. Pretend that someone offered to give you a glass of water. Your desire for that

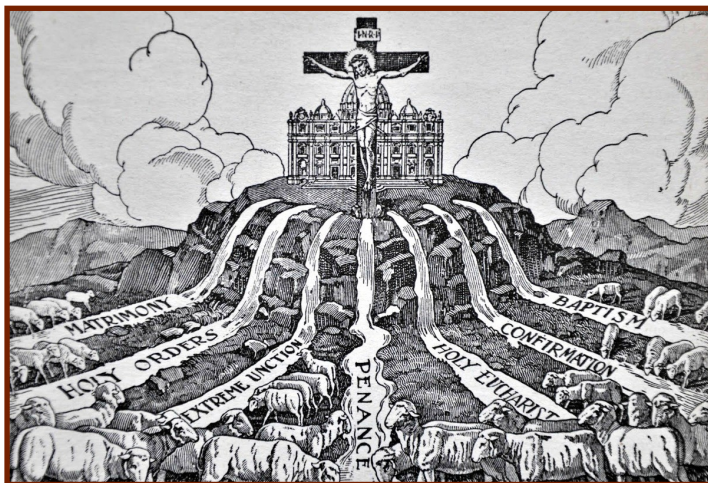
water would probably be much greater after a soccer game than after a math test. Your capacity, or the amount of water you are able to drink, is greater after recess than after library. Just like your desire and capacity for water changes by what you do, you can also change the fruitfulness of the sacraments you receive. You can increase your desire and capacity for the graces of a sacrament through prayer, following the Commandments, and living a life of faith. Basically, the more you use the graces God gives to you, the more He will give!

**PP** Sacraments are like hoses. They are the channels of the living water of God's grace. Our faith is like opening a faucet. We can open it a lot, a little, or not at all.

*Peter Kreeft*

## What is a Sacrament?

A Sacrament is...	Which means...	Example in Baptism
An outward sign	Matter — sacred actions Form — sacred words	Pouring water or immersion "I baptize you..."
Instituted by Christ	Jesus Himself established each of the sacraments.	Matthew 28:19
To give grace	Through each sacrament, God gives specific graces.	Child of God, removal of original and personal sin, etc.



The sacraments, like water, flow from Jesus' sacrifice on the cross. Each sacrament gives life-giving grace to us, the sheep of Jesus' flock.

# Review of the Sacraments



*Ephesians 4:7*

“Grace was given to each of us according to the measure of Christ’s gift.”

Sacraments must be given in a valid way. This means that each sacrament must have the right form, matter, minister, and recipient. Trying to use apple juice in Baptism would be similar to trying to drink a bag of cotton balls. It is impossible. The cotton balls are not the right matter to drink, just like apple juice is not the right matter for Baptism. God created both the physical world and the spiritual world. God brings these two worlds together in the outward signs and graces of the seven sacraments.

## Categories of the Sacraments

As each outward sign of the sacrament is performed, God does amazing things in the soul of the person receiving the sacrament. The seven sacraments can be divided into three categories according to the type of grace God gives.

**Sacraments of initiation** bring a soul into a new relationship of love with Christ and His Church. Through these three sacraments, God gives a share in divine life and the grace that is necessary to live a life aimed toward heaven. The Sacraments of Initiation are closely connected to one another. Like three legs of an art easel, they form the sturdy and necessary foundation for the Christian life. The Sacraments of initiation are Baptism, Confirmation, and Eucharist.



## *Chrismation*



In the early Church, the sacraments of Baptism, Confirmation, and Holy Eucharist were administered in the same ceremony. Whether someone was baptized as an adult or as a baby, they were confirmed right after they were baptized and then received Holy Communion. In order to preserve this traditional order, Eastern Catholic Rites still connect these three sacraments of initiation into one ceremony. Instead of “Confirmation”, they call this “Chrismation.” Next, the infant receives his First Communion as a tiny amount of the Precious Body and Blood given on a small gold spoon.

**Sacraments of healing** bring spiritual and sometimes physical health and strength. The Sacraments of healing are Reconciliation and Anointing of the Sick.

**Sacraments of service of communion and mission** bring the grace to build up the Church through a life of loving service. The type of grace depends on the role that a person is called by God to carry out. The sacraments at the service of communion and mission are Holy Orders and Matrimony.

Some sacraments can be received over and over again. Catholics can receive the Eucharist every day and many Saints and pastors recommend that Catholics go to confession at least once a month. The grace God gives during Reconciliation and Communion are meant to be received again and again.

### **Permanent Character**

Some sacraments can only be received once. That is because the grace God gives through these sacraments changes the soul forever. When a person receives Baptism, Confirmation, or Holy Orders, the encounter with Christ is so deep that it leaves an **indelible mark** on the soul. An indelible mark is a permanent change to the character of the soul. This change sets this person apart from people who have not received those sacraments. Just as siblings in a family have similar characteristics, the indelible mark of these sacraments gives the soul a family resemblance to others in the Body of Christ.



Clovis, the first king of France was baptized on Christmas day in 508.

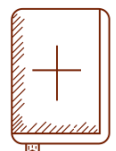
**PP** God loves each of us as if there was only one of us.

*St. Augustine*



*1 Corinthians 12:13*

“For in one Spirit we were all baptized into one body.”



*2 Peter 1:10*

“Be all the more eager to make your call and election firm, for in doing so, you will never stumble.”

# Review of the Sacraments

The indelible marks of the sacraments work in the soul in four wonderful ways:

**PP** Baptism is the door of the spiritual life and the gateway to the sacraments.

*St. Thomas Aquinas*



*2 Corinthians 5:17*

“Whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.”

★ **Configures** or changes the soul to be more like Christ. For example, through the sacrament of Baptism a child becomes a beloved son or daughter of God.

★ **Distinguishes** or sets the soul apart from those who have not received the sacrament. The souls of those who have been baptized are set apart from those who have not.

★ **Disposes** or makes a soul more open to living a life of grace. Baptism helps an individual live a life aimed toward heaven.

★ **Obliges** or makes a person responsible to live according to the grace of the sacrament. Those who are baptized are responsible for living life as a child of God.

By receiving the gifts of grace that God gives through the sacraments, each person is responsible to use those gifts to the best of his or her ability.

In God’s magnificent plan, the seven sacraments give special graces to aid us throughout our entire life. The particular grace of each sacrament helps us grow spiritually in a way that reflects our natural growth through life.

## The Sacraments and Natural Life


Sacrament	Natural Life
Baptism	Birth
Penance and Reconciliation	Healing from sickness
Eucharist	Eating and drinking
Confirmation	Natural maturing
Marriage and Holy Orders	Lifelong, adult commitments
Anointing of the Sick	The end of life

# Chapter 5

## Catechesis on Confirmation



*Sacrament of Confirmation* by Jacques Dumont le Romain



*The one who anointed us is God. He has also put His seal upon us and given us the Spirit in our hearts. (1 Corinthians 1:21-22)*

**PP** Confirmation is the Sacrament through which the faithful receive the Holy Spirit as a gift.

*Pope Paul VI*



*Acts 8:17*

“Then they laid hands on them and they received the Holy Spirit.”

Through each of the seven Sacraments, God offers grace to help grow in deeper friendship with Him. The graces come through the words and actions of the Sacrament.

### **What is Confirmation?**

Confirmation is one of the three Sacraments of Initiation. Along with the Eucharist and Baptism, these three sacraments give the graces that form the foundation of the Catholic life. Confirmation is connected to Baptism like a lightbulb to wires. Through Baptism a



person becomes connected to the Body of Christ as an adopted child of God. In Confirmation, a child of God is made a missionary for Christ. With the help of the gifts of the Holy Spirit, the light of Christ that was given at Baptism can shine brightly throughout the world. Although sometimes people receive the sacraments of Baptism and Confirmation during the same Mass, they have always been two separate sacraments. This has been true since the time of the Apostles. You can read about it in Acts 8:14-17. Like each of the seven sacraments, Confirmation has specific outward signs, a moment of institution, and graces.

### **Outward Sign**

The outward sign of Confirmation, like every sacrament, has two distinct parts: the matter (actions) and form (words). The matter includes the laying on of hands and anointing with chrism. Throughout the New Testament we read about the Holy Spirit coming while someone prays and “lays hands” on another. Jesus often touched the eyes of the blind or the ears of the deaf as He was

healing them. As He touched them, they were healed through the power of the Holy Spirit.

The Holy Spirit continues to work powerfully through priests and bishops today. The **epiclesis** is the moment when the priest extends his hands and calls down the Holy Spirit while administering a



sacrament. The next time you are at Mass, notice when the priest extends his hands over the bread and wine at the beginning of the Eucharistic prayer. In the **epiclesis** of this sacrament, the priest calls down the Holy Spirit to transform the bread and wine into the Body, Blood, Soul, and Divinity of Christ. During Confirmation the bishop extends his hands in a similar way over those being confirmed. The bishop calls down the Holy Spirit to enter into their hearts and minds, transforming them into true and full followers of Christ. Along with the laying on of hands, the matter of Confirmation includes anointing with Chrism oil. The bishop anoints each person by making a sign of the cross on his forehead.

The second part of the outward sign of Confirmation is the form or sacred words. As the bishop anoints each person's forehead, he says the words, "(Confirmation name), be sealed with the gift of the Holy Spirit." Confirmation unites every individual more closely to the



entire Catholic Church and also gives them the grace of mission to bring others into the Church as well. The bishops represent the universal Church. This is why the bishop of the diocese is ordinarily the minister of Confirmation. When he confers the sacrament, the presence of the bishop reminds everyone at Mass that being confirmed means belonging to the Catholic Church and wanting everybody to be part of the Body of Christ.

## Instituted by Christ

Like every Sacrament, Confirmation was instituted by Christ. The first Confirmation happened at Pentecost. The Holy Spirit came upon the



### *What is Chrism Oil?*

Chrism oil is olive oil with balsam. This gives the oil a sweet fragrance. The sweet aroma of Chrism is like the sweet presence of Christ, whose fragrance we spread through evangelization.



The Sacrament of Confirmation perpetuates the grace of Pentecost in the Church.

*Catechism of the Catholic Church*

# Catechesis on Confirmation

☞☞ The confirmed person receives the power to profess faith in Christ publicly, and as it were, officially.

