

## What is Confirmation?

Confirmation is one of the Sacraments of Initiation. The first is when You are baptized into Christ through Baptism. In the Sacrament of Confirmation, you are sealed with the gift of the Holy Spirit, strengthened for service to the Body of Christ. When you receive Holy Communion, you experience being nourished at Christ's table and united with Him.



## The Effects of Confirmation

In Confirmation, we receive the 7 “**Gifts of the Holy Spirit**”. These gifts listed below are based on Isaiah 11:2-3. As a confirmed, we then walk with the seven gifts of the Holy Spirit.

**Wisdom** enables us to see the world from God's viewpoint, which can help us come to grasp the purpose and plan of God. It grants us a long-range view of history, examining the present in the light of the past and the mystery of the future. It saves us from the illusion that the spirit of the times is our only guide.

The Spirit's gift of **knowledge** directs us to a contemplation, or thoughtful reflection, of the mystery of God - Father, Son, and Holy Spirit—as well as of the mysteries of the Catholic faith.

We are drawn to meditative prayer, where we allow God to lead us while we rest patiently in the divine presence.

The gift of **understanding** stimulates us to work on knowing ourselves as part of our growth in knowing God. It is what St. Augustine meant when he prayed, “That I may know You, may I know myself.”

When the Spirit pours **fortitude** or courage into our hearts, we can trust that we will be prepared to stand up for Christ and the Gospel when challenged.

As the gift of **counsel** or right judgment grows in us, we can sense the quiet teaching that the Spirit gives us about our moral lives and the training of our consciences.

The gift of **piety** or reverence is an act of respect for the Father who created us, for Jesus who saved us, and for the Spirit who is sanctifying us. We learn reverence for God and people from our parents and others who train us in virtue. The Spirit fills us with this gift at liturgy, which is a masterful school of reverence, as well as through popular devotions and piety.

Finally, the gift of **fear of the Lord** or wonder and awe in God's presence can infuse honesty into our relationship with God, a frankness that places us in awe before the majesty of God. Yet the gift also imparts an attitude of grateful wonder that God loves us and that we can share in his life.

**TEACHING AND PRACTICES OF THE CHURCH**

In this session, you will be looking at the basic beliefs of the Catholic Church as stated in the Nicene Creed.

**Creed**

1. A creed is a summary of basic beliefs.
2. Creeds were written to express beliefs and to confront false teachings and false understandings of beliefs.
3. A creed is a proclamation and reinforcement of our faith as a community of believers.
4. The Trinitarian Creed was the first creed of the early Church.
5. Early baptismal creeds were adapted by the early Church to make the creeds we use today, including the Apostles' Creed and the Nicene Creed.
6. The Nicene Creed was written in 323.

**Directions**

1. First read through the Creed.
2. Then read the Creed a second time and draw a line under the statements you understand and with which you agree.
3. Then read the Creed a third time and draw a circle around statements that are confusing or with which you disagree.
4. Discuss with your Sponsor.



## Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
And in one Lord Jesus Christ,  
the Only Begotten Son of God  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial (*one in being*) with the Father,  
through Him all things are made.  
For us men and for our salvation  
He came down from heaven,  
and by the Holy Spirit was incarnate  
of the Virgin Mary,  
and became man.  
For our sake He was crucified under Pontius Pilate,  
He suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and His kingdom will have no end.  
And in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
And one, holy, Catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

**Journal notes**

**November**

**PRAYER AND SPIRITUAL LIFE**

Prayer is essential for a personal relationship with God, (Father, Jesus, and Holy Spirit) and for the guidance and strength to live the Christian life.

The emphasis is on a reflective awareness of God's presence and the development of a personal style of prayer.

Prayer helps us to center our lives and live out of our center.

Prayer gives us the wisdom and strength to discover our priorities and live out of those priorities.

In itself, prayer is simple and evokes from the personality of each person.

The challenge is taking time to pray and making it a daily habit.

