

# St Teresa's Catholic Church, Aspley, Nottingham

## Confirmation Programme 2024

### Introduction:

The sacrament of Confirmation is one of the three sacraments of initiation through which we become members of the Church – the people of God. In the sacrament of Confirmation, we renew our baptismal vows and we are strengthened by the power of the Holy Spirit. This helps us to be witnesses of Christ in our lives.



Date	Session / Theme
Tues 16 <sup>th</sup> July	Introduction <b>WITH PARENTS</b> (6-7pm)
Tues 23 <sup>rd</sup> July	Session 1 – Introduction to Confirmation / Belonging - The Church (6-7pm)
Tues 3 <sup>rd</sup> Sep	Session 2 - The Creed / I Believe... (6-7pm)
Tues 10 <sup>th</sup> Sep	Session 3 - The Sacraments (6-7pm)
Tues 17 <sup>th</sup> Sep	Session 4 – Discipleship / Witness (6-7pm)
Sun 22 <sup>nd</sup> Sep	Commitment Mass (5pm)
Sat 28 <sup>th</sup> Sep	Session 5 – NDCYS (11am)
Tues 1 <sup>st</sup> Oct	Session 6 – Gifts of the Holy Spirit (6-7pm)
Tues 8 <sup>th</sup> Oct	Session 7 – Symbols (6-7pm)
Tues 15 <sup>th</sup> Oct	Session 8 – Reconciliation (6-7pm)
Tues 29 <sup>th</sup> Oct	Session 9 – Rehearsal (6-7pm)
<b>Fri 1<sup>st</sup> Nov</b>	<b>CONFIRMATION (7pm)</b>

## **Confirmation Summary**

The following points are a summary of the teachings in the CCC (Catechism of the Catholic Church), which is a summary of the Church's teachings passed on over many years.

### **What is Confirmation?**

- A sacrament of initiation (becoming a member of the church).
- One becomes more perfectly bound to the church.
- We can see God's spirit at work throughout the Bible, e.g. creation, the prophets.
- Jesus received the power of the Holy Spirit at his baptism.
- Jesus Christ promised the outpouring of the Holy Spirit to his disciples.
- The Apostles proclaimed the mighty works of God.
- The apostles laid their hands on the early Christians.
- Anointing was added to the laying of hands.

### **What happens in the sacrament?**

- In the early church, the sacrament of Confirmation was received with the sacrament of Baptism.
- Anointing is a sign of strength and healing.
- The one who is anointed receives the mark or 'seal' of the Holy Spirit. Anointing is a sign of belonging.
- The seal of the Holy Spirit marks our total belonging to Christ.
- The Chrism is consecrated (blessed) by the Bishop.
- The Liturgy of confirmation begins with the renewal of the Baptism promises to show that Confirmation follows Baptism.
- The bishop extends his hands over the group of confirmands (those being confirmed).
- The Bishop invokes the outpouring of the Holy Spirit:  
'Send your spirit upon them to be their helper and guide. Give them the spirit of wisdom and understanding, The spirit of right judgement and courage,  
The spirit of knowledge and reverence, Fill them with the spirit of wonder and awe in your presence.'
- The candidate is then anointed with Chrism on the forehead: 'Be sealed with the gift of the Holy Spirit.'
- The sign of peace follows. This is a sign of unity between the Bishop and the faithful.

### **The effects of the Sacrament**

- The effect of the sacrament is the outpouring of God's spirit, as at Pentecost.
- It roots us more deeply in God.
- We are united more firmly / closely to Christ.
- Increases the gift of the Holy Spirit in us.
- It renders our bond to the church more perfect (our initiation is complete).
- It gives us strength to:
  - Spread and defend our faith and be true witnesses of Christ.
  - Proclaim the name of Christ more boldly.
  - Never be ashamed of the cross.
- We are sealed by Christ.

# CONFIRMATION

CHOICE  
OIL  
NAMING  
FAITH  
INITIATION  
RUAH  
MISSION

## CHOICE

As we grow older we make more choices. We decide what to wear, what to eat, what subjects to take at school, our careers, etc. Confirmation is a choice. We are choosing to live our lives as a Christian, a true believer and follower of Christ. We are saying I want to confirm my faith. In the Sacrament of Baptism, our parents and godparents made this choice for us. Now we are making that choice for ourselves.

## OIL

Oil is something we use in everyday life: Cooking oil; motor oil. Oil helps things to work properly. In the Old Testament, priests, prophets and kings were anointed with oil as a sign that they had been chosen by God for a special task. Today, kings and queens are still anointed with oil when they are crowned. The oil is a sign of the strength which God gives us. When you are confirmed, the bishop will anoint you with the oil of Chrism. The word Chrism literally means anointing. The word Christ, means anointed one. Like Jesus, we have been chosen to do God's work. This isn't always easy and alternative lifestyles might seem more attractive. We are anointed to give us strength to be witnesses of Christ.



## NAMING

We all have names. Names are very important. They give us an identity. The prophet Isaiah was told by God 'I have called you by your name'. In the Bible, names often have symbolic meanings and when people were chosen by God for a special task, they were often given a new name: Abram-Abraham; Levi-Matthew; Saul-Paul; Simon-Peter. In confirmation, you are invited to choose a confirmation name, not a name of a pop star or sports star: Ariana or Cristiano, but a biblical name or the name of a Saint, someone you can aspire to and look up to. Our names are a sign that we have been called by God.

**Think about what your Confirmation you will choose. See the sheet about this at the end of the booklet. Also, see pages 37-39.**

## **FAITH**

In confirmation, we are confirming our faith, just like when we confirm our address, or a booking for something. We are saying 'Yes, I am definitely a believer.' In Baptism, our vows are made for us, in Confirmation we renew our vows. Furthermore, we are saying that we want to put our faith into action and live a Christian life, in which we make good choices. We are called to stand up for our faith, like St. Stephen, St. Thomas More, Oscar Romero, even if this sometimes involves being ridiculed or unpopular.

## **INITIATION**

Confirmation is a sacrament of initiation along with baptism and the Eucharist. In the early Church, young adults received these three sacraments together. Today, we receive them at different stages in our lives. However, the three sacraments together complete our membership of the Church. Through confirmation, we are renewing the promises made in Baptism and we are confirming the faith that brings us together to celebrate the Eucharist.



## **RUAH**

'Ruah' is the Hebrew word for the Holy Spirit. It is also the Hebrew word for breath and wind. In the Bible, it tells us right at the beginning that God's Spirit hovered over the waters. In the story of Pentecost, the apostles received the gift of the Holy Spirit and were able to overcome their fears and go out and preach the good news about Jesus to everyone. The Holy Spirit is God's power which gives us strength to follow God. In confirmation, the bishop puts his hand on our head as a sign that we are receiving the Holy Spirit. We also talk about the gifts of the Holy Spirit, such as wisdom and courage. The Holy Spirit is our guide to make the right choices in life.

## **MISSION**

Just as Jesus sent out his disciples and before that God called prophets to follow him, we today are being sent out on a mission. As we confirm our faith, we promise to the life of a good Christian, to be a witness to Jesus, to do what is right however hard it may be. At the end of the Mass, the priest will usually say the words 'Go in peace, glorifying the Lord by your life.' We are being sent out on a mission to live as Christians and to be witnesses of Jesus to others. In Confirmation, the candidates will accept this mission and agree to live as witnesses to Christ and ask God to fill us with the power of the Holy Spirit to enable us to fulfil this mission.