*St. Thomas Aquinas*

apostles and Mary, empowering them to be His witnesses. All of this happened exactly as Jesus had said. Before He died He promised that He would send the “spirit of truth” (John 15:26). Before He ascended He told the apostles to wait and pray until He had sent the Holy Spirit (Luke 24:49). At Pentecost Jesus fulfilled His promise of sending the Holy Spirit. He will also, through the Bishop, give YOU the Holy Spirit when you are confirmed.

## To Give Grace

Through the Sacrament of Confirmation, God imparts many wonderful graces to the soul:



*Ephesians 6:10*

“Draw your strength from the Lord and from His mighty power.”

- ★ Deepens and increases the graces you already received at Baptism
- ★ Increases the **divine filiation** which is the relationship with God the Father as His adopted son or daughter
- ★ Unites the soul more firmly to Christ
- ★ Increases the seven gifts of the Holy Spirit
- ★ Perfects the bond with the Catholic Church
- ★ Empowers to proclaim Christ’s name boldly and so evangelize
- ★ Strengthens the work of the Holy Spirit to spread and defend the faith
- ★ Imprints an indelible character on the soul

## *The Roman Sphragis*



When a man became a soldier in ancient Rome, the national seal of the Roman Empire, “SPQR,” was tattooed on his arm or leg. These letters stood for the Latin words that mean “The Roman Senate and People.” This seal or *sphragis* meant two things. Firstly, the soldier received special privileges and respect. Secondly, the soldier had the duty to work to expand the empire and protect it against invaders. The seal of Confirmation is similar to the *sphragis*. When someone is confirmed they have the privilege that comes from being part of the Body of Christ and also the duty to defend Christ and expand His Kingdom through words and actions.

## Indelible Character of Confirmation

During the Sacrament of Confirmation, when the bishop says, “Be sealed with the gift of the Holy Spirit,” an amazing and permanent transformation happens in the person’s soul. This change is called by several different names: indelible mark, character, or seal of the sacrament. Because this change lasts forever, a person only needs to be confirmed once. According to the *Catechism of the Catholic Church*, the character of Confirmation makes a person a missionary for Christ with the power to be a witness of His love.

Like the Sacrament of Baptism, the indelible character of Confirmation affects the soul in four ways:

- ★ *Configures* the soul to Jesus’ public ministry. After Confirmation you have the ability, with the help of God’s grace, to live more like Christ. You are configured to Him with a greater ability to imitate how He proclaimed the Kingdom of God and lived in conformity to the Father’s will.
- ★ *Empowers* the soul to proclaim and defend the Gospel. The Holy Spirit gives the strength and ability to witness to Christ through your words and actions. What you say and do, if it is like Christ, has a greater power to share God’s love after you are confirmed.
- ★ *Distinguishes* the souls that have received the sacrament of Confirmation from those who have not received it.
- ★ *Obliges* all who are Confirmed to be a public witness of Christ. This means that, after Confirmation, you have a great responsibility. The Holy Spirit will give you the grace you need to continue the work of Jesus on earth. It is your job to take this responsibility seriously.



*What is the Catechism of the Catholic Church?*

This is a book that presents the entire Catholic Faith. Its four main parts are about the four most important parts of Christianity: the Creed, Sacraments, the Commandments, and prayer.

**PP** Confirmation strengthens us to defend the faith and spread the Gospel courageously.

*Pope Francis*

# Catechesis on Confirmation



*Romans 8:14-15*

“For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery...but you received a spirit of adoption, through which we cry, Abba, Father!”

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*My dear friends, in Baptism God our Father gave the new birth of eternal life to his chosen sons and daughters. Let us pray to our Father that he will pour out the Holy Spirit to strengthen his sons and daughters with his gifts and anoint them to be more like Christ the Son of God.*

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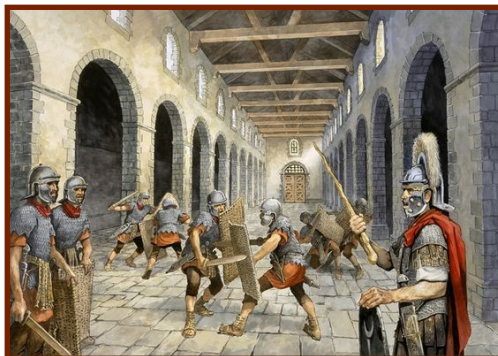
## Prayer from the Rite of Confirmation

The power of the Holy Spirit can change our hearts and minds in an instant. But normally the change happens gradually as each person works hard to cooperate with the love of God and the promptings of the Holy Spirit. Like a Roman soldier learning how to ride a horse or fight with a sword, all Catholics need tools and training to be the soldiers of Christ we are called to be through Confirmation. This training happens through daily prayer and practicing the virtues. The tools are the gifts, fruits and charisms given directly by the Holy Spirit.



**PP** Saints are sinners who keep trying.

*St. Teresa of Calcutta*



New Roman soldiers perfected their fighting skills using sticks and woven mats in place of swords and shields.

# Chapter 6

## Gifts, Fruits, and Charisms of the Holy Spirit



*Pentecost Mosaic from Rosary Basilica, Lourdes, France*

*If you know how to give good gifts to your children, how much more will the Father in Heaven give the Holy Spirit to those who ask Him?  
(Luke 11:13)*



*Luke 11:13*

“How much more will the Father in heaven give the Holy Spirit to those who ask Him?”

Have you ever been surprised by a gift? Gifts are wonderful things. There is nothing you can do to earn them and you don't need to pay anyone back for them. They are yours to enjoy. The best gifts are the ones that seem to be tailor-made. God our Father, who knows us better than we know ourselves has hand-picked gifts for each of His beloved children. These are the gifts, fruits, and charisms of the Holy Spirit.

The greatest gift that God can give us is His own life which is His grace. Sanctifying grace is given for the first time at Baptism and actual graces are given over and over again throughout life. In addition to the wonderful gift of grace, the Holy Spirit gives specific gifts at certain times for certain reasons.

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

God first gives the seven gifts of the Holy Spirit at Baptism. Through the Sacrament of Confirmation He strengthens and deepens these gifts so they can help us in our daily lives. Sometimes the gifts are called “supernatural virtues.” A person can strengthen the regular virtues through effort and practice. What makes the seven gifts of the Holy Spirit supernatural is that they are given all at once and freely. All we have to do is accept them and use them. These seven gifts are like the sails on a ship. When the sails catch the wind the entire ship is pushed in the direction the wind is blowing. Through the seven gifts (like seven sails), the Holy Spirit (like the wind) **prompts** or invites us to act in the way He is guiding. For example, if you notice someone is alone at recess, you might feel a

**PP** In Confirmation a Christian receives the Spirit of sevenfold grace so that he may be strengthened by the Holy Spirit to preach to others.

*St. Alcuin of York*



desire to go and ask her to play with you. The Holy Spirit guided you to notice the person and prompted you to ask her to play. Although the Holy Spirit never forces someone to follow His promptings, the more we choose to live according to the gifts of the Holy Spirit, the faster we will grow in holiness and the more joyful life will be.

The names of the seven gifts of the Holy Spirit come from the prophet Isaiah (Is 11:2-3). The chart below lists the seven gifts of the Holy Spirit and the specific strength that each gift provides.

## Fruits of the Spirit

The Holy Spirit gives the **fruits of the Spirit** to anyone who follows His promptings. When a strawberry plant is healthy with plenty of water and sunshine, it produces delicious fruit. When a person is living according to the graces of his Confirmation, he experiences the wonderful fruits of the Spirit. These fruits are the result of having a healthy soul, loving our neighbor, and having the right attitude about the world around us. When we experience the fruits of the spirit, we know that God has helped us to put these things in order.



**PP** If the Saints were asked, “Why are you in Heaven?” They would answer, “For having listened to the Holy Spirit.”

*St. John Vianney*



*Luke 6:45*

“A good person out of the store of goodness in his heart produces good.”

## The Seven Gifts of the Holy Spirit

Gift	How the gift works in us
Wisdom (the greatest of the seven gifts)	Seeing all things from God’s perspective
Understanding	Deep insights into the things of faith
Knowledge	Seeing and judging the real value of earthly and heavenly things
Counsel	Supernatural guidance to see the most God-pleasing path to follow
Fortitude	Courage to overcome obstacles in following Jesus
Piety	Honoring God as a loving Father
Fear of the Lord	Fear of losing the Father’s love through sin

# Gifts, Fruits, Charisms of the Holy Spirit



*Matthew 7:17*

“Every good tree bears good fruit, and a rotten tree bears bad fruit.”

When Jesus described what it means to really follow Him, He used the example of a tree that produces good fruit. Jesus said that the best fruit comes from trees that have been pruned so all the unhealthy branches are cut off. This is true for our souls as well. All that isn't good and holy in every soul has to be cut off or purified so that the Holy Spirit can work and bring wonderful fruit to us and our neighbors through our actions. This “spiritual pruning” happens through quickly following the promptings of the Holy Spirit and not doing anything that is against Him.



*Galatians 5:22-23*

“The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law.”

The traditional list of the fruits of the Spirit originated in St. Paul's letter to the Galatians (Gal 5:22-23). *Love* is joy and delight in charity. *Joy* is gladness or happiness because God is fully present in our souls. *Peace* is the perfection of joy that we feel when our souls are focused on God and free from sin. *Patience* is the sense of the nearness of Jesus when our sufferings both big and small are united to His sufferings. *Kindness* and *goodness* are when we easily do good for others. *Generosity* is wanting the good for as many people as possible. *Gentleness* is a powerful calmness that gives peace even to those who are angry. *Faithfulness* is the joy of being loyal to others. *Modesty* is moderation in all relationships. *Self-Control* is delight when we control our strong feelings. Finally, *chastity* is peace in controlling sexual feelings. Although some virtues share a name with the fruits of the Spirit they are different things.



Hundreds of wooden crutches cover the wall of St. Joseph Oratory in Canada. The owners of the crutches left them behind after being miraculously cured through the prayers of Br. André Bessette who had the charismatic gift of healing.

## Charisms

**Charisms** are supernatural gifts given by God in order to build up the entire Church.



*1 Corinthians 14:12*

“Since you strive eagerly for spiritual gifts, seek to have an abundance of them for the building up of the church.”

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*To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge, to another faith, to another gifts of healing, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues.*

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The above list was written by St. Paul in his letter to the Corinthians (1 Cor 12:7-10). What a variety: working miracles, healing, prophecy, speaking in tongues. Throughout the New Testament and up to the present day there are many stories of the Holy Spirit giving these and other charisms to Catholics of all ages.

