

1. Read — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate — Be quiet before the Lord enjoying His presence.
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**How is God calling you to act in response to what he has shown you?**

**SIGN UP free for  
Link to Liturgy**



[1] Roman Catholic Daily Missal [1962]; page 1841

[2] Homily at the 23<sup>rd</sup> World Youth Day by Pope Benedict XVI

[3] 2 Corinthians 1:21-22 and Ephesians 1:11-14

[4] 2 Corinthians 1:21-22 (footnote) NAB

# Quick Connect

**What is the Gospel saying? 2 Option from St. John** — Page 1

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**What is God saying to you through this passage?** Page 4

## **Gospel Reading – John 20:19-23 –Roman Missal**

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”

## **Gospel Reading – John 15:26-27; 16:12-15 – Roman Missal**

Jesus said to his disciples: “When the Advocate comes whom I will send you from the Father, the Spirit of truth that proceeds from the Father, he will testify to me. And you also testify, because you have been with me from the beginning. “I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you. Everything that the Father has is mine; for this reason I told you that he will take from what is mine and declare it to you.”

## **Spiritual Reading**

From the treatise Against Heresies by Saint Irenaeus, bishop  
When the Lord told his disciples to go and teach all nations and to baptize them in the name of the Father and of the Son and of the Holy Spirit, he conferred on them the power of giving men new life in God. He had promised through the prophets that in these last days he would pour out his Spirit on his servants and handmaids, and that they would prophesy. So when the Son of God became the Son of Man, the Spirit also descended upon him, becoming accustomed in this way to dwelling with the human race, to living in men and to inhabiting God’s creation. The Spirit accomplished the Father’s will in men who had grown old in sin, and gave them new life in Christ. Luke says that the Spirit came down on the disciples at Pentecost, after the Lord’s ascension, with power to open the gates of life to all nations and to make known to them the new covenant. So it was that men of every language joined in singing one song of praise to God, and scattered tribes, restored to unity by the Spirit, were offered to the Father as the first fruits of all the nations. This was why the Lord had promised to send the Advocate; he was to prepare us as an offering to God. Like dry flour, which cannot

become one lump of dough, one loaf of bread, without moisture, we who are many could not become one in Christ Jesus without the water that comes down from heaven. And like parched ground, which yields no harvest unless it receives moisture, we who were once like a waterless tree could never have lived and borne fruit without this abundant rainfall from above. Through the baptism that liberates us from change and decay we have become one in body; through the Spirit we have become one in soul. The Spirit of wisdom and understanding, the Spirit of counsel and strength, the Spirit of knowledge and the fear of God came down upon the Lord, and the Lord in turn gave this Spirit to his Church, sending the Advocate from heaven into all the world into which, according to his own words, the devil too had been cast down like lightning. If we are not to be scorched and made unfruitful, we need the dew of God. Since we have our accuser, we need an Advocate as well. And so the Lord in his pity for man, who had fallen into the hands of brigands, having himself bound up his wounds and left for his care two coins bearing the royal image, entrusted him to the Holy Spirit. Now, through the Spirit, the image and inscription of the Father and the Son have been given to us, and it is our duty to use the coin committed to our charge and make it yield a rich profit for the Lord.

### **Confirmation: Completes Baptismal Grace – Lesson and Discussion**

This lesson and discussion go with the Spiritual Reading in this packet; please read the Spiritual Reading first. Flour without water can be easily blown and scattered. In the analogy that Saint Irenaeus gives, we are the flour. Satan is continuously prowling around like a lion, looking for someone to devour. Our souls, like flour, are susceptible to being blown around and scattered by Satan. Sin is separation; separation between man and God. If our souls were like the tiny pieces of flour, Satan would like to separate and scatter them. Flour with water is bound together (baptism). To prevent separation and scattering, we are baptized. In the waters of baptism, we are brought together into God's family and protected from the snares of Satan as we renounce Satan and embrace Christ.

Flour with water is simply dough. Although bound together, it is still weak and without purpose. Dough must be put in the fire, rise, strengthen, and become the perfection that it was meant for. "According to the Council of Trent, this Sacrament [Confirmation] makes us perfect Christians." [1] With Baptism, we become dough, safe from the winds of Satan, which threaten to scatter us. Without Confirmation, we remain simple dough; weak, without purpose, not reaching perfection. With Confirmation, we are baked into bread and like Christ, the Bread of Life, are given to the world. The following prayer is a witness to this goal of perfection, which the Sacraments of Initiation help us achieve. "Lord, may everything we do begin (Baptism) with your inspiration, and continue (Confirmation and Eucharist) with your help, so that all our prayers and works may begin in you and by you be happily ended. We ask this through Christ our Lord. Amen."

God gives us the Sacraments of Initiation so that we can have a begin-

ning (Baptism) and the strength to continue through life (Confirmation and Eucharist) toward our ultimate end, heaven. Our spiritual life is similar to our physical life. We have organs, but they must be protected, strengthened, and nourished to continue. Every life has to have an origin, development, and nourishment. **What is the origin, development, and nourishment of the Spiritual life?** The Spiritual life has an origin (Baptism), development (Confirmation), and nourishment (Eucharist). The human body also has organs, a skeleton, and needs nutrients. Confirmation is like the skeletal system of the soul, which gives support and strength.

### **Here is a breakdown:**

Without Baptism: we are flour blown around by Satan. With Baptism: water and flour are mixed and become dough. Without Confirmation: We are just dough (Confirmation completes Baptismal Grace). With Confirmation: The fire of the Holy Spirit turns dough into bread. Without the Eucharist: We are not one in body and spirit and do not have nourishment. With the Eucharist: We are one in body and spirit, are nourished, and in Christ, give our life to the world.

At World Youth Day 2008, the Holy Father, Pope Benedict XVI, during the final Mass, when he confirmed young people said, "You will receive power when the Holy Spirit comes upon you". These words of the Risen Lord have a special meaning for those young people who will be confirmed, sealed with the gift of the Holy Spirit, at today's Mass. But they are also addressed to each of us – to all those who have received the Spirit's gift of reconciliation and new life at Baptism, who have welcomed Him into their hearts as their helper and guide at Confirmation, and who daily grow in His gifts of grace through the Holy Eucharist. At each Mass, in fact, the Holy Spirit descends anew, invoked by the solemn prayer of the Church, not only to transform our gifts of bread and wine into the Lord's body and blood, but also to transform our lives to make us, in His power, "one body, one spirit in Christ" [2].

Christian initiation is complete with Baptism, Confirmation, and the Eucharist. In the early Church, Confirmation was received after Baptism and can be seen as a second installment. The third installment is the Body and Blood, Soul and Divinity of Jesus Christ. In Baptism, we become adopted children of the Father. In Confirmation, we receive the fullness of the Holy Spirit with its gifts and fruits. In the Holy Eucharist, we physically receive Jesus' Body, Blood, Soul, and Divinity. The Sacraments of Initiation are Trinitarian and give us the Divine Life in participation with the Life of the Blessed Trinity. "But the one who gives us security with you in Christ and who anointed us in God; he has also put his seal upon us and given the Spirit in our hearts as a first installment." [3] What do the words security, seal, and installment mean? "The commercial terms gives us security, seal, first installment are here used analogously to refer to the process of initiation into the Christian life, perhaps specifically to baptism. The passage is clearly Trinitarian. The Spirit is the first installment or 'down payment' of the full messianic benefits that God guarantees to Christians." [4]