## **SESSION 1 – INTRODUCTION TO CONFIRMATION / BELONGING**



### **ICEBREAKER**

**Find someone who**

<b>Supports Nottingham Forest</b>	<b>Goes to Trinity School</b>
<b>Has a birthday in June</b>	<b>Has a first name beginning with A</b>
<b>Has a surname beginning with S</b>	<b>Has a first name beginning with J</b>
<b>Likes Taylor Swift</b>	<b>Has a birthday in September</b>
<b>Has a surname beginning with M</b>	<b>Has been to a music concert</b>
<b>Has a birthday in December</b>	<b>Plays a musical instrument</b>

## SESSION 1 – INTRODUCTION TO CONFIRMATION / BELONGING

### OPENING PRAYER:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.  
Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,  
Through Christ Our Lord, Amen.

### It's Beginning:

So my parents signed me up for confirmation, Lord.  
I don't know what I'm supposed to do, or even why I'm here.

So...not really sure what to say,  
But something tells me I should try praying

So Lord, a little help here?  
Maybe you can show me what I'm supposed to do?  
I'm thinking I might meet some people here.

Maybe make some friends.  
Maybe good things will happen.  
Maybe I'll change. Or grow...or something.

So why am I not as scared as I was a minute ago?  
Is that you helping me?  
Thanks, Lord.  
So...stick around. Okay, Lord?

When Pentecost came round, they had all met together, when suddenly there came from heaven a sound as of violent wind which filled the entire house in which they were sitting; and there appeared to them tongues as of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit and began to speak different languages as the Spirit and began to rest on the head of each of each of them. **(Acts 2:1-4)**

### REFLECT:

- How do think the disciples felt at the beginning of the story?
- How do you think they felt when they heard the wind and saw the fire?
- How do you think the disciples felt at the end of the story?
- How do you feel now about Confirmation?
- How do hope to feel at the end of the Confirmation programme?

### IN GROUPS:

- Introduce yourself
- Give two other facts about yourself, e.g. hobbies, family members.

How do I feel about my confirmation?

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How do I feel about my faith?

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*In the Sacrament of Confirmation, the baptized person is  
"sealed with the gift of the Holy Spirit" and is  
strengthened for service to the Body of Christ.*

## **BELONGING**

### **A reading from the 1<sup>st</sup> Letter of St Paul to the Corinthians**

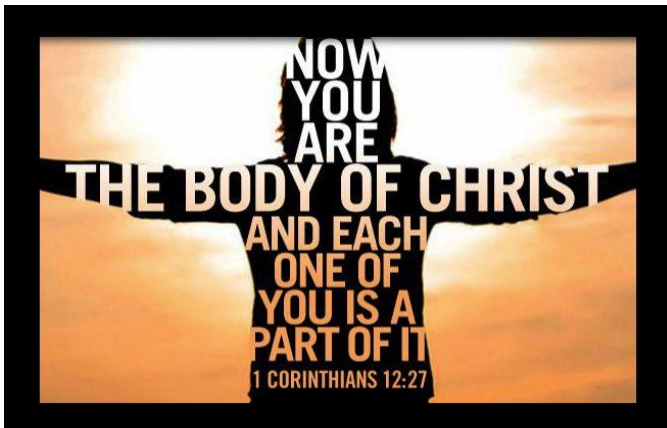
Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many.

Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!"



Read passage from **1 Corinthians 12:12-21 (Page 6)**. St Paul compared the early church to a body (**the body of Christ**). Everyone has different roles to play. If we take away one of the parts, the whole body suffers. It is the same with a football team or a pop group. We all have our own part to play. Each of us has different gifts to contribute.



## IN GROUPS:

### Activity 1:

- Discuss which part of the body you are (e.g. 'I am the ears – I am a good listener. I am the heart – I care about others.) **Write this on your body on Page 8.**
- Write on the sheet provided which part of the body each member of the group is and why.

### Activity 2:

- On the yellow sheet, make a list of all the **different people in the church who make up the one body**, e.g. the priest...
- On the sheet (outside of the body), write some of the things we do which show that we belong to the church.

### Activity 3:

- Each person has a sheet with a body shape on (**Page 8**). On the face, **make a list of the different group we belong to.**
- Discuss these in our groups. Think about which **groups** we belong in to because we were **born into them**, which **groups people chose for us** and which **groups we have chosen to belong to.**
- **Note:** We were born into God's family, our parents chose for us to be baptised and we choose to belong to the church through Confirmation. Also, think about what we might need to do in order to belong to these groups, e.g. going to training, practice, going to Mass.

### Activity 4:

- On the body, each person writes their name and some of their **talents / qualities**, e.g. cheerful, good at football, etc.
- Discuss these in our groups.

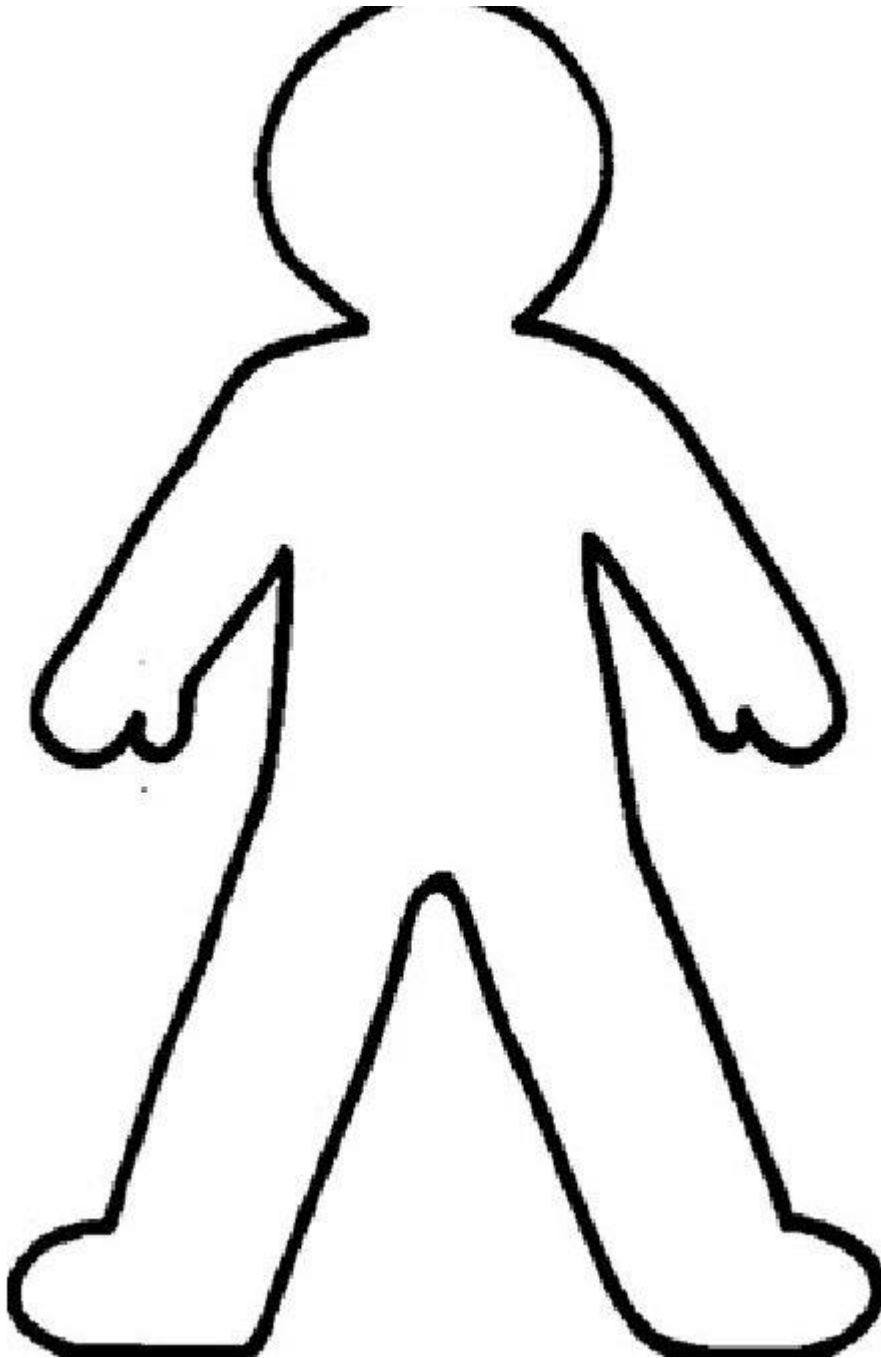
### Activity 5:

- Around the body, write about:



- What you enjoy about belonging to the Church
- What you find difficult about belonging to the Church
- How you show that you belong to the Church Now
- How you can show that you belong to the Church in the future.

Just as a body, though one, has many parts,  
but all its many parts form one body, so it is with Christ.



## SESSION 2:

### I Believe – The Apostles Creed

#### IN GROUPS:

- I believe that the best football team is....
- I believe that the best song ever is...
- I believe that the best pop group are...
- I believe that the best food is...
- I believe that I am a good person because...

#### REFLECT:

- What do we base our beliefs on?

#### LISTEN:

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

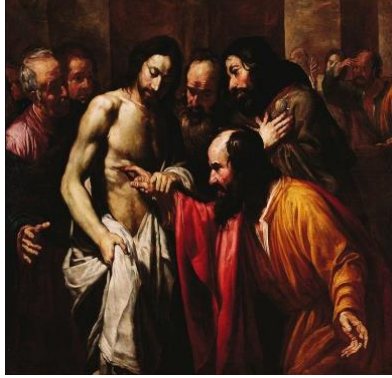
Now Thomas, one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, "We have seen the Lord!" But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." Thomas said to him, "My Lord and my God!"

Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

**REFLECT:**

- Why do you think that Thomas did not believe that Jesus had risen?
- Why did Thomas change his mind?
- What can we learn from this story about faith?



- My faith is important because...
- Sometimes I find it hard to believe because...
- I can become a stronger believer by...

## SESSION 3:

### I Believe – The Apostles Creed

What Christians Believe	How can Christians put this belief into practice?
<p>I believe in God, the Father Almighty, the Creator of heaven and earth,</p> <p>and in Jesus Christ, His only Son, our Lord: Who was conceived of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.</p> <p>He descended into hell.</p> <p>-----</p> <p>The third day He rose again from the dead.</p> <p>He ascended into heaven and sits at the right hand of God the Father Almighty, whence He shall come to judge the living and the dead.</p> <p>-----</p> <p>I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.</p> <p>Amen.</p>	

#### Key Beliefs:







## SESSION 3 – THE SACRAMENTS


### Introduction:

We need God's help on our journey as Christians. Through the sacraments, we receive God's help – Grace. **In the sacraments, Jesus is present with us and we receive the power of the Holy Spirit.** The sacraments are not just events or things that we do, but important stages on our Christian journey and it is God who guides us on this journey.





### Activity:

Match the pictures and words with the names of the sacraments

Name of Sacrament	Picture	Action
1. Baptism INITIATION		The exchange of the vows and the words: '...to have and to hold from this day forward.'
2. Confirmation INITIATION		The laying on of hands and the words: I absolve you from your sins...'
3. Eucharist INITIATION		The laying on of hands and the words: 'Send down your Spirit upon them to be their helper and guide.'
4. Reconciliation (Penance) HEALING		The laying on of hands and the words: 'Almighty Father, grant to this servant of yours the dignity of the priesthood.'
5. Anointing HEALING		The pouring of water and the words: 'I baptise you in the name of the Father and of the Son and of the Holy Spirit.'
6. Holy Orders VOCATION		Breaking and sharing the bread and wine and the words: 'This is my body. This is my blood.'

7. Matrimony (Marriage)  VOCATION		Anointing the head and hands and the words: 'through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit.'
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### The Sacraments In My Life

Sacrament	Picture	Reflection
<b>Baptism</b>  INITIATION		Baptism is important in my life because....
<b>Confirmation</b>  INITIATION		Confirmation is important to me because...
<b>Eucharist</b>  INITIATION		The Eucharist (Holy Communion) is important to me because...
<b>Reconciliation (Penance)</b>  HEALING		Reconciliation (Penance) is important in my life because...



## In Communion With You

Mass, again.  
Prayers. Boring.  
Sermon. Boring.  
Music. (Put it this way: my mom likes it.)  
More prayers. Boring. Wait a minute.

Bread and wine – Body and Blood.  
Did that just really happen?  
Did that bread really just become your body?  
That wine your blood? Really?  
I've heard that angels kneel on the altar all the time,  
We can't see them. But they're really there.  
Same for the bread and wine. Your body and blood.  
We can't see you. But you're there.



Communion. Uh, not that boring.  
I'm actually doing this.  
Receiving you, Jesus. Wow. You're right here.  
I can feel your love.

Prayers. What was that again?  
Oh. Thanks be to God.  
Yeah, Jesus. Thanks.  
Come on back.  
I'll pay more attention at the next Mass.

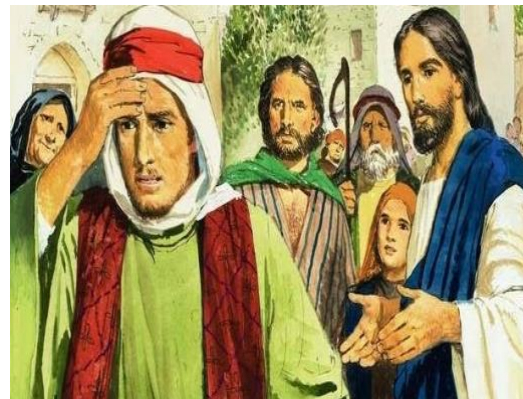
## SESSION 4 – DISCIPLESHIP / WITNESS

### LISTEN!

<sup>16</sup> As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. <sup>17</sup> “Come, follow me,” Jesus said, “and I will send you out to fish for people.” <sup>18</sup> At once they left their nets and followed him.

<sup>19</sup> When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. <sup>20</sup> Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.

- Why did the disciples start to follow Jesus?
- What promise did Jesus make to the disciples?



- **Note:** The disciples were the first witnesses to Jesus. The early Christians were persecuted for being witnesses to their faith. Even today, Christians in some countries are persecuted for their faith. In confirmation, we are given the power of the Holy Spirit to be witnesses of Jesus.

### ACTIVITY – WHO IS JESUS?

- Build up a witness profile about Jesus using the clues around the church? Who was he? What did he do? What did people say about him?

### DISCUSS:

- In your groups, discuss and share the information.