**PP** The Holy Spirit distributes special graces among the faithful of every rank.

*Lumen Gentium*

Both the charisms and the gifts of the Holy Spirit are gifts that aid all people on the path to holiness. They have two important differences.



Firstly, the gifts of the Holy Spirit are given at Baptism and strengthened at Confirmation. On the other hand, God gives charisms at different times and in different amounts according to His good pleasure. Secondly, the gifts of the Holy Spirit help each individual to grow in personal holiness. God gives the charisms to help other people grow in holiness. For example, if a girl has the charism of healing, it is so that God can work through her to heal other people. If a boy has the gift of prophecy, he speaks the words Jesus wants others to hear. Charisms are given to be shared.

# Gifts, Fruits, Charisms of the Holy Spirit

PP Come Holy Spirit and make us ever more faithful to the charisms you have bestowed on us.

*St. John Paul II*



*1 Corinthians 13:13*

“So faith, hope, love remain, but the greatest of these is love.”

The charisms of the Holy Spirit are a pure gift. We can not earn them by anything we do or say. But they can be rejected if a person is not spiritually open to receive the gifts. You have learned already that through the Sacrament of Confirmation the Holy Spirit prompts us to share the love of God with others. The charisms are one amazing way that the Holy Spirit makes God’s love visible. It is a good and holy thing to pray for the charisms. If someone faithfully prays for the charisms, he is more ready to receive and use them when God gives them. Sadly, however, they can also be rejected if a person is not spiritually willing to receive them.

Although all charisms are given to build up the Body of Christ, St. Paul wrote that the greatest is love. If we work to love God and the people around us, the Holy Spirit will be able to work powerfully through us. It is important to receive all of God’s gifts humbly and not to compare what He gives to you with the gifts He gives to others. No matter how large or small a gift may seem to us, all of His gifts are extremely important and necessary to God’s eternal plan. Like any gift, the best way to show gratitude for the gifts, fruits, and charisms of the Holy Spirit is to use them joyfully. When we do, God can use us to give His love to others.



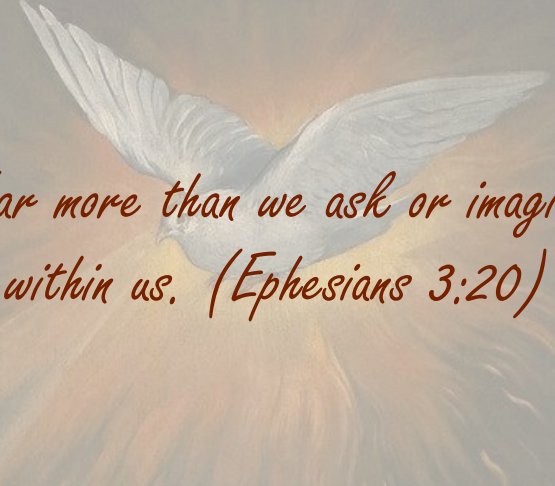
From the Holy Spirit			
	Gifts	Fruits	Charisms
Given...	At baptism and strengthened in Confirmation	As a result or “fruit” of personal holiness	When and how the Holy Spirit wills
For...	Growth in holiness	The individual or communal enjoyment of a holy life	The sake of the building up of the Church and holiness of others
Names:	Wisdom, knowledge, understanding, counsel, piety, fortitude, fear of the Lord	Love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, chastity, and self-control	Healing, prophecy, tongues, word of knowledge, teaching, miracles, discernment of spirits, and many others

# Chapter 7

## Personal Preparation for Confirmation



*The Calling of St. Matthew* by Caravaggio



*He is able to accomplish far more than we ask or imagine, by the power at work within us. (Ephesians 3:20)*



*What is a virtue?*

A virtue is a habit of doing good. When a person does what is right without having to think about it we call that person virtuous.



*Luke 19:10*

“For the Son of Man came to seek and save what was lost.”

Have you ever helped get ready for guests? Maybe you had to clean your bedroom or help cook special meals. Maybe you had to tell a friend that you couldn't go to his house because you had company coming. All the work and sacrifices are worth it when the guests finally arrive. Good preparation beforehand makes their visit all the more enjoyable. The same is true for Confirmation. It is important to prepare so you are ready to receive the Holy Spirit more fully as a permanent guest in your soul.

### **Conversion**

**Conversion** is turning away from sin and toward goodness. God gave every person a free will. This means that each person is free to decide how to act, what to think about, and what to say. If your teacher asks you to put your book away and line up, you are free to do what she asks, to stay in your seat, or do any number of other things. In this example, and in most other cases, there is a good choice, follow your teacher's directions, and a bad choice, to stay in your seat without a good reason. If you choose to do what is bad over and over again, particularly when it is something serious, you are turning your life toward sin. When you choose to do what is right over and over again, your life is turned toward God. Every person, both children and adults, have some areas in their life where they often make bad choices. God wants to help us get out of these bad habits and turn toward Him.

Sometimes these bad actions are sinful. Venial sin makes it harder to follow God and mortal sin blocks God's grace from entering the soul.

This is why someone should not receive the Sacrament of Confirmation in the state of mortal sin. Through Confirmation, the Holy Spirit gives gifts, fruits, and charisms to help live a holy life and to evangelize. If a person receives Confirmation, but doesn't care about the Catholic faith and doing what's right, the sacrament will be **unfruitful** in him. The gifts, fruits, and charisms of the Holy Spirit will be unable to take effect in his soul. This is why a very important part of preparing for Confirmation is to make a good confession.

During the Confirmation Mass, those being confirmed have the opportunity to publically renounce sin, Satan and all his works. The worst of his works is sin. In addition to confession, it is important to



take some time to think about the specific areas in your life that need conversion. This is done in two steps. Firstly, pray to the Holy Spirit and ask Him to show you what to renounce. When you **renounce** something you reject it, want to get rid of it, and desire with all your heart to have nothing to do with it. Secondly, pray and ask Jesus to help you not think or do that thing any more and also to do the opposite thing. Here's an example:

*In the name of Jesus, I renounce the spirit of jealousy. In His name open my heart to greater and truer love for my brother.*

## Faith

Faith is a second important part of preparing for Confirmation. New Catholics receive the gift of faith at Baptism. It is up to each person, no matter how young, to deepen that faith. **Faith** is a firm trust in



Blessed Carlo Acutis used his gifts with computer programming to create the world's first website about Eucharistic Miracles. He died from cancer when he was only 15 years old.

**PP** The Holy Spirit comes where He is loved, invited, and expected.

*St. Bonaventure*



*Acts 2:38*

"Repent... in the name of Jesus Christ, and you will receive the gift of the Holy Spirit."

# Personal Preparation for Confirmation

**PP** Prayer enlarges the heart until it is capable of containing God's gift of Himself.

*St. Teresa of Calcutta*



*Matthew 6:6*

“When you pray, go to your inner room and pray to your Father in secret.”



*What is meditation?*


Meditation is a type of prayer. When a person meditates she thinks about a story from the Bible or another truth about God. Then she asks Jesus to help her better understand this truth or story.

God, belief in all that God has revealed, and freely committing all of your life to Him. This type of faith is what makes the sacrament of Confirmation fruitful. The more you desire the graces of Confirmation the more the Holy Spirit will pour His gifts into your heart when you are confirmed. The Holy Spirit loves you so much, He will not do anything that you do not want Him to do. This includes giving you the graces of Confirmation: you have to want to receive them. The choice to live in a relationship with Jesus and to believe in all He has revealed through the Bible and the Catholic Church is called **personal faith**.

## Prayer

How did Mary get ready for the birth of Jesus? How did Jesus prepare for His public ministry? How did the disciples prepare for the coming of the Holy Spirit at Pentecost? Prayer. Prayer is the most essential thing you can do to prepare for Confirmation. If you haven't done so already, make a commitment to pray every day.

Prayer is simply having a conversation with God. Like talking with any friend, spending time with God will make you closer friends with Him. God is constantly inviting us to a deeper friendship with Him. If you

 feel like praying, it is because God is inviting you to pray; you are simply answering His invitation. Prayer not only strengthens our Christian life on earth, but also gets us ready for life with God forever in heaven.

It would be ridiculous to think that you only need to talk to your friends once a day. If they are good friends, you want to talk with them often. The truth is that the more time you spend with your friends, the stronger your friendship becomes. This is also true for prayer. The more you pray as you prepare for Confirmation, the more you will be open to receiving the Holy Spirit and allowing Him to work in your life.

There are many ways to pray. A great way to get ready for Confirmation is to pray one of the prayers to the Holy Spirit found in the back of this textbook. The simplest prayer to the Holy Spirit can be prayed in the time it takes you to take a deep breath, “Come, Holy Spirit!”

### Experience

On the day of Pentecost, the disciples knew that the Holy Spirit had changed their hearts. They saw the tongues of fire, felt the wind, and heard the different languages. More importantly, they felt a strong desire to share the saving message of Jesus and had the courage to boldly proclaim it. As you already know, the Holy Spirit that changed the lives of the apostles is the SAME Holy Spirit that will be awakened in your heart at Confirmation.

The Holy Spirit has a unique love for each person. Because of this, each person feels the Holy Spirit’s love and presence in a different way. When you are confirmed you might feel a powerful sense of His presence. You might also feel a gentle peace or calm. Like the Apostles, you might have a great desire to praise God and share His love with others. Some people are given the gift of knowing God’s call for their life, their vocation, through the grace of Confirmation.

**PP** The Church invites us to call upon the Holy Spirit every day, especially at the beginning and end of every important action.

*CCC 2670*

**PP** The Holy Spirit gives us JOY! He is the author and creator of JOY!

*Pope Francis*



### *Saint Thérèse of Lisieux*

St. Therese wrote this memory of her Confirmation day:

*I prepared myself with the greatest care for the coming of the Holy Spirit. How happy I felt! Like the Apostles, I looked with joy for the promised Comforter, gladdened by the thought that I should soon be a perfect Christian, and have the holy Cross, the symbol of this wondrous Sacrament, traced upon my forehead for eternity. I did not feel the mighty wind of the first Pentecost, but rather the gentle breeze.*

# Personal Preparation for Confirmation



*1 Thessalonians 5:19-21*

“Do not quench the Spirit...test everything and retain what is good.”



*Ephesians 4:8*

“For you were once in darkness, but now you are in light. Live as children of light.”