**Sharing About Prayer - Both Candidate and Sponsor share their personal answers**

\*My personal description of God is

Candidate:

Sponsor:

\*An experience I have had of God's presence

Candidate:

Sponsor:

**Sharing About Prayer (Con't)- Both Candidate and Sponsor share their answers**

\*The purpose of prayer for me is

Candidate:

Sponsor:

\*My best time for prayer is

Candidate:

Sponsor:

\*My favorite place for prayer is

Candidate:

Sponsor:

\*Prayer has helped me to

Candidate:

Sponsor:

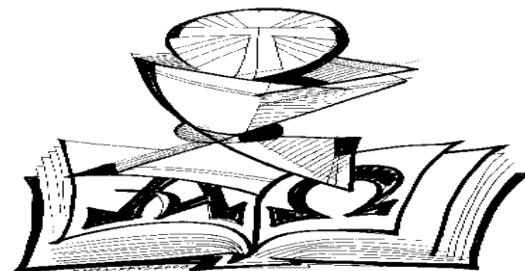
Obstacles I find to prayer are

Low = 1 2 3 4 = High

- lack of trust in God
- inability to find time
- lack of external quiet
- lack of inner quiet, inner turmoil
- use of alcohol and other drugs
- lack of rest and leisure time
- turmoil in relationships
- selfishness and lack of concern for others
- other

\*Sponsor, please share any obstacles you've had in your prayer life with your candidate.

Goals I have for improving my prayer life are:



## **Breaking Open the Word**

Read and reflect on two or more of these scripture passages.

Psalm 51:1-9	Prayer for Forgiveness
Matthew 6:5-8	Teaching About Prayer
Matthew 6:13	The Lord's Prayer
Matthew 6:19-21	Treasure in Heaven
Matthew 6:25-34	Dependence on God
Matthew 7:7-11	Answers to Prayers
Matthew 18:19-20	The Power of United Prayer
John 17:1-26	The Prayer of Jesus

### **Scripture passage:**

1. What word, phrase, or image stands out for you?
2. What feelings does it evoke: excitement, joy, fear, anger, sadness, guilt, confusion?
3. What message does it have for you about sharing faith?

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## Sharing Prayer

Based on the sharing above, write a short prayer using the following format:

address to God, Jesus or the Holy Spirit; statement of praise, request, and conclusion.

Be quiet for a minute and reflect on the presence of the Holy Spirit in your midst.

Share your prayers together.

Join hands and pray the Lord's Prayer.

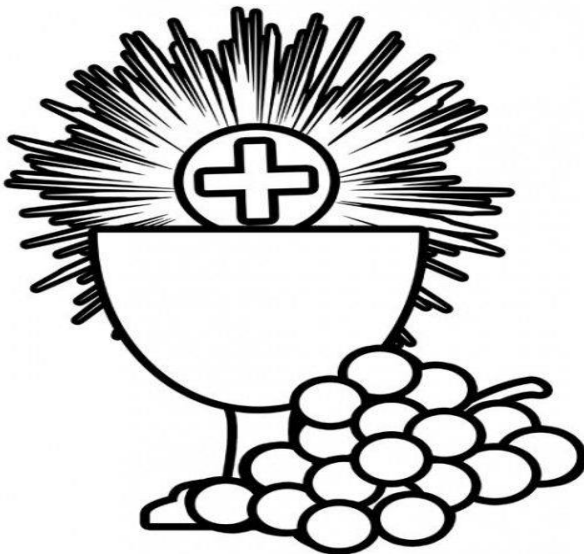
*Our Father, who art in heaven*





LITURGICAL AND COMMUNAL WORSHIP

1. Communal worship is a celebration of the presence of Jesus in the sharing of community, in proclaiming and listening to the Word, and in the blessing, breaking, giving and receiving of the Eucharist.
2. The presence of the community assures us that we are not alone.
  - A. Others are with us on our Christian journey with its joys and pains.
  - B. Together we seek wisdom, strength and support.
3. In proclaiming and listening to the Word, we are consoled, inspired, and challenged to new growth.
4. In blessing, breaking, giving and receiving sacred bread we become what we eat—the Body of Christ, united in mind and heart.



*“The one who comes to me will never be hungry; anyone who believes in me will never be thirsty.” John 6:35*

## Participation in a Liturgy

**Attend a Mass together with your sponsor. If you are unable to attend with your sponsor, work with your sponsor to discuss what happened at their Mass and compare with your Mass.**

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

**Church:** \_\_\_\_\_

After the Liturgy, rate and discuss the worship experience

**Low = 1 2 3 4 = High**

**Gathering Rite:** Gathering Procession and Song/Greeting/Sprinkling Rite or Penitential Rite/Opening Prayer

I was greeted; I felt welcomed, and I felt that I belonged to this community.