**ACTIVITY:**

- Write 5 qualities needed to be a disciple.

1)  
2)  
3)  
4)  
5)

**DISCUSS:**

- Go around your group and discuss these. Also, think about the challenges facing modern day disciples. Is it possible to be a disciple today?
- In your groups, discuss the question 'What is your favourite possession'?
- How would you feel if they had to give it up?

**LISTEN!**

And as he was setting out on his journey, a man ran up and knelt before him and asked him, "Good Teacher, what must I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good except God alone. You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honour your father and mother.'" And he said to him, "Teacher, all these I have kept from my youth." And Jesus, looking at him, loved him, and said to him, "You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me." Disheartened by the saying, he went away sorrowful, for he had great possessions.

And Jesus looked around and said to his disciples, "How difficult it will be for those who have wealth to enter the kingdom of God!" <sup>24</sup> And the disciples were amazed at his words. But Jesus said to them again, "Children, how difficult it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."

**DISCUSS:**

- What did Jesus ask the man to do to be a disciple?
- Why was the man not able to do this?
- **Note:** To be a witness of Jesus means to live a Jesus lived with total trust in God. Love of God and other people is more important than material possessions,

important as these might seem. The rich young man was unable to be a witness because he was unable to put his trust his God by giving everything up.

### READ:

- Read the story of Peter's denial of Jesus (Mark 14:66-72).

### LISTEN!

While Peter was below in the courtyard, one of the servant girls of the high priest came by. When she saw Peter warming himself, she looked closely at him. "You also were with that Nazarene, Jesus," she said. But he denied it. "I don't know or understand what you're talking about," he said, and went out into the entryway. When the servant girl saw him there, she said again to those standing around, "This fellow is one of them." Again he denied it. After a little while, those standing near said to Peter, "Surely you are one of them, for you are a Galilean." He began to call down curses, and he swore to them, "I don't know this man you're talking about." Immediately the rooster crowed the second time. Then Peter remembered the word Jesus had spoken to him: "Before the rooster crows twice you will disown me three times." And he broke down and wept.



- Why did Peter deny Jesus?
- What would you have done in Peter's situation?
- How might we deny Jesus today?
- Why do you think that Peter denied Jesus three times, yet sometime later died on a cross in Jesus' name?

**Note!**

- Peter was understandably afraid as he did not want to be arrested. However, he failed to be a witness to Jesus and to his faith, putting his own security first.

**Think!**

- Think of a Christian who was / is a witness of Jesus?
- How have they showed this/ what have they done?
- What have they sacrificed by being a witness?
- Look at the pictures on the next page. How many of the witnesses of Christ do you recognise?
- What did these people do as witnesses of Christ?

**Prayer:**

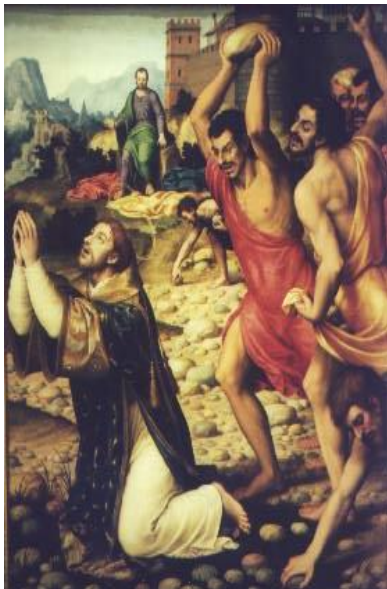
Heavenly Father,  
Help me to be a witness to the words and action of your Son Jesus Christ  
Through everything I do and say.  
With the gift of the Holy Spirit,  
Help me to follow Jesus' example and to be an example to others.

Amen.

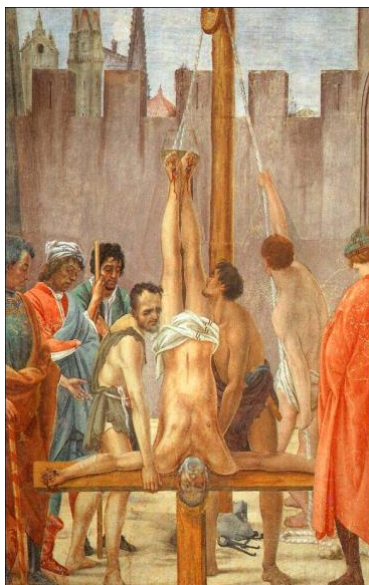


## WITNESSES TO CHRIST

1.



2.



3.



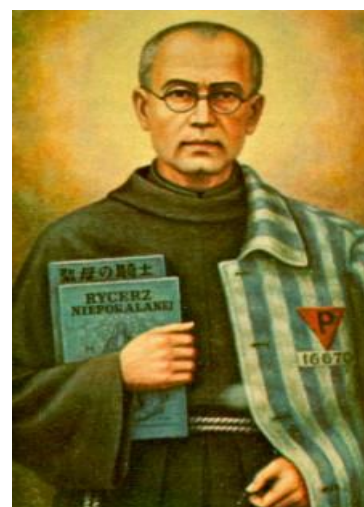
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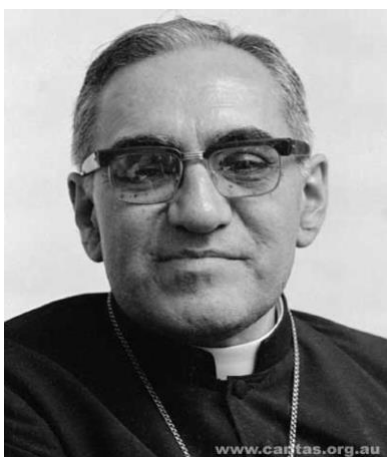
5.



6.



7.



8.



9.





# WITNESSES TO CHRIST

## 1. St Stephen

- The first Christian martyr.
- Spoke up to the Jewish Council to proclaim that Jesus Christ is the Son of God.
- It is said that he was filled with the Holy Spirit.
- Was stoned to death but asked God to forgive those who killed him.

## 2. St Peter

- One of Jesus' disciples.
- Struggled with his faith and denied knowing Jesus when Jesus was arrested.
- On the day of Pentecost, led the disciples and proclaimed that Jesus is the Son of God.
- Was crucified in Rome for his faith.

## 3. St Francis of Assisi

- Born into a rich family, as a young man led a life of riches.
- Began to see the suffering of the poor.
- Cast aside his riches and dedicated his life to serving Christ and the poor, starting a religious order (Franciscans).
- St Francis preached to people about Jesus.
- He said "Spread the Gospel Jesus, and **if necessary use words.**"

## 4. St Teresa of Lisieux

- Entered into a religious order at the age of 15.
- Dedicated her life to prayer and serving God.
- Affectionately known as 'the Little flower' for her humility and simple lifestyle.

## 5. St Bernadette

- As a young girl, suffered from ill health.
- At the age of 14, Our Lady appeared to Bernadette at a cave by a river, in Lourdes, France.
- She appeared 18 times in total.
- Bernadette was told to ask people to come to Lourdes to bathe in the waters, to process and to build a church.
- She became a nun and dedicated her life to serving God

## 6. St Maximilian Kolbe

- Was born in Poland and became a priest at the age of 24.
- During World War II, provided shelter for refugees from Poland, including many Jews.
- Was arrested and imprisoned before being sent to Auschwitz concentration camp in February 1941.
- In July, volunteered to take the place of another prisoner in a starvation bunker.
- Led the other prisoners in prayer and said Mass. After two weeks of starvation, he was still alive and was killed with a lethal injection.