**PP** It is not about how much you do, but how much love you put into what you do that counts.

*St. Teresa of Calcutta*

Sometimes an experience of the Holy Spirit happens all at once, and sometimes it happens slowly over many days or years. Either way, the Holy Spirit will work in you. As the Holy Spirit begins to work in your soul, it is important to become **docile to the Holy Spirit**. This means to be aware of what the Holy Spirit is prompting you to do and to do it. These interior promptings of the Holy Spirit are often called *inspirations* and can feel like a desire to pray, to some good work, or



tell someone about Jesus. When the prompting is for a small action it is good to do it right away, such as pausing a video game to help your dad carry in the groceries. For bigger things you should talk it over with your parents, sponsor, or another adult. They can help you to discern what the Holy Spirit is really asking you to do.

When we are docile to the Holy Spirit we experience His wonderful fruits. On the other hand, if we resist the promptings of the Holy Spirit we lose our inner peace. The Holy Spirit always prompts us to do what is good, and ignoring His inspirations causes us to fight against Him. This is one of the reasons for the unsettled feeling that often happens when we do not do what we know we should.

As you begin to seriously prepare for Confirmation it is important to keep two things in mind. Firstly, it is Jesus who does most of the work. Your job is to follow where He leads and do what He asks. This may mean that you need to change some bad habits or work on developing some virtuous ones. Ultimately, it means letting Jesus love you. Secondly, remember that the enemy, Satan, does not want you to know of God’s love for you or to share that love with others. Luckily, you do not have to face the enemy alone. The next chapter talks about some special guides that will help.

# Chapter 8

## Spiritual Guides for Confirmation



"The Communion of Saints"

*Seek counsel from every wise man, and do not think lightly of any advice that can be useful. At all times bless the Lord God and ask Him to make all your paths straight. (Tobit 4:18-19)*

Every spring, small towns across the Midwest take part in the Gus Macker 3-on-3 basketball tournament. The six players play half-court, street basketball for a chance to win the tournament championship. If you could pick any two people to be on your team, who would you choose? If your goal was to just have a good time, you might choose your best friends. But if your goal was to win the championship, you would probably be more selective. You might pick the star player of the high school basketball team. For the second person, you might choose the best basketball player of all time. One thing is certain, you wouldn't try to win the tournament by yourself.

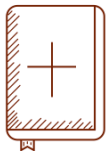
Life is a lot like this basketball tournament. We need other people to help us reach our goal. One huge difference is that the goal of life isn't just a big trophy and some bragging rights. The goal of life is heaven. We want to make sure we have members on our team that will help us reach this goal. As you prepare for Confirmation, you have the chance to add two more members to your team: your Confirmation Saint and your sponsor.

### **Confirmation Name and Patron Saint**

From Old Testament times to the present day, people received new names when God called them to a special mission. Abram became Abraham (Gen. 17:1-8), Simon became Peter (John 1:42), and Saul became Paul (Acts 9:1-9). Infants are "christened" with a name at

**PP** Follow the Saints because those who follow them will become Saints.

*St. Clement*



*John 1:42*

"You are Simon the son of John; you will be called Kephas (which means Peter)."

Baptism. When a new pope is elected he also chooses a new name. All of these new names are a sign of the beginning of a new phase in life which often includes new responsibilities and new need for God's help and guidance.

Before you are confirmed, you also will have a chance to choose a new name. Although you will still be called and legally known by your birth name, your Confirmation name will always have a special meaning in your life. By choosing a new name you are showing that after Confirmation you intend to participate fully in the mission of Jesus and the work of the Holy Spirit.

How should you choose your new name for Confirmation? Sometimes friends give each other nicknames based on how a person acts. They might call the class clown "Jokester" or the fastest runner "Speedy." Choosing a Confirmation name is a little different. You don't choose a Confirmation name based on how you act NOW. Instead, a Confirmation name is based on the type of person you want to BECOME as you grow in your relationship with Christ. This is why Confirmation names are always the names of saints. Saints are people who have lived a life of holiness and are now



**PP** God sends friends to be our firm support in a whirlpool of struggle. In the company of friends we will find strength to attain our sublime ideal.

*St. Maximilian Kolbe*

**PP** Never say, 'What great things the saints do!' but 'What great things God does in His saints!'

*St. Philip Neri*



### *Patrons*

The word patron comes from the Latin word *patronus* which means protector or defender. When saints are called "patrons" that means God has given them a special grace to protect or defend specific groups of people or specific situations. For example, Mary, the Immaculate Conception, is the patron saint of the United States and St. Aloysius Gonzaga (pictured to the left) is the patron saint of students. When you begin your homework, you can ask St. Aloysius to defend you against temptations toward giving up, not doing your best, or being unkind to those helping you.

# Spiritual Guides for Confirmation

**PP** I will spend my Heaven doing good on earth.

*St. Thérèse of Lisieux*



*What is a "blessed"?*

"Blessed" is the stage before a person is declared a saint. You can choose either a blessed or a saint for your Confirmation name and saint.

with God in Heaven. They are experts and sure guides on our journey through life. The saint you choose as a Confirmation name becomes your Confirmation saint. After Confirmation this saint will be your new, personal patron saint. By choosing a particular saint, you will strive to imitate his or her virtues. Also, as a patron, the prayers of your confirmation saint will be especially powerful for you throughout your whole life. If you are already named after a saint, that saint is already your patron and has been interceding for you since you were a baby. By choosing a different saint for Confirmation, you have a second friend and patron, praying for you in heaven.

There are many ways to choose a Confirmation saint. Generally, girls choose female saints and boys choose male saints. To pick a saint, begin with prayer. Ask Jesus to let you know who He would like to be your patron saint. God's providence has someone particularly in mind for you. Secondly, learn about the lives of the saints. You can do this by reading saint biographies or asking your parents, teachers, or friends to tell you about their favorite saints. Think about which saint you would like to imitate or who is the patron of a particular interest that you have. Once you have chosen a saint, pray to him or her often. This is the beginning of a new friendship that will last

## Types of Saints

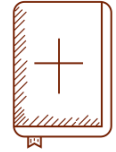
Type	Meaning	Examples
Martyrs	Gave their lives as witnesses to the love of God	Maximilian Kolbe, Agnes, Felicity, Lawrence, Edmund Campion
Doctors	Their teaching and life brought a new understanding about the love of God	Teresa of Avila, Augustine, Ambrose, Thérèse of Lisieux
Pastors	Spent their lives as priests, bishops, and popes, leading people to Christ	John Paul II, Pius X, John Vianney, John Bosco, Padre Pio, Dominic
Virgins	Chose Christ as their spouse instead of having earthly spouses and families	Kateri, Edith Stein, Rose of Lima, Mother Teresa, Katharine Drexel

throughout life. One of the joys of heaven will be meeting all the saints who have helped us throughout our life.

## Confirmation Sponsor

When you choose a patron saint, you pick one important member of the team that will help you get to heaven. The second member is your sponsor for Confirmation. A **sponsor** is a person that you choose to help you become a better Catholic and be docile to the Holy Spirit. Just as saints become life-long friends, your sponsor should be someone who can help and support you long after you are confirmed. Because of the connection between the sacrament of Confirmation and Baptism, many people choose a baptismal godparent as their sponsor for Confirmation.

According to the Code of Canon Law, in order for someone to become a Confirmation sponsor they have to meet some basic requirements. A sponsor must be at least 16 years old. He or she must be baptized and confirmed. Finally, a sponsor must be in good standing in the Catholic Church. This means that the he or she attends Mass on Sundays and Holy Days of Obligation, participates in the sacraments, is not living in a state of mortal sin, and if your sponsor is married he or she is married in the Church. This is why most parishes require that people who wish to be sponsors for Confirmation ask that pastors of



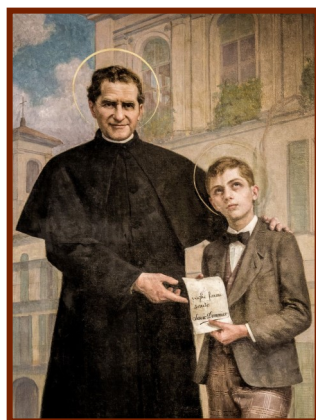
*Proverbs 19:20*

“Listen to counsel and receive instruction, that you may become wise.”



*What is the Code of Canon Law?*

The Code of Canon Law is the official law for the entire Catholic Church around the world.



Saint John Bosco was a priest and teacher who taught Saint Dominic Savio how to get to Heaven.

# Spiritual Guides for Confirmation

their home parish complete a form stating that they are, in fact, a Catholic in good standing.

Here are four things to consider when deciding who you would like for a Confirmation sponsor.

**PP** Help us to work together for the coming of Your Kingdom, until the hour when we stand before You, saints among the saints in the halls of heaven.  
*Eucharistic Prayer for Reconciliation*

- ★ **Commitment to Prayer:** Does the person pray daily? Will he or she be willing to pray for me for my whole life?
- ★ **Good Example:** Does the person joyfully share the Catholic faith with others? Is the person a good example for me to follow?
- ★ **Courage to Correct:** Will the person correct me if I am on the wrong track? Has the person been a courageous witness to faith and morality with their family and friends?
- ★ **Relationship:** Do I already have a good relationship with this person? How often do I see or talk with this person?

Once you choose a Confirmation saint and sponsor, take some time to get to know them better. You can do this by reading books about your Confirmation saint and setting up a time to meet with your sponsor. Both your sponsor and your saint can be lifelong friends and perfect teammates on the journey to heaven.



# Chapter 9

## The Rite of Confirmation



*Confirmation* by Giuseppe Crespi

*Then the Apostles laid hands on them and they received the Holy Spirit.  
(Acts 8:17)*



*1 Corinthians 11:23*

“For I received from the Lord what I also handed on to you.”



Have you ever missed something amazing? Maybe a herd of deer ran across the road, or a fox wandered into the yard. Somebody might have told you to look out the window, but by the time you got there it was already gone. During the Confirmation Mass, God is going to do some wonderful things through the words and actions of the Mass. If you don't know what to watch and listen for, you might miss it.

### **The Rite of Confirmation**



*What is liturgy?*

Liturgy is the Church's public worship of God. It is "public" because people gather together for the liturgy and because it is the worship of the entire Church, all around the world.