I welcomed and greeted others.

I sensed the presence of Jesus in the priest and community as they shared.

**Liturgy of the Word:** Hebrew Scripture/Psalm Response/Epistle/Alleluia Verse/Gospel/Homily/Profession of Faith/Intercessions

I could easily hear the readings as they were proclaimed.

I was inspired with the Psalm Response and Alleluia Verse as it was sung.

I understood the homily; it connected with my life and challenged me to grow.

**Liturgy of the Eucharist:** Preparation of Gifts/Prayer Over Gifts/Eucharistic Prayer/Communion Rite (Lord's Prayer, Sign of Peace, Breaking of Bread, Communion, Prayer After Communion)

I had the experience of bringing the gifts of bread and wine to the altar.

I felt a sense of unity in the Lord's Prayer and Sign of Peace.

I felt the presence of Jesus in sharing in the sacred bread and sacred wine.

**Sending Rite:** Blessing/Sending

I felt strengthened to go forth to love and serve others, to be Christ to the world.

## Breaking Open the Word

Read and reflect on two or more of these scripture passages.

Matthew 26:26-30

The Lord's Supper

Mark 14:22-25

The Lord's Supper

Luke 22:14-20

The Lord's Supper

1 Corinthians 11:23-30

The Lord's Supper

John 20:19-23

The Bread of Life

Jesus took up His life to love, forgive and serve others.

Jesus took up the bread which was to become His Body.

At Mass, we take up the gifts of bread and wine.

How do you take up your life and set it in the direction of love?

Jesus blessed and thanked God, His Father, for the many gifts of life.

At the Last Supper, Jesus blessed the bread and wine to become His Body and Blood.

At Mass, we bless the bread and wine in the Eucharistic Prayer.

How do you bless and thank God?

What gifts are you especially grateful for?

Jesus was broken through suffering many times in His life.

Jesus broke the bread and shared it with the apostles.

At Mass, we break the bread as a sign that we are one in mind and heart;  
that we should never say or do anything to hurt one another.

How have you been broken; how have you suffered?

Jesus gave His life for others; He loved and forgave without conditions.

Jesus gave the apostles the bread of life and the cup of salvation.

At Mass, we give and receive the sacred bread and sacred wine.

How have you given of yourself for others?

Summarize your attitude toward attending Mass. Has this always been your attitude? If no, how has it changed and why?

**LIVING CONFIRMATION**  
**COMPLETION/EVALUATION/RECOMMENDATION**

**Confirmation – A Personal Choice**

Confirmation is a public commitment to living the faith in the Catholic Church.

It is an affirmation of the choices made by our parents at Baptism.

Some of these choices are listed below.

Each section includes a basic choice and some of the ways you could live that choice.

Read each statement and rate to what degree it has become your choice:

**Not Important = 1 2 3 4 = Important**

I choose to be an active member of the church by:

supporting church members and leaders

serving on a committee

joining parish organizations

helping with parish activities

upholding church laws

financially supporting the parish and church

other \_\_\_\_\_

I choose to participate fully in parish worship each weekend by:

praying, singing, listening as a member of the assembly

helping to plan liturgies

being a liturgical minister

other \_\_\_\_\_

I choose to continue to deepen my personal relationship with God by:

developing an awareness of God's presence each day

praying daily

reading and reflecting on scripture

receiving the Sacrament of Reconciliation

other \_\_\_\_\_

I choose to give service to those who need me by:

helping the elderly, sick, homebound, and those in need

giving food and clothing to those in need

being a friend and support to lonely people

teaching religion, being a catechist helper or volunteer

helping younger children

other \_\_\_\_\_

I choose to continue to study my Catholic religion by:

- joining a discussion group
- seeking advice when needed
- using Christian books, magazines, tapes, and videos
- listening attentively to homilies, talks, and presentations
- other \_\_\_\_\_

I choose to live a moral life and Gospel values by:

- making God important in my life
- respecting God's name, day, buildings, etc.
- obeying authority, upholding the law
- respecting all forms of life, including my own
- being honest, truthful, upright
- respecting property
- other \_\_\_\_\_

I choose to witness my faith publicly at all times by:

- being proud that I am a Catholic
- modeling a Christian life
- defending my faith if it is undermined and ridiculed
- living according to Jesus' teachings and values
- acting reverently
- using God's name reverently
- other \_\_\_\_\_

I choose to be open to the action of the Holy Spirit by:

- praying for the Spirit's guidance and strength
- developing the gifts of the Spirit
- remembering that I am the temple of the Holy Spirit; that the Spirit lives within me
- other \_\_\_\_\_



## **Reflecting on the Beatitudes and the Spiritual and Corporal Works of Mercy**

The Beatitudes and Spiritual and Corporal Works of Mercy give us a blueprint of Jesus' way of life and a road map for living.