## **7. Oscar Romero**

- A priest in El Salvador, a country with great injustice.
- Most of the population were poor and anyone who spoke out against the rich or the corrupt government was sent to prison and often put to death.
- Romero became Archbishop of El Salvador in 1977.
- He spoke out against the government and refused to give the rich special treatment.
- He also lived a very simple lifestyle.
- In 1980, he was killed whilst saying Mass.

## **8. Mother Teresa**

- Born in 1910 in Skopje (Albania).
- Became a nun in her 20s and later set up the missionaries of charity
- Went to India to help the poor.
- Became known as Mother Teresa of Calcutta for her work with the poor on the streets of Calcutta.
- Said that when she looked into the faces of those she helped, she saw the face of Jesus.

## **9. Pope John Paul II**

- Born Karol Wojtyla, in Wadowice, Poland, 18 May, 1920.
- Became a priest, Bishop and Cardinal and in 1978 was elected as Pope.
- In 1981, was shot in St Peter's Square, by a man trying to kill him.
- He survived and visited the man in prison, telling him that he forgave him.
- Visited many countries around the world, proclaiming the message of Christ.
- Died on 2 April 2005.

**THINK:**

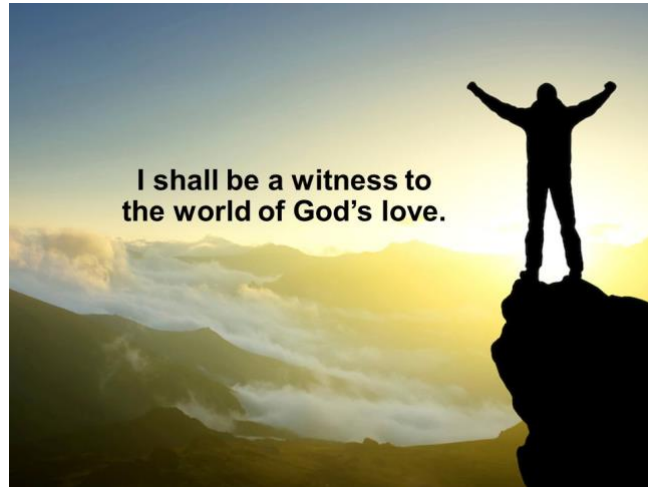
**"Spread the Gospel of Jesus, and if necessary use words."**



**What do think St Francis meant by these words?**

**How might we spread the Gospel of Jesus today?**

## **Witness Protection Card**



**Codename (confirmation name):**

**Password:**

**Description (What I am being a witness of):**

**Main tasks (What must I do to be a witness):**

**Risks:**

**Assistance (Who / what will help me):**

## SESSION 6 – GIFTS OF THE HOLY SPIRIT

When Pentecost came round, they had all met together, when suddenly there came from heaven a sound as of violent wind which filled the entire house in which they were sitting; and there appeared to them tongues as of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit and began to speak different languages as the Spirit and began to rest on the head of each of each of them. **(Acts 2:1-4)**



- On the day of Pentecost, the disciples were afraid because they were without Jesus.
- They did not have the courage to go out be witnesses of Jesus.
- Suddenly, they were filled with the Holy Spirit.
- They were filled with the power and presence of God.
- In Confirmation, we ask that we will be filled the Holy Spirit and that we will receive the power and presence of God.

## SUPER POWERS



<b>My Superpower would be...</b>	
<b>An important gift I have received</b>	
<b>A gift I have received and wasted is...</b>	
<b>A gift (talent) I have used</b>	
<b>A gift (talent) I could use more</b>	

### Let Us Pray:

Loving Father

When we were baptised you made us your sons and daughters.

We thank you for inviting us now to experience your love in a new way by receiving the gifts of the Holy Spirit in Confirmation.

Take away any fear that we might have.

Give us the courage to say yes to your Holy Spirit and to be true friends of Jesus your son, who is our Lord and our brother forever and ever.  
Amen.

**NOTE:**

- Just as the disciples receive the power of the Holy Spirit at Pentecost and were enabled to go out and serve God, we receive the gifts of the Holy Spirit at Confirmation.
- In Confirmation, we receive the gifts of the Holy Spirit. These are special because they are given to us by God.
- Like superpowers, they allow us to do special things.
- Superpowers allow superheroes to go beyond what is normal.
- The gifts of the Holy Spirit allow us to follow God and to be in God's presence.
- We may not feel a sudden transformation, but we can become closer to God and live the life that God wants us to live by following Christ because we have these gifts.

**IN GROUPS:**

- Divide the group into seven (groups of two or three) small groups. Each pair (or three) will be given one of the gifts of the Holy Spirit. They should think about what the gift is (definition), a symbol for the gift and how this gift might be used.
- Each pair will feed back to the group and write their gift / definition / draw their symbol on an A3 sheet.

<b>Gift</b>	<b>Definition</b>	<b>An example of how I can use this gift</b>



## Gifts of the Holy Spirit

### Notes:

- On Good Friday, the disciples were upset and afraid because Jesus had died and been taken from them. They would also have been disappointed at their own failures.
- On Easter Sunday, the disciples were filled with joy at the news of Jesus' resurrection. However, they did not quite understand how this was possible. They did not fully appreciate the power of God which was present in Jesus.
- On Ascension day, the disciples would have been sad and afraid as Jesus was no longer with them. However, they would also be filled with joy and expectation as Jesus promised them the gift of the Holy Spirit.
- At Pentecost, the disciples were filled with the Holy Spirit, the power of God working within them and giving them strength to do God's work. They were no longer afraid or confused. They were filled with courage and understanding.

### The Gifts of the Holy Spirit

Gift	Definition
Knowledge	To let us see the world as it really is. To know God; to want to know God better. To know the difference between right and wrong To know how God wants us to live
Understanding	To help us to appreciate the greatness of God and to understand all that God has told us. To understand and realise what God wants me to do.
Wisdom	To help us judge in the way God does. To base decisions on the wisdom which God gives us rather than our own opinions.
Right Judgement	To help us to know what to do and what God wants us to do, especially in difficult situations. To seek God's advice and listen to God's voice
Courage / Fortitude	To give us strength to do what is right no matter how hard it might be. To face the difficulties and challenges which being a disciple of Jesus gives us. To stand up for what is right
Awe and Wonder / Fear of the Lord	To give us the power to appreciate the greatness of God and to be aware of God's presence in our lives. To seek God in our lives
Reverence / Piety	To give us power to show love and respect for God. To show love and respect for others To treat others fairly

### **I Need Your Gifts**

Hey, Jesus,  
You promised to send us your Spirit long ago.  
But I need your Spirit right now.  
Today, I need wisdom, so I can get through another day of school.  
Today, I need understanding because the choices I face are really, really hard.  
Trust me on this one.  
Today, I need knowledge so I can really figure out what is going on with me.  
Today, I need counsel so I can feel your grace working in me and through me.

Today, I need piety because sometimes I don't have much reverence and devotion.  
Today, I need fear of the Lord, not so I'll be afraid, but so that I can know much of you  
truly, deeply, infinitely love me.  
Give me your gifts.  
Amen.