The most important types of prayer in the Catholic Church, from Mass to the blessing of holy water, have a rite. The **rite** is the specific words and actions that are used throughout the universal Church for a particular ceremony or liturgy. The word "rite" is closely connected to the word "ritual." A ritual is something that is done a certain way by a family or group of people. Rituals are handed down from parents to children to grandchildren. You may have a family ritual for setting up the Christmas tree or celebrating birthdays. The rituals of the Catholic Church were inspired by the Holy Spirit and began with Jesus and the first Christian community. They have been handed down from bishop to bishop and Catholic to Catholic for the past 2,000 years. As you learn about each part of the Rite of Confirmation, notice the similarities to Pentecost and the ministry of Jesus.

The Rite of Confirmation takes place within Mass. As you learned in Chapter 4, Confirmation and the Holy Eucharist are both Sacraments of Initiation. The basic parts of the Confirmation Mass are the same as the basic parts of every Mass. You listen to readings, pray the

prayers of the faithful and receive the Eucharist. Within each part of the liturgy there are special prayers and gestures specifically for Confirmation.

## Liturgy of the Word

The Confirmation Mass has a first reading, Responsorial Psalm, a second reading, and a Gospel. There are many reading options that the priest or bishop can choose from when he is planning the



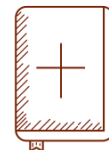
Confirmation Mass. All of the reading options are about the power of the Holy Spirit. Mass is a time when God speaks powerfully through His Word. Pay close attention as the Scriptures are proclaimed during the Confirmation Mass because Jesus has something particular that He wants to tell you.

## Presentation of the Candidates

After the Gospel reading and before the homily, your parish priest will present you and your classmates to the bishop. While you are standing, the priest will tell the bishop that you have done your best to prepare to receive Confirmation and that you are ready, with the help of the Holy Spirit, to spread and defend the faith by your words and actions. Like the teacher of a new soldier letting the general know that his recruits are prepared for battle, the priest is letting the bishop know that you are prepared to enter the ranks of the confirmed Catholics of the diocese. Although you are standing with your classmates, know that God has chosen you for a specific task that nobody else will ever be able to do. He desires you to join His mission to carry out His plan of salvation.

## Renewal of Baptismal Promises

After the homily, the bishop will ask you to stand to renew your baptismal promises. If you were baptized as an infant, your parents and godparents made these promises for you. Now you and your



*Hebrews 4:12*

“The word of God is living and effective.”

**PP** Grant we beseech you, almighty and merciful God, that the Holy Spirit may deign to come and dwell in us.

*Opening Prayer - Mass  
of the Holy Spirit*



*Ephesians 1:4*

“He chose us in Him, before the foundation of the world, to be holy... destined for adoption to Himself.”

# The Rite of Confirmation



*Why do baptismal promises  
end with Amen?*

The word “amen” is a translation of the Hebrew word אָמֵן. This word means “truly” or “so be it.”

classmates get to make these promises for yourselves. The bishop will ask you if you renounce Satan and believe in all the truths of the Catholic faith. These promises also include a statement about believing in the Holy Spirit whom the apostles received at Pentecost and whom you will receive at Confirmation. Respond with a firm and clear “I do” to each of the bishop’s questions. Lastly, you and your classmates will say “Amen.” At that moment, you are publically saying that you truly believe and want to live by the teachings of the Catholic Church.



## Laying on of Hands

The **laying on of hands** is the first of two steps for Confirmation. This is the epiclesis, when the Bishop will call down the outpouring of the Holy Spirit upon you and your classmates. As you are kneeling in your pew, the Bishop will extend his hands over you and your classmates, in a gesture similar to the epiclesis at Mass.

The bishop begins by asking all of the people in the congregation to pray that the Holy Spirit will pour His gifts upon you and unite you



more firmly to Christ. There will then be a few moments for silent prayer. Take this time to pray that the Holy Spirit will find a welcome home in your soul and the souls your classmates.

The bishop will then call down the Holy Spirit and His seven Gifts upon you. Remember, the sacraments actually do what they say. As the Bishop names each gift, the Holy Spirit is giving that gift to you. As you kneel, listen and pray to the Holy Spirit, begging Him to give you an abundance of His gifts.

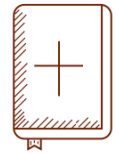
## Anointing with Chrism

Anointing with chrism is the second step of the laying on of hands. This is when the Holy Spirit anoints you with Himself and His gifts. The bishop will sit on a special chair called a *faldstool* in front of the

**PP** A sacrament is a visible sign of an invisible grace.

*Catechism of the  
Council of Trent*

altar. Each candidate for Confirmation will walk up to the bishop with their sponsor and kneel before him. The bishop will ask you the name of your Confirmation saint. As you kneel before the bishop, your sponsor will place his hand on your shoulder and your saint will be interceding for you. Your entire “team” is ready to help you as you receive the Holy Spirit. The bishop will make a cross on your forehead with sacred Chrism oil as he says using your Confirmation name:



*Isaiah 43:1*

“Fear not, for I have redeemed you. I have called you by name: you are mine.”

*“N., be sealed with the gift of the Holy Spirit.”*

Just as Jesus was anointed at His baptism and the disciples were anointed at Pentecost, the Holy Spirit will give Himself to you and seal your soul with the indelible character of the sacrament.



*Acts 4:31*

“They were all filled with the Holy Spirit and continued to speak the word of God with boldness.”

While you are still kneeling, the Bishop will hold out his hand in a similar gesture to the Sign of Peace during Mass. After the Bishop says, “Peace be with you,” shake his hand and respond, “And with your spirit.” The bishop, as a representative of the diocese and the entire Catholic Church, is welcoming and congratulating you.



The disciples and Mary received the Holy Spirit at Pentecost. They then went boldly into the streets to proclaim the love of God.

# The Rite of Confirmation



*Jeremiah 29:11*

“For I know the plans I have for you, says the Lord...Plans to give you a future full of hope.”



Jesus is my great friend and the Eucharist my highway to heaven.

*Bl. Carlo Actius*

When you return to your pew take time to be with the Holy Spirit who is present in a new and fuller way within you. You may wish to speak to the Holy Spirit or simply be silent in His presence. If your class is large, you could also pray for your classmates as each one receives the Holy Spirit.

## Prayers of the Faithful and the Liturgy of the Eucharist

After all the candidates have been confirmed, Mass continues as normal. The Prayers of the Faithful are especially for you and your family. As a confirmed Catholic, your prayers now have an added strength and power.

Confirmation and Holy Communion complete your initiation into the Catholic Church. When you receive the Eucharist after Confirmation, you are better able to unite yourself to Christ and more open to the graces He desires to give to you. Take some time in silent prayer, after receiving Communion. This is a particularly good time to ask Jesus about the plans He has for your life, your vocation.

Mass ends with a solemn blessing. The Bishop, along with the entire congregation, will ask God the Father to enable the Gifts of the Holy Spirit to bear fruit in your life.



## *The Sacraments of Initiation and the Holy Trinity*

Baptism, Confirmation, and Holy Eucharist are the three Sacraments of Initiation. We say that these sacraments complete the foundation of your life as a Catholic. They give us each one in a special way, the life of the Father, Son, and Holy Spirit. For example, in baptism, a soul becomes an adopted son or daughter of **God the Father**. In the sacrament of Confirmation, the **Holy Spirit** comes to dwell in your soul in a new way. Through the Holy Eucharist, you receive the Body, Blood, Soul, and Divinity of **Jesus Christ**. Part of the joyful work of evangelization is the opportunity you have to share the love and life of the Trinity, living and loving through you, with everyone you meet.

---

*May God the Father almighty bless you,  
whom he has made his adopted sons and daughters  
reborn from water and the Holy Spirit,  
and may he keep you worthy of his fatherly love.*

*May his Only Begotten Son,  
who promised that the Spirit of truth would abide in his  
Church, bless you and confirm you by his power  
in the confession of the true faith.*

*May the Holy Spirit,  
who kindles the fire of charity in the hearts of disciples,  
bless you and lead you blameless and gathered as one  
into the joy of the Kingdom of God.*

---

Solemn Blessing from the Rite of Confirmation

# Heroic Witness: Fr. Augustus Tolton

*"The Holy Spirit wishes to free us from the double slavery of mind and body."*

"Gus, could you lock up? I'm headin' home." Charlie put away the last bottle, hung up his towel and walked toward the door.

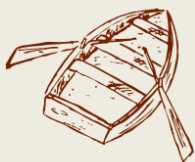
Augustus Tolton looked up from his broom and smiled at Charlie.

"Sure thing," he said, "I'm just 'bout done here."

As the door closed behind Charlie, Gus went back to sweeping. What a night! Riverside Tavern had been busy. Most of the customers were former slaves and most of them had too much to drink. He must have had to break up at least half a dozen fights. No wonder there was so much broken glass to sweep up tonight. He finished sweeping and hung up his broom. After taking one final look to make sure that everything was in order, he left the tavern, locking the door securely behind him.

Gus stepped out onto the deserted streets of Quincy, Illinois. Above him the stars were shining brightly, behind he could hear the gentle swish of the Mississippi River, and all around was the calm quiet of a late night in spring. A thought came to him that brought a smile to his face, "This is what freedom feels like." It was an old thought that always filled his heart with gratitude.

The distant sound of the river brought to mind a cherished memory, the night he escaped from slavery. Although he had only been eight years old, Gus remembered the moment as if it were yesterday. After his dad ran away from the plantation in Missouri to join the Union Army, his mother knew she had to try to escape with the



rest of the family. He remembered running through the woods and almost being caught by Confederate soldiers. Then the moment came when they found the abandoned rowboat on the bank of the Mississippi.

His mother rowed with all of her strength as the soldiers shot at them from the bank. When they reached the other side, he helped his siblings out of the boat then ran into the arms of his weeping mother. Hugging him tightly she whispered in his ear, "Boy, you're free. Never forget the goodness of the Lord."



## *Heroic Witness: Fr. Augustus Tolton*

That was almost ten years ago and so much had happened. Gus had found a place to work at the cigar factory as well as the tavern. It was good to bring some money home each week to help with the family expenses. Then there was good Fr. McGirr. Just thinking about the holy and stubborn Irish priest made Gus laugh out loud. Father had taught him how to serve Mass, had tutored Gus in the evenings after work, and made sure that none of the parishioners of St. Peter Church gave the former slaves a hard time when they came to Mass. It was Fr. McGirr who taught him that it takes more than crossing a river to be truly free.



Real freedom is loving and serving God.