Read through these spiritual treasures;

note connections and applications to your own life and share them with each other.

### **Beatitudes**

Blessed are the poor in spirit;

the reign of God is theirs. \_\_\_\_\_

Blessed are the sorrowing;

they shall be comforted. \_\_\_\_\_

Blessed are the gentle;

they will receive all that God promised. \_\_\_\_\_

Blessed are those who hunger and thirst for justice;

they will be satisfied. \_\_\_\_\_

Blessed are the single hearted;

they will see God. \_\_\_\_\_

Blessed are the peacemakers;

they shall be called the children of God. \_\_\_\_\_

Blessed are those who are treated unfairly for doing right;

the reign of God is theirs. \_\_\_\_\_

### **Corporal Works of Mercy**

Feed the hungry. \_\_\_\_\_

Give drink to the thirsty. \_\_\_\_\_

Clothe the naked. \_\_\_\_\_

Visit the imprisoned. \_\_\_\_\_

Shelter the homeless. \_\_\_\_\_

Visit the sick. \_\_\_\_\_

Bury the dead. \_\_\_\_\_

### **Spiritual Works of Mercy**

Help sinners. \_\_\_\_\_

Teach the ignorant. \_\_\_\_\_

Give advice to the doubtful. \_\_\_\_\_

Comfort those who suffer. \_\_\_\_\_

Be patient with others. \_\_\_\_\_

Forgive injuries. \_\_\_\_\_

Pray for the living and the dead. \_\_\_\_\_

**Closing Prayer**

**The Laying on of Hands  
(Pray the following prayer together. )**

**Rite of Confirmation**

All powerful God, Father of our Lord Jesus Christ,  
by water and the Holy Spirit  
you freed your sons and daughters from sin  
and gave us new life.

Send your Holy Spirit upon us  
to be our helper and guide.

Give us the spirit of wisdom and understanding,  
the spirit of right judgment and courage,  
the spirit of knowledge and reverence.  
Fill us with the spirit of wonder and awe in our presence.

We ask this through Christ our Lord.

Amen!



# **Closing Prayer**

*Pray the following prayer together.*

*God our Creator, through your son, Jesus,  
you freed us from sin through the waters of Baptism,  
and offered us new life  
as members of the Catholic community of faith.*

*We know that new life is life in the Spirit,  
a Spirit who is holy,  
a Spirit who is with us always.*

*As we continue our preparation for Confirmation,  
we seek greater awareness  
and openness to the same Spirit.*

*We pray, God of Wonder and Mystery,  
that our heart and mind be like tilled soil  
awaiting new seeds of growth in the Spirit.*

*Open our mind to the Spirit's gifts  
of wisdom and understanding,  
of right judgment and courage,  
of knowledge and reverence.  
Kindle in our hearts wonder and awe in your presence.*

*We ask all of this in the name of Jesus  
who walked faithfully in the Spirit  
and showed us the way of love.*

*Amen!*



## TIPS FOR WRITING YOUR LETTER:

1. Before you write you letter to Bishop Ricken spend some time in prayer asking the Holy Spirit for guidance and direction.
2. Share your ideas for a letter with your sponsor.
3. Remember this letter must be typed  
Font style 8.5 X 11 paper  
12 point
4. Use standard 8.5 X 11 paper (white)
5. Sign your letter before handing it in to your catechist.
6. Letter to Bishop is due no later than January 4, 2023.



### Candidate's Letter of Request to the Bishop

Date

Dear Bishop Ricken,

- Request to receive the Sacrament of Confirmation
  - State your reasons for wanting to be Confirmed
  - Highlight aspects of the Confirmation preparation journey that were especially helpful to you
  - Describe how you plan to live as a Confirmed Catholic
- Devote one paragraph for each of the topics listed above.

Sincerely in Christ,

**Name Signed**

Name Printed