### **Your gift of understanding**

Mary,  
You were about my age  
When an angel asked you to radically change your life.  
The future must have looked pretty dangerous at the moment, pretty terrifying.  
But you said, "Yes."  
You didn't even think about it  
What if you said, "No, I've got other plans for my life"?  
What would have happened to the world?  
You couldn't have faced that future on your own.  
The Holy Spirit must have inspired you.  
The Spirit must have opened your heart to understanding God's plan.  
So Mary, help me all my life.  
Ask the Holy Spirit to bring me that same kind of understanding that you had,  
The kind that helped you say "Yes" to God.  
Help me say "Yes" when God calls me (even when I'm afraid), "yes" when people need my  
love.  
Yes, Mary. Help me.

### **Your gift of knowledge**

There's a huge future ahead of me, Lord.  
It's exciting. And a little scary.  
Do you have a path for me, Lord? A destiny?  
Help me know what it is.  
Help me figure out your purpose for my life,  
So that I can accept your will, and not fight it,  
Even when I don't understand it.  
Help me see my life in the light of your truth,  
Your knowledge, your grace.  
Help me to discern the difference between what you're saying to me.  
I know that I can only do this with the help of your knowledge.  
Hey, If I already know that,  
Maybe I'm already on your path.  
Keep me right here, God.

### **Your gift of counsel (Right Judgement)**

Oh, here we go.  
Decisions, choices.  
Everybody likes to remind me about them, especially the stupid ones I've made.  
But between you and me, Lord, decisions are tough sometimes.  
I deal with stuff that's ten times more difficult than anything my parents ever faced.  
So who can help me? Who understands?  
Guide me, Spirit, give me your counsel.  
Help me listen when you speak to me, because your answers are always right.  
Show me some clues to help find you – whether it's asking someone for help,  
Reading the Bible, looking to the Saints, praying, whatever.  
And when I need advice, help me find people who will give the best counsel, the right  
advice, advice that comes from you.  
This is a tough one, Holy Spirit.  
But I know that nothing is impossible for you. So help me through this, now and always.

### **Your Gift of Fortitude (Courage)**

Holy Spirit,  
Has anyone ever told you that being good isn't easy?  
I've been trying to be like your saints, but some days it seems like I mess up every ten  
minutes.  
I get caught off-guard.  
And then I do something stupid.  
So I'm wondering, did any of the saints ever complain?  
Did it ever come up in conversation?  
Because I'm telling you right now, it's hard to be good, to be pure.  
So could you help me out with your gift of fortitude?  
So I can deal with temptations that come my way  
So I can overcome my fears and stay steady, even when it's tough.  
So I can always do what's right, even when I'm caught off-guard.  
One more thing,  
Help me bear the mistakes I make along the way, so I can ask your forgiveness. Thanks.

### **Your Gift of Piety (Reverence)**

Remember those Pharisees, Jesus?  
They were supposed to be the most pious people of your time.  
But you saw what they really were.  
What did you call them?  
Empty tombs full of rotting bones, perfect on the outside, dead inside.  
Even your best friends weren't perfect on the outside.  
They were tax collectors and sinners and poor people.  
But you saw them, too, didn't you?  
You saw that they were really just good people who were ready for your gift of love.  
But those Pharisees took advantage of it,  
Used it to make themselves look good.  
That's an easy trap to fall into.  
So Spirit, give me that gift of piety, of love.  
But please don't let me ignore it, or take advantage.  
Help me to use it for glory and never for mine.

**Fear of the Lord (Wander and awe)**

Seriously, God?  
You want me to be afraid of you?  
That can't be right you love me infinitely.  
So what's the deal?  
This fear must be something closer to...  
Respect maybe?  
Maybe it's the hope  
That I will never hurt? or offend you.  
Because who wants to hurt someone they love?  
So that's it, huh?  
But it's not like I see you every day.  
So it's easy to slip up and forget,  
Easy to do something stupid that hurts you.  
But if there's one thing I've learned,  
It's that you'll help me if I ask.  
So I'm asking, Lord.  
Give me the grace, the help  
Too always love and respect you.  
Sure, I'll make mistakes. Everyone does.  
So give me hope so I know that  
Even when I mess up and hurt you,  
I won't despair, because I know you'll forgive me.

## SESSION 7 – SYMBOLS OF CONFIRMATION

### LISTEN:

#### **Mark 10:13-16**

People were bringing little children to Jesus for him to place his hands on them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." And he took the children in his arms, placed his hands on them and blessed them.

### THINK:

- What is the importance of Jesus' actions in the story?

### ACTIVITY:

Without using words, to the person next to you and say:

- HELLO
- THANK YOU
- HOW ARE YOU?
- I'M OKAY

### FOCUS:

- Today, we will be focusing on the symbols used in the sacrament of Confirmation.
- These are words and action which have a deeper meaning.

### REMEMBER:

- All of the sacraments contain symbols. These are words and actions which show us a deeper reality.

### ACTIVITY:

- Using the 'treasure hunt' sheet. Walk around the Church and find ten items.
- For each item, you will need to answer some questions.
- When you have done this, you will discuss the answers in your groups.

### DISCUSS:

- Discuss the answers to the questions on the sheet.
- In your group, discuss your Confirmation names with one another.
- **Note:** When you are confirmed, part of your mission is to try and live like the person whose name you have chosen.

**There are a number of items in various places in the Church. You need to find the items, all which are numbered and fill in the information on your sheet.**

1. What is the item? What is it used for?
2. Which Bible story is this painting based on? What is this story about?
3. In this story, what did the prophet Samuel do with the oil? Why do you think he did this?
4. In Baptism, what promises did our parents make? How does this link in with Confirmation?
5. Who is Jesus speaking to in this passage? What new name does Jesus give to him? How else does he refer to him?
6. What is the item? What is it used for?
7. Find the story of the Good Samaritan (Luke 10:25-37). In the story, what does the Samaritan pour on the man's wounds? Why do you think he did this?
8. In the story of the Blind Man, what did Jesus do before the man regained his sight?
9. What is this item? What does it symbolise for Christians? What do Christians do to show the importance of this?
10. What does the picture show? What is this a symbol of? Can you think of more than one answer?

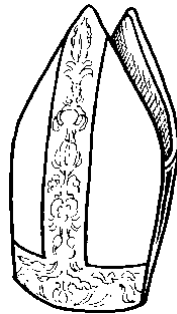


## CONFIRMATION

### Signs and Symbols



As with baptism, signs and symbols confirmation. These which have a special



there are numerous associated with are words and actions religious meaning.



#### Laying on of hands

This is a sign that power and strength are being given. When the bishop extends his hands over the candidate, he is reminding them that the Holy Spirit will come to them in power and strength.

#### The oil of chrism

The bishop signs the candidate's forehead with the sign of the cross with the oil of chrism. It is an important sign that a person is being strengthened for a special task. Oil is used in everyday life to strengthen objects and people. For example, oil is used in motor cars to help the engine to run more smoothly.

In confirmation, a person is strengthened by the Holy Spirit to meet all the difficulties, dangers and challenges of Christian life.

#### The sign of the cross

The cross is a special sign of the Christian, remembering Jesus' sacrifice for us. The sign of the cross is used in Baptism and Confirmation to seal the Christian with the love of God by the power of the Holy Spirit.

#### The sign of peace

The Holy Spirit brings a person peace with God and others. The sign of peace, using a form of words, is given immediately after the anointing with Chrism.