He kicked a pebble and watched it bounce down the sidewalk. Freedom. That is what the men at the tavern tonight were missing. The country fought a Civil War to give all slaves the chance to be free. But in their hearts and minds those men were still slaves. Gus had learned what real freedom was from the lessons of Fr. McGirr. Who would teach the rest of the former slaves how to live in freedom? And the whites, too? Gus remembered the angry looks and words that the white folks often had toward African Americans. If freedom means loving, they sure weren't free. Money, fear, and hatred are harder masters than the cruelest plantation owner.



"Someone has to set them free!" He yelled the words into the quiet night. But how? He knew the answer before he even asked the question. "I could become a priest. A priest to lead my people to freedom." He could hardly wait to tell Fr. McGirr.



### **THINK ABOUT IT!**

How did the Holy Spirit inspire Gus to evangelize?



### **TALK ABOUT IT!**

What does it mean to be a slave? What does it mean to be free?



### **PRAY ABOUT IT!**

Jesus, you are my King and Master. How do you want me to lead others to Your freedom?

# Unit 3

Confirmation and Evangelization:  
Kerygma, Witness, and Prayer



# Chapter 10

## Kerygma: Explicitly Proclaiming the Gospel



*St. Francis Xavier Preaching in Goa* by André Reinoso

*For I handed on to you as of first importance what I also received: that Christ died for our sins in accordance with the scriptures; that he was buried; that he was raised on the third day. (1 Corinthians 15:3-4)*

**PP** The whole of salvation history is the story of God looking for us; He offers us love and welcomes us with tenderness.

*Pope Francis*



What is your favorite story? Is it a picture book that your teacher read in kindergarten? Is it the story about something your parents did before you were born? Whatever it is, chances are you never get tired of hearing your favorite story. This chapter is about the greatest story that has ever happened and how you, through the power of the Holy Spirit, are invited to share this story with the world.

### **The Best Story in the World**

The greatest story ever told is the story of the life and saving work of Jesus. This story is also called the *kerygma* and you read about it in chapter two. Here is the short version:



*Luke 24:32*

“Were not our hearts burning within us while He spoke to us on the way and opened the scriptures to us?”


God created you, loves you, and wants to be friends with you. Because we choose to sin, every person is separated from God. God sent His son, Jesus, to bring us back into friendship with Him. Jesus took on the punishment for our sins by dying on the cross for us and proved He had overcome evil by rising from the dead. We are all invited to live a life of friendship with God and to enjoy eternal life when He returns to judge the living and the dead. He is with us each moment of our lives and invites us to choose to live each moment with Him beginning now and extending to eternity.

What makes this story so great? You are part of this story. In fact, you are a main character and every moment of the story is being lived right now ... and now ... and now by you. But your life is a lot more like a choose-your-own adventure book than a movie. You can choose whether to live your life in friendship with Jesus or to live without

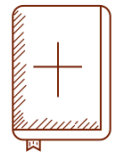
Him. This is the amazing thing about our gift of free will. God lets us choose whether or not we want to live our lives for Him. Every person on earth can make this choice. The sad fact is that many people don't even know that there is a choice to make. They've never heard about what Jesus did for them and wants to continue to do for them. They won't know unless you tell them.

## Sharing the Kerygma

Sharing the story of the *kerygma* was the first job of the early Christians. At that time, most of the world hadn't heard about Jesus, and most of those who did know about Him didn't know what all of His teachings and miracles meant. It was up to the apostles and other Christians to explain who Jesus was, what He did, and why it matters. From Peter's long speech at Pentecost to the short sentences of St. Paul, there are a dozen examples of how the early Christians shared the *kerygma*.

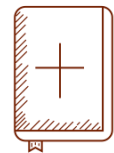
When you share the *kerygma* the basic message remains the same, while the details can change, depending on the one to whom you are talking. Some people may already know about the life and death of  Jesus but need to hear more about how He is still with us today. Others may know about Jesus' death but do not know that His death saved us from our sins. Before you share the *kerygma* with someone, ask the Holy Spirit to help you know what parts to focus on and which words to use.

God desires that all people accept the good news of the *kerygma*. Not everyone will accept the *kerygma* the first or second time they hear it. It is the Holy Spirit that works through your words to change the hearts of the people with whom you share the *kerygma*. Like a good movie or your favorite story, it is good for everyone to hear the message of the *kerygma* over and over again.




*Acts 4:33*

“With great power, the Apostles bore witness to the resurrection of the Lord Jesus.”



*Acts 4:8, 12*

“Then Peter, filled with the Holy Spirit answered them... There is no salvation through anyone else, nor is there any other name under heaven given to the human race by which we are to be saved.”

 Remember that you are never alone. Christ is with you on your journey every day of your life.

*St. John Paul II*



## *Evangelization Challenge!*

*Practice sharing the kerygma with your classmates.*

1. Gather in a small group.
2. Each student in the group says the main points of the *kerygma*. (HINT-Reread the summary on page 65 or look at the list on page 12.)
3. Try to say the main points in your own words.

### KERYGMA SKITS

*After each member of the group has said the kerygma in his or her own words, create a kerygma skit.*

1. Think of a time when someone your age might share the *kerygma*. (Examples: at dance practice, at the park, at a birthday party, etc)
2. Create a skit in which one or two of the characters shares the *kerygma* with the others.
3. Be sure to include every group member in your skit.

# Chapter 11

## Witness: Giving Your Testimony



Conversion of St Augustine by Fra Angelico



*Always be ready to give an explanation to anyone who asks you for a reason for your hope. (1 Peter 3:15)*



*What is love?*

Real love, the kind that comes from Jesus, means wanting what is best for the person you love. The best thing for every person is a relationship with Jesus Christ. To love somebody is to lead them to this relationship.

Take another look at the painting on the first page of this chapter. It shows one of the most important moments in the life of St. Augustine. Augustine was a talented but very sinful young man, who grew up to become a talented and very holy bishop. This painting shows the moment when St. Augustine decided to become Catholic. In the middle of the painting you can see Augustine, crying tears of repentance. His friend Alypius is standing on the left. Alypius and Augustine spent hours talking about what it means to follow Christ. They helped each other give up their sinful habits and become close friends of Jesus. If you look closely, you'll see a small figure peeking out of a cave on the right side of the painting. This is St. Anthony of the Desert. When Augustine read about the heroic things that Anthony was doing for Christ, he was inspired to do heroic things for Christ as well. Alypius and Anthony are just two of the many people whose witnesses inspired St. Augustine to live a virtuous life. After he became Catholic, the things that Augustine wrote inspired thousands of people to repent. His writings are still inspiring people today. This is the power of Christian witness.

### **Christian Witness**

Imagine that you are at a championship football game. With ten seconds left in the fourth quarter, the teams are tied. Nine, eight, seven, six, five ... the team throws an amazing pass and it is caught in the end zone, just as the final buzzer sounds. The next day at school, all your friends are talking about the game. One person heard about it on the radio, another's dad read about it in the newspaper.


Everyone listens, as you describe what it was like to be there and see the final play. You were a witness to that exciting football game. To be a witness means to tell about something that you have seen or experienced. The information you give about the football game means more than what your friends are able to tell because you were actually there. You saw what happened.



A **Christian witness** is someone who shares about the saving power of Jesus. In one way, this is similar to telling about what happened at the football game. Just like you can explain the pass and how it was caught, a witness can retell the wonderful events of Jesus' life that are in the Gospels. But a Christian witness does much more than retell stories about events that happened long ago.

Jesus is alive! Not only was He alive on the first Easter morning, He is alive right now. Sure He worked amazing miracles long ago. He also works amazing miracles today. Sure, He taught His disciples and loved His followers, but He also teaches and loves each one of us right here and now. To be a true Christian witness is not only to retell the story of the Gospel, but also to share how the love of Jesus continues to change your life, in the past and in the present.

Example and testimony are the two main ways to be a Christian witness. To **witness through example** means to prove with your actions that Jesus is at the center of your life and His love determines what you do. Every time you act like Jesus, by forgiving others or being kind and generous, you are a witness through your example. The strongest example is charity, even to the point of sacrifice. When you choose to go to Mass instead of playing in a game, you are making a sacrifice because you love Jesus and prove with your actions that He really is more important to you than that game. The biggest thing we have to give is our life. God invites all men and women to give their entire life in love to Christ by becoming a priest or Sister.

 God loves you. Never doubt this, whatever may happen to you in life. At every moment, you are infinitely loved.

*Pope Francis*



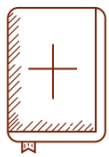
*Colossians 3:17*

“Whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

# Witness: Giving Your Testimony

Nothing is small in the eyes of God. Do all that you do with great love.

*St. Thérèse of Lisieux*



*1 John 1:3*

“What we have seen and heard we proclaim now to you so that you too may have fellowship with us for our fellowship is with the Father and with his Son, Jesus Christ.”

What does “evangelize” mean? To give witness with joy and simplicity to what we are and what we believe in.

*Pope Francis*

Other times, someone is persecuted and has to choose between staying alive and being put to death for being a Catholic. These people are called martyrs. Remember, the Greek word for “witness” is martyr. Martyrs prove with their actions that loving God is more important to them than even their life on earth.

## Testimony

Another way to be a Christian witness is by sharing a testimony. A **testimony** is the story about your friendship with Jesus. Remember, Jesus loves you and is always inviting you into a deeper friendship with Him. Every moment of your life Jesus is with you, whether you realize it or not. One of the great things about a testimony is hearing how Jesus loves other people and how His love has changed them. Hearing how Jesus works in everyday life helps to prove that His love is real. Seeing how His love changes the lives of others helps to prove the power of that love.

What does this have to do with Confirmation? Everything! The Holy Spirit is the one who helps you to be aware of those moments when Jesus is with you and loving you. The Holy Spirit is the one who prompts you to follow where God is leading. The Holy Spirit is the one who helps you figure out how to share God’s love with others. The Holy Spirit works in the hearts of those around you to be inspired by your example and testimony. Through the grace of the Sacrament of Confirmation, the Holy Spirit gives Catholics the desire, courage, and joy of being Christian witnesses.

## Sharing a Testimony

When you share how God is working in your life, you are a witness to the truth that He is real and He loves everyone. It can be hard to know what to say and how to say it, especially if you have never shared your testimony before. That is why it is helpful to take some

time to think about what to share when you share your testimony. The first step is being aware. To be a good witness to the Gospel you need to recognize how God has worked in your life. With a little work and the help of the Holy Spirit you can begin to remember the moments in your life that God was working most powerfully. It may be something that God did for you or something you know you were only able to do because of God's help.

After you are aware of the moment of God's love that you want to share, the second step is to put that moment into the story of your life. Think about what your life was like before this happened and how your life changed afterwards. Remember, the point of a testimony is to be a witness to the love of God. You glorify God every time you tell others what He has done for you.

### Tips for Sharing Your Testimony

- ★ **Pray:** Ask the Holy Spirit to help you know who to share your testimony with and when to share it. The Holy Spirit knows what will change each person's heart. Ask the Holy Spirit to put into your mind the words to speak when you are sharing your testimony.
- ★ **Practice:** Before you share your testimony with people who do not know Jesus, practice sharing it with your friends and family. Ask them to give you advice on what to say and how to say it.
- ★ **Praise:** Thank God for how He has worked in your life and the lives of others. He loves each person individually. Don't compare your story to others, simply praise God for the unique ways He chooses to give His love to each person.

**PP** We must be living witnesses of the beauty and grandeur of Christianity.

*St. Gianna Molla*



*Matthew 10:20*

“For it will not be you who speaks, but the Spirit of your Father speaking through you.”

## *Evangelization Challenge!*

*Practice writing and giving your personal testimony.*

### **ON YOUR OWN-Writing Your Testimony**

1. Pray to the Holy Spirit
2. Choose **one** time when you:
  - Felt close to Jesus
  - Experienced His loveOR Your faith has grown
3. What was your life like before this happened?
4. What was it like to meet Jesus in this way?
5. How were you different afterwards?



### **WITH A GROUP-Sharing Your Testimony**

1. Pray to the Holy Spirit
2. Using the questions above as a guide, each group member shares his or her testimony.
3. After each person shares, the other members of the group share their favorite part of the testimony and offer one suggestion to make the testimony better.  
(For example: "Make this part shorter." or "Add more detail to this part.")
4. When the group is finished, pray a prayer of praise to God for the amazing ways He has worked in the lives of you and your classmates.

# Chapter 12

## Prayer: Learning to Pray with Others



*Mass in a Connemara Cabin* by Aloysius O'Kelly



*For where two or three are gathered together in my name,  
there am I in the midst of them. (Matthew 18:20)*

**PP** Together  
we can do great  
things for God.  
*St. Teresa of Calcutta*



Have you ever noticed the difference that one person can make? Maybe you've been assigned a project and could feel a sense of relief when the class artist came to work with you. Maybe your mom was sick and, although he tried his best, you and your siblings realized that dad can never take mom's place. Whatever the case, one person often has the power to change an entire group. If this is true for something as small as a science project, imagine the change that happens when you invite God to be with you. That is precisely the power of praying with others.



*Matthew 7:7*

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

### **Praying with Others**

Along with witnessing through actions and sharing your testimony, praying with others is an essential part of evangelization. God is always with us. When you speak to Him in prayer, He becomes present in a more tangible way to you and the others with you. Imagine standing with a group of friends. If one friend is just listening, you may or may not remember that she is there. But when someone says something directly to her, your friend is part of the group in a stronger way. The same is true when we pray aloud with others. You remind everyone that God is not only there but also wants to love, strengthen, and guide them.

The Holy Spirit often works through the words and actions of people. This is especially true for those who are confirmed. Praying aloud with others gives the Holy Spirit an opportunity to speak through you and enter more deeply into the hearts of those for whom you pray.

All prayers are, ultimately, directed toward God the Father. Jesus taught us this through His example. In fact, the first two words of the prayer that Jesus taught us are, “Our Father.” Sometimes when people need prayers the most, it is hard to ask God for help. When you pray with others you can ask God to help them, even if they are unable to ask for themselves.

The words that you say are not nearly as important as the sincerity of your heart and your love for God. Remember, when you pray with others you are not trying to impress them or make yourself look good. The purpose is to bring the person for whom you pray into a deeper friendship with God. Our prayer for others should be a response to an invitation of the Holy Spirit and a desire to really help them.

### Practical Points

Take a moment and think about all the times in the past week you have prayed for others. Maybe your class gave a spiritual bouquet or you prayed for someone during Mass. Praying for others is a good and powerful thing to do. Sometimes a person asks you to pray for them. Depending on the situation, you can also offer to pray aloud right there with the person. Praying out loud in the moment often means more to the person than promising to pray for them later.



*Matthew 6:8*

“Your Father knows what you need before you ask Him.”

**PP** Prayer is a place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, and a protection against sadness.

*St. John Chrysostom*



### *Using Touch in Prayer*

There is a tradition, going back to the time of Jesus, of laying hands on others while praying. Jesus touched the hand of Peter’s mother-in-law to heal her (Mt 8:14-15) and often used touch when healing and praying through the power of the Spirit (Lk 4:40). Following Jesus’ example, using touch during prayer can be a powerful way to communicate the love of Christ and the power of the Holy Spirit. When people pray for others, they can offer to place their hand on the shoulder or hands of the person for whom they are praying.

# Prayer: Learning to Pray with Others



*How does God answer prayers?*

God answers prayers in one of three ways: “Yes, later, or something better.” When you ask God for something, write down what you asked for then notice how God answers your prayers.



*Matthew 19:26*

“For God, all things are possible.”

**PP** Prayer is, in fact, a recognition of our limits and our dependence on God.

*St. John Paul II*

## Praying with the Trinity

Christian prayer is always directed toward God the Father, through Jesus, and in the Holy Spirit. If you look at one of the opening or closing prayers of Mass, you will see this firsthand. When you pray with others, it is good to include all of the Persons of the Blessed Trinity. Doing this helps to remind the person with whom you are praying that God is, literally, surrounding them with His love. Here’s a short example: “God our Heavenly Father, please come and be with John who didn’t make the soccer team, so he can know that Jesus is with him. Please fill him with the strength and comfort of the Holy Spirit. Amen.” Simply praying in the name of Jesus is also powerful.

What should you pray for? Jesus promised to be with us when we pray, and He promised that He always hears and answers our prayers. He always answers in a way that will lead us closer to Him. When you pray with others, you should never pray for something that would be bad or sinful for that person. On the other hand, remember that nothing is impossible for God. Even if something seems impossible, it is good to ask for it with humble, trusting faith.

We know that God can perform miracles. He does it all the time. Imagine that you have a friend with a broken arm. In humble faith, you can pray that God will heal it. If his arm is healed, you know that God has given you the charism of healing. If his arm is not healed, God has still heard your prayer and may answer in a different way, such as giving your friend more peace and joy.

Sometimes it is helpful to pray for an opposite. If your little sister comes to your room at night because she is afraid of the thunder, you could pray that God will give her courage. If your friend is sad because he is sick, you could ask God for joy as well as healing.

## Steps to Praying with Others

- 1. Awareness:** Ask the Holy Spirit to let you know when He wants you to offer to pray with others. Look for opportunities.
- 2. Ask:** After someone accepts your offer to pray with him, ask him if he has a specific intention. If you feel comfortable doing this, you may also ask if he would like you to place your hand on his shoulder.
- 3. Invite:** Ask the Holy Spirit to pray through you. The easiest way to do this is to say, “Come, Holy Spirit.”
- 4. Pray:** Speak to God from your heart. Remember, it is God you are talking to and He is always pleased with your prayer. These sentence starters may be helpful as you are getting used to praying with others.

**Heavenly Father, I thank you for....***list one or two blessings God has given to the person you for whom are praying*

**We ask you to...** *Ask for a specific intention*

**Please help us to...***This is a good time to ask the person if he or she needs to forgive someone.*

- 5. Conclude:** End with a memorized prayer like *Hail Mary, Our Father, or Glory Be.*

**Amen.** *When you say, “Amen,” you are saying that you trust God will answer your prayer, even if the answer comes at an unexpected time or in an unexpected way.*



*James 5:16*

“Pray for one another that you may be healed. The fervent prayer of a righteous person is very powerful.”

**PP** Prayer is the best armor we have. It is the key which opens the heart of God.

*St. Padre Pio*



## *Evangelization Challenge!*

Praying with others can feel awkward at first. Like many things, the more you do it, the more natural it becomes. Take time right now to pray with someone in your class. Use the steps above to ask, invite, pray, and conclude. Then switch roles and ask your partner to pray for you.

### Live Like Jesus Loves You

Hopefully, throughout the past few weeks you've practiced praying with your classmates, giving your testimony, and telling the story of the *kerygma*. Like anything, the more you practice, the easier and more natural it becomes. There might be a time when you are sitting by your friends coming home from a basketball game, or up late at a birthday party. The idea may come into your mind, "I should tell her my testimony." These are wonderful moments of grace. Consider each one a REAL blessing. More often, you'll end up doing all of these things in small ways. Here is an example of what your day could look like, if you let yourself be led and transformed by the Holy Spirit.



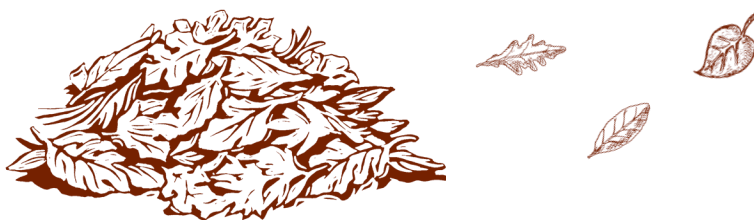
*You are waiting in the van to go to school. Your sister is late, again, and your mom is annoyed. When your sister jumps in the van there is that uncomfortable silence which happens when people are in a bad mood. As you pull out of the driveway, you offer to say a prayer. With just a few words you ask God to bless your day and the Holy Spirit to be with you, your mom, and your sister. At school, you notice a classmate with his math book open. He looks confused and frustrated. What you learned during math class yesterday made a lot of sense to you. You stop and offer to help your classmate finish his math homework. At soccer practice after school, your coach announces that there will be a mandatory practice on*

*Sunday for the Memorial Day tournament. After practice, you tell your coach that you can't come to practice because you need to go to Mass. The coach is angry and says that that means you can't play in Monday's tournament. As you are walking away, a member of your team asks you why you have to miss Sunday's practice. You tell your teammate about Mass and explain why Jesus and His love are the most important things in the world.*



*Dear young people, may the fire of God's love descend to fill your hearts, unite you ever more fully to the Lord and his Church, and send you forth, a new generation of apostles, to bring the world to Christ!*

Pope Benedict XVI, World Youth Day Homily



# Heroic Witness: St. Rose of Viterbo

*"I desire to be united with God."*

Rose picked up her wooden cross and walked into the busy streets of Viterbo, Italy. The year was 1242. Even though she was only 12 years old, Rose had a feeling that after today, her life would never be the same.