#### The naming

For confirmation, most candidates choose a special confirmation name. In the bible, when God called people, he sometimes changed their name (e.g. Abram - Abraham). The confirmation name is a sign that the person confirmed has a special task; to be a witness of God.

## SESSION 8 – THE SACRAMENT OF RECONCILIATION

### I have Questions

I'm looking back on my day, Lord, wondering if I really and truly pleased you.

My words – were they the kind I'd speak in your presence? Were they truthful?

Did I talk about anyone behind their back?

Did I talk to anyone behind their back?

My actions – did I do anything I wouldn't want done to me?

Did I forgive? Did I show mercy?

Treat everyone fairly? Share what I have?

Did I reject or accept people?

Did I enjoy your creation? Respect it?

My thoughts – were they positive or negative?

Did I see everyone I met as a true brother or sister?

Did I hold any grudges?

Would you be proud of me today? Every moment?

Am I proud of everything I did?

Was I the person you want me to be?

Do I need to work on anything?

Help me with that tomorrow, Lord. And always.

Thanks.



### I Need Contrition

Jesus, I so messed up today.

I don't like what I did.

And I could really use some help.

Help me, Jesus.

Help me to get back on the right path.

Help me to get to confession so that I can face this thing, and face myself.

And face you.

I'm sorry, Jesus.

I'm so, so sorry.

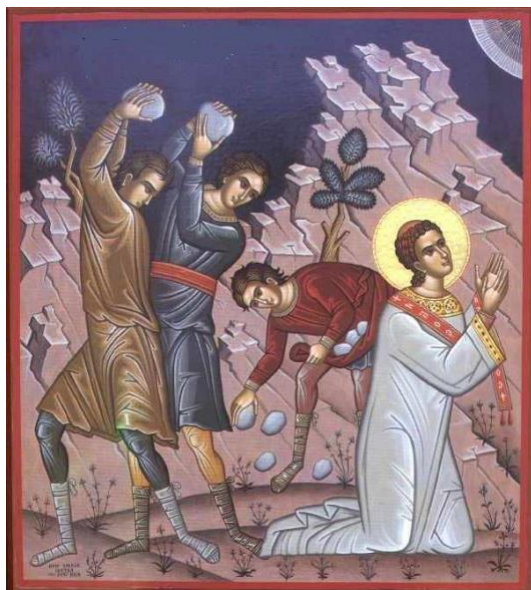
Please forgive me.

Help me forgive myself.

So I can move on and do better tomorrow.

## THE SACRAMENT OF RECONCILIATION

Let the one who among you is guiltless be the one to throw the stone at her.



Go away, and from this moment sin no more.

### Introduction:

- The sacrament of Reconciliation is one of the seven sacraments of the Catholic Church. Sometimes, we are tempted to seek goods which take us away from God.
- Sometimes, we are weak and fail to seek God. As Christians and members of the church, we seek God.
- However, even when we forget about God, God does not forget about us. God always wants us back. In the sacrament of initiation, we remember that God calls us back to him, that God reaches out to us with love and forgiveness.
- Through the sacrament of Reconciliation, we strive to become better people.

### First Reading: Acts of the Apostles

*When the members of the Sanhedrin heard this, they were furious and gnashed their teeth at him. But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God, and Jesus standing at the right hand of God. "Look," he said, "I see heaven open and the Son of Man standing at the right hand of God." At this they covered their ears and, yelling at the top of their voices, they all rushed at him, dragged him out of the city and began to stone him. Meanwhile, the witnesses laid their coats at the feet of a young man named Saul. While they were stoning him, Stephen prayed, "Lord Jesus, receive my spirit." Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep.*

- The story of Stephen reminds us of what is possible with the power of the Holy Spirit. The story of Stephen is a story of witness to Christ, the kind of witness we are called to give through the sacrament of Confirmation. Filled with the Holy Spirit, Stephen challenges those who had rejected Christ and gives great witness to Christ.

- Sometimes we fail to be witnesses of Christ as a result of fear or lack of courage or because we put earthly concerns before our relationship with God.
- Stephen was persecuted and put to death because of his faith and because of the hatred of others. Like Jesus, on the cross, Stephen asked God to forgive those who put him to death.

### **Prayers (Read by the candidates):**

1. Lord, for the times we have failed to use our talents.  
R. Lord we are sorry.
2. Lord, for the times we have failed to show respect to others.  
R. Lord we are sorry.
3. Lord, for the times we have been selfish.  
R. Lord we are sorry.
4. Lord, for the times we have said hurtful words to others.  
R. Lord we are sorry.
5. Lord, for the times we have failed to make room for you in our lives.  
R. Lord we are sorry.

### **Gospel Reading: According to John**

*The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, "Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?" They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." Again he stooped down and wrote on the ground. At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."*

- Like Stephen, the woman caught in the act of adultery was sentenced to death by other people.
- However, Jesus did not condemn her but showed her great love.
- Jesus challenged those who had condemned her to consider their own sins.
- Jesus challenged the woman to 'Go away and sin no more.
- We are given the same challenge in the sacrament of Reconciliation.
- God always love us, even when he does not love our actions.

## **The Sacrament of Reconciliation**

- **There are four main parts in the sacrament:**
- CONTRITION: We are truly sorry for our sins.
- CONFESSION: We admit (confess) our sins.
- ABSOLUTION: We are assured that God will forgive us
- PENANCE: We do something to make up for our sins.

### **The examination of conscience**

- Do I love and respect God?
- Do I make time for prayer in my life?
- Do I witness my faith to others?
- Do I go to Mass and make time for God at other times?
- Do I use my God-given talents?
- Do I help my parents and other people?
- Am I grateful for what my parents and others do for me?
- Do I sometimes say hurtful words to others?
- Do I sometimes hold grudges against others?
- Do I respect myself and others?
- Do I have respect for the property of others?
- Am I jealous of others?



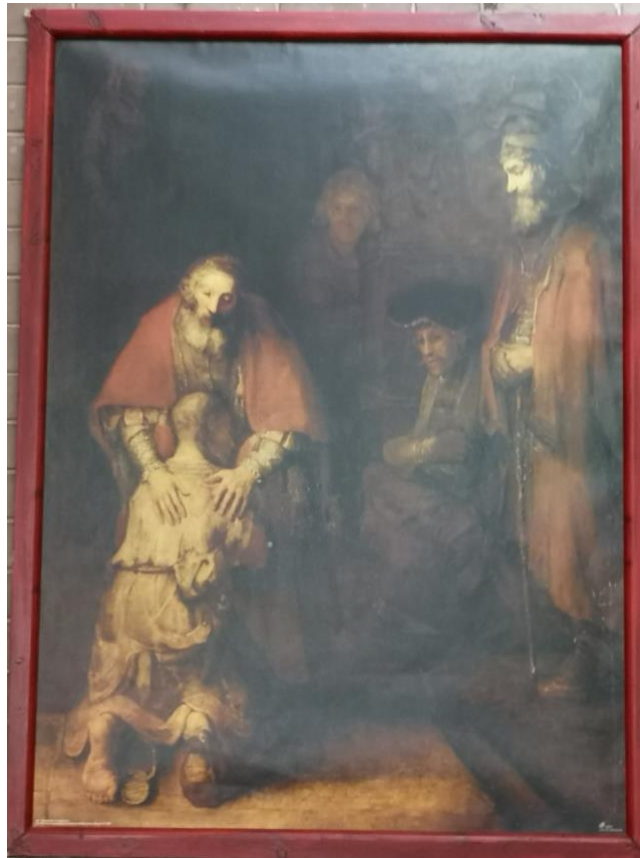
### **Individual Confessions**

#### **Act of Contrition**

O my God, because you are so good, I am truly sorry that I have sinned against you.  
By the help of your grace, I will not sin again.