The morning had been like any other morning. She woke up with the sun and went outside help feed the chickens and family cow. Then she helped her mom feed the "indoor animals," the nickname



she sometimes gave to her brothers and younger sister. After helping clear the table and clean the dishes, Rose went out to the little summer kitchen on the corner of the family property to pray. Simon, her youngest brother, often complained that she spent more time talking to God than she did talking to her siblings. She had to admit that he was right. As long as she could remember, God had been as real and as close to her as the members of her family. She often lost track of time as she prayed in the summer kitchen or prayed as she walked through Viterbo on some errand for her mom.

It was hard to explain it to her family, but she knew, deep down, that Jesus loved her and that His love was more important than anything else in the world. Once, just after her tenth birthday something amazing happened. As she looked at the small crucifix, propped against the soup kettle, she noticed almost as if for the first time, the deep wounds of the nails and crown of thorns.

With all of her heart, she asked Jesus, "Why did You let them do this to you? Why did you have to suffer so much?"

The answer came into her thoughts as clearly as if someone had spoken it.



I suffer because I love, and those I love don't love Me in return.

It is sin that makes Me suffer.



## *Heroic Witness: St. Rose of Viterbo*

Since that day, Rose did all she could to suffer with Jesus for sinners. She helped her mom without complaining, forgave the annoying things that Simon was always doing, and dressed in the rough brown robe of the Franciscans. The more she did for Jesus, the more she wanted to do for Him. There were so many people who didn't know how much Jesus loved them.

That was why she was walking in Viterbo today. Something deep inside of her, who she knew was the Holy Spirit, was urging her to tell her neighbors about the love of God. She didn't know what she was supposed to say, but she knew that He would give her the right words at the right time.

She hesitatingly reached up and knocked on the first door she saw. An angry woman answered. She was wearing a dirty dress and holding a crying baby.



Looking inside the house, Rose could see that the small room hadn't been cleaned for a long time. She reached out to take the crying baby and offered to help the woman clean. As they swept and washed, Rose reminded

the woman of the love God had for her, and the joy that comes from following Him. She also encouraged the woman to stop yelling at her children and husband and begin praying for them instead.

During the next two years, Rose spent her days telling the people of Viterbo about God's great love for them and calling them to repentance. The church that was usually almost empty on Sunday, was soon filled to overflowing. Everyone in Viterbo could sense that the Holy Spirit was guiding Rose. Her words had a gentle power that made each person want to live a holier life. Rose set an example of sacrifice and love. No sacrifice was too great to make for the One whom she loved with all of her heart.



### **THINK ABOUT IT!**

Why did Rose want to evangelize? What made her message powerful?



### **TALK ABOUT IT!**

How can you and your friends evangelize to the other kids at school?



### **PRAY ABOUT IT!**

Jesus, how are you asking me to share your love with others?



**Actual grace**—The day-to-day or specific graces that allow us to act like Jesus (pg 24)

**Charisms**—Supernatural gifts given by God in order to build up the Church (pg 40)

**Christian witness**—Someone who shares about the saving power of Jesus (pg 70)

**Conversion**—Turning away from sin and toward God (pg 43)

**Divine filiation**—The relationship with God the Father as His adopted son or daughter that first occurs in Baptism and is strengthened in Confirmation (pg 33)

**Docile to the Holy Spirit**—To be aware of what the Holy Spirit is prompting and to do it (pg 47)

**Epiclesis**—The moment when the priest calls down the Holy Spirit while celebrating a sacrament (pg 32)

**Evangelize**—To share the saving work of Jesus, the Gospel, with others so that they allow Jesus to change their hearts, become His disciples, and be united with His Mystical Body (pg 17)

**Faith**—A firm trust in God, belief in all that God has revealed, and freely committing all of one's life to Him (pg 44)

**Fruits of the Holy Spirit**—Gifts given by the Holy Spirit to anyone who follows His prompting. The fruits include love, joy, peace, patience, goodness, kindness, generosity, gentleness, faithfulness, modesty, self-control, and chastity (pg 38)

**Form**—The words used to bring about a sacrament (pg 25)

**Fruitfulness**—The amount of personal holiness a soul can receive from a Sacrament (pg 25)

**Gospel**—Good news of salvation; the message and power of Jesus' life and love (pg 3)

**Grace**—A free gift of God (pg 24)

**Indelible mark**—A permanent change to the character of the soul (pg 28)

**Indwelling**—The Trinity living in the soul (pg 6)

**Instituted**—Started (pg 23)

**Kerygma**—The proclamation of the saving work of Jesus Christ (pg 12)

**Kingdom of God**—Jesus' living, acting and ruling in the Church, in individual souls, and in the whole world (pg 6)

**Laying on of hands**—Moment of the Confirmation Rite where the Holy Spirit is first called upon the candidates (pg 57)

**Martyr**—A person who shows with his or her life that Jesus is real and His love is worth dying for or someone who dies for Jesus (pg 7)

**Matter**—Material and the actions that are used during a sacrament (pg 25)

**Minister**—The person who imparts a sacrament (pg 25)

**Mission**—The activity of the Church which continues the saving work of Jesus (pg 18)

**Missionary**—Anyone who evangelizes through primary evangelization or who continues the saving work of Jesus (pg 17)

**Mystical Body of Christ**—The Catholic Church in which Jesus is the Head and all baptized members are a part (pg 13)

**Paraclete**—Another name for the Holy Spirit. The word means “he who is called to your side.” (pg 6)

**Pentecost**—The moment the Holy Spirit first came into the apostles and all the disciples in the upper room, which is often called the “birthday (beginning) of the Catholic Church” (pg 10)

**Personal faith**—The choice to live in a relationship with Jesus and to believe in all He has revealed through the Bible and the Catholic Church (pg 45)

**Primary evangelization**—Sharing the *kerygma* with people who have never heard it before (pg 17)

**Prompting of the Holy Spirit**—Invitation to act in the way the Holy Spirit is guiding (pg 37)

**Recipient**—A person who can rightfully receive a sacrament (pg 25)

**Repentance**—Sincere change of heart away from sin and toward God (pg 6)

**Renounce**—The choice to reject something such as sin, evil, or Satan (pg 44)

**Rite**—The specific words and actions that are used throughout the universal Church for a particular ceremony. (pg 55)

**Ruah**—Hebrew word for wind, spirit, or breath which is sometimes used for the Holy Spirit (pg 10)

**Sacrament**—Outward sign, instituted by Christ, to give grace (pg 23)

**Sacramental grace**—Specific gifts God gives through the Sacraments that help His sons and daughters live a holy and happy life (pg 24)

**Sanctifying grace**—The gift of God actually dwelling within a soul (pg 24)

**Sponsor**—A person chosen to help a candidate for Confirmation to become a better Catholic and be more docile to the Holy Spirit (pg 52)

**Testimony**—The story about personal friendship with Jesus (pg 71)

**Unfruitful**—The choices and actions of a person which make his or her soul unable to receive the graces of a sacrament (pg 44)

**Witness**—Someone who tells about events that he or she has seen or experienced (pg 7)

**Witness through example**—To prove with actions that Jesus is at the center of a person's life and His love determines what he or she does (pg 70)

# Prayers to the Holy Spirit

## **Prayer to the Holy Spirit**

**by St. Augustine**

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.

Act in me, O Holy Spirit,  
that my work, too, may be holy.

Draw my heart, O Holy Spirit,  
that I love but what is holy.

Strengthen me, O Holy Spirit,  
to defend all that is holy.

Guard me, then, O Holy Spirit,  
that I always may be holy.

Amen.

## **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of Your faithful and kindle in them the fire of Your love.

V: Send forth your Spirit and they shall be created.

R: 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.

## **Pentecost Sequence**

Come, Holy Spirit, and from heaven  
direct on man the rays of Your light.

Come Father of the poor;

Come, Giver of God's gifts;

Come, Light of men's hearts.

Kindly Paraclete, in Your gracious visits to man's soul,

You bring relief and consolation.

If it is weary with toil, You bring it ease;

In the heat of temptation, Your grace cools it;

If sorrowful, Your words console it.

Light most blest, shine on the hearts of Your faithful –

Even into their darkest corners;

For without Your aid man can do nothing good,

And everything is sinful.

Wash clean the sinful soul,

Rain down Your grace on the parched soul

And heal the injured soul.

Soften the hard heart,

Cherish and warm the ice-cold heart,

And give direction to the wayward.

Give Your seven holy gifts to Your faithful,

For their trust is in You.

Give them reward for their virtuous acts;

Give them a death that ensures salvation;

Give them unending bliss. Amen.



## Veni Creator Spiritus

### Latin

*Veni Creator Spiritus,  
mentes tuorum visita,  
imple superna gratia,  
quae tu creasti, pectora.*

*Qui diceris Paraclitus,  
Altissimi donum Dei,  
fons vivus, ignis, caritas,  
et spiritalis unctio.*

*Tu septiformis munere,  
digitus paternae dexteræ,  
tu rite promissum Patris,  
sermone ditans guttura.*

*Accende lumen sensibus,  
infunde amorem cordibus,  
infirma nostri corporis  
virtute firmans perpeti.*

*Hostem repellas longius  
pacemque dones protinus;  
ductore sic te praeviso  
vitemus omne noxium.*

*Per te sciamus da Patrem  
noscamus atque Filium,  
teque utriusque Spiritum  
credamus omni tempore.*

### English

Come, Holy Spirit, Creator blest,  
and in our souls take up Thy rest;  
come with Thy grace and heavenly aid  
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,  
Thou heavenly gift of God Most High,  
O fount of life and fire of love,  
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;  
Thou, finger of God's hand we own;  
Thou, promise of the Father, Thou  
Who dost the tongue with power imbue.

Kindle our senses from above,  
and make our hearts o'erflow with love;  
with patience firm and virtue high  
the weakness of our flesh supply.

Far from us drive the foe we dread,  
and grant us Thy peace instead;  
so shall we not, with Thee for guide,  
turn from the path of life aside.

Oh, may Thy grace on us bestow  
the Father and the Son to know;  
and Thee, through endless times confessed,  
of both the eternal Spirit blest.