## SESSION 8 (ALTERNATIVE)

### THE SACRAMENT OF RECONCILIATION



*'My son,' the father said, 'you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.'*

#### Introduction:

- The sacrament of Reconciliation is one of the seven sacraments of the Catholic Church. Sometimes, we are tempted to seek goods which take us away from God.
- Sometimes, we are weak and fail to seek God. As Christians and members of the church, we seek God.
- However, even when we forget about God, God does not forget about us. God always wants us back. In the sacrament of initiation, we remember that God calls us back to him, that God reaches out to us with love and forgiveness.
- Through the sacrament of Reconciliation, we strive to become better people.

#### Gospel Reading: According to Luke

Jesus continued: "There was a man who had two sons. The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them. "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need. So he went and hired

himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

“When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

“The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. <sup>23</sup> Bring the fattened calf and kill it. Let’s have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.

“Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. So he called one of the servants and asked him what was going on. ‘Your brother has come,’ he replied, ‘and your father has killed the fattened calf because he has him back safe and sound.’

“The older brother became angry and refused to go in. So his father went out and pleaded with him. But he answered his father, ‘Look! All these years I’ve been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!’

‘My son,’ the father said, ‘you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.’”

### **REFLECTION:**

- Jesus told this parable to challenge sinners. In particular, Jesus was challenging those who thought that they did not really need forgiveness and focused on the sins of others rather than their own.
- The story is sometimes called the Forgiving Father because the emphasis is really on God; the God who always forgives his people and take us back.
- We are being challenged, like the younger son, to return to God and recognise that without God we are nothing.
- The story is always sometimes referred to as the Lost Son. This reminds us that unless we follow God, we are lost and that it is only through God that we can really find ourselves and find the right path in life.

### **FOCUS:**

- Focus for a few minutes on the picture of the story of the prodigal son.
- Focus on the Father – Ask: ‘Do I forgive others? Do I welcome others back? Do I show love and compassion?’
- Focus on the younger son (kneeling) – Ask: Do I recognise my sins and failings? Do I turn back to God for forgiveness?
- Focus on the older son (this may be the figure standing at the side or the figure lurking in the background, behind the father). Ask: Do I find it difficult to forgive others? Do I sometimes hold a grudge against others?

- ‘My son,’ the father said, ‘you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.’”

### **Prayers (Read by the candidates):**

1. Lord, for the times we have failed to use our talents.  
R. Lord we are sorry.
2. Lord, for the times we have failed to show respect to others.  
3. Lord we are sorry.
4. Lord, for the times we have been selfish.  
R. Lord we are sorry.
5. Lord, for the times we have said hurtful words to others.  
R. Lord we are sorry.
6. Lord, for the times we have failed to make room for you in our lives.  
R. Lord we are sorry.

### **The Sacrament of Reconciliation**

- **There are four main parts in the sacrament:**
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- Do I witness my faith to others?
- Do I go to Mass and make time for God at other times?
- Do I use my God-given talents?
- Do I help my parents and other people?
- Am I grateful for what my parents and others do for me?
- Do I sometimes say hurtful words to others?
- Do I sometimes hold grudges against others?
- Do I respect myself and others?
- Do I have respect for the property of others?
- Am I jealous of others?

### **Individual Confessions**

#### **Act of Contrition**

O my God, because you are so good, I am truly sorry that I have sinned against you.  
By the help of your grace, I will not sin again.



## SESSION 9 – THE CEREMONY / REHEARSAL

### READ AND REFLECT:

- Read through the summary of the Sacrament of Confirmation.
- Think about what is happening in the ceremony and what this means.
- In particular, think about the importance of the Baptismal promises that you will be renewing. How can you live these out?

### Presentation of the candidates:

The names of the candidates are read out and the candidates are accompanied by their sponsors and presented to the bishop.

### Renewal of baptismal promises:

The candidates are then asked to renew the promises made by their parents (or sometimes themselves) at baptism. These promises involve a rejection of evil and a statement of faith in God, his only son Jesus and the power of the Holy Spirit. Through these promises the candidate is promising to accept the responsibility involved in being a member of the Catholic Church.



### Laying on of hands:

The bishop extends his hands over the candidate and asks God to send the Holy Spirit to give the candidate the strength and courage to be God's witness.

### Anointing with Chrism:

The candidate kneels before the Bishop. The priest reads out the name of the candidate and their confirmation name. The sponsor places his right hand on the candidate's shoulder (this is a sign that the candidate is not alone but is supported by other members of the community). The bishop places his hand on the head of the candidate anointing it with the oil of Chrism, making the sign of the cross. The candidate is instructed to be 'sealed with the holy spirit'.

### Final blessing and dismissal:

A special prayer is given. After each part of the blessing, the people answer 'Amen'.

## **COME HOLY SPIRIT**

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

## **TO DO LIST**

**Decide who my sponsor is**

**Choose a Confirmation Name**

**Think about the Sacrament of Reconciliation**

## **Confirmation Summary**

The following points are a summary of the teachings in the CCC (Catechism of the Catholic Church), which is a summary of the Church's teachings passed on over many years.

### **What is Confirmation?**

- A sacrament of initiation (becoming a member of the church).
- One becomes more perfectly bound to the church.
- We can see God's spirit at work throughout the Bible, e.g. creation, the prophets.
- Jesus received the power of the Holy Spirit at his baptism.
- Jesus Christ promised the outpouring of the Holy Spirit to his disciples.
- The Apostles proclaimed the mighty works of God.
- The apostles laid their hands on the early Christians.
- Anointing was added to the laying of hands.

### **What happens in the sacrament?**

- In the early church, the sacrament of Confirmation was received with the sacrament of Baptism.
- Anointing is a sign of strength and healing.
- The one who is anointed receives the mark or 'seal' of the Holy Spirit. Anointing is a sign of belonging.
- The seal of the Holy Spirit marks our total belonging to Christ.
- The Chrism is consecrated (blessed) by the Bishop.
- The Liturgy of confirmation begins with the renewal of the Baptism promises to show that Confirmation follows Baptism.
- The bishop extends his hands over the group of confirmands (those being confirmed).
- The Bishop invokes the outpouring of the Holy Spirit:  
'Send your spirit upon them to be their helper and guide. Give them the spirit of wisdom and understanding, The spirit of right judgement and courage,  
The spirit of knowledge and reverence, Fill them with the spirit of wonder and awe in your presence.'
- The candidate is then anointed with Chrism on the forehead: 'Be sealed with the gift of the Holy Spirit.'
- The sign of peace follows. This is a sign of unity between the Bishop and the faithful.

### **The effects of the Sacrament**

- The effect of the sacrament is the outpouring of God's spirit, as at Pentecost.
- It roots us more deeply in God.
- We are united more firmly / closely to Christ.
- Increases the gift of the Holy Spirit in us.
- It renders our bond to the church more perfect (our initiation is complete).
- It gives us strength to:
  - Spread and defend our faith and be true witnesses of Christ.
  - Proclaim the name of Christ more boldly.
  - Never be ashamed of the cross.
- We are sealed by Christ.

