

Sacred Heart Catholic Church

Confirmation Class #4 – Living out the Sacrament

2/21/2021

1. Recap of Last Three Lessons

- a. God loves us and desires to be with us.
- b. He created us for happiness, which we find in relationship with Him.
- c. Our sin tarnished this relationship, but God sent His only Son to restore our broken relationship through His passion, death, and resurrection.
- d. Before ascending into Heaven Jesus commissions his disciples to continue His mission. This living body of people is called ‘the Church’.
- e. We receive the grace that God desires to give us through prayer and the Sacraments.
- f. Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.
- g. Sacraments are visible signs of an invisible reality.
- h. To receive the sacraments it is important to have a proper disposition.
- i. Confirmation deepens our baptismal grace and unites us more fully to Christ.
- j. Confirmation gives us a special strength and the gifts to spread and defend the faith.

2. We are Called to be Witnesses to God’s Love

- a. A witness is able to spread the Good News of Christ through their \_\_\_\_\_ and \_\_\_\_\_.
  - i. Imagine a witness in a court case: they experienced or saw something and are called on to share what they witnessed
- b. A witness of God’s love is something that comes \_\_\_\_\_ of experiencing God’s love!
- c. We must \_\_\_\_\_ and \_\_\_\_\_ the faith before we are able to witness to and defend it.

### 3. Living with the Guidance of the Holy Spirit

a. The Holy Spirit guides us in experiencing the faith and will never lead us

\_\_\_\_\_.

i. The Church is more of a hospital for \_\_\_\_\_ than it is a museum of

\_\_\_\_\_.

ii. We need guides in the forming of virtues (parents, teachers, coaches, etc.)

– The Holy Spirit guides us in \_\_\_\_\_ the virtues necessary for eternal happiness.

b. We need guidance because the new law given by Jesus is \_\_\_\_\_!

i. Sermon on the Mount: Matthew 5:1-11

ii. Contrary to how people lived in 1<sup>st</sup> century Israel and contrary to how people live \_\_\_\_\_.

iii. To love as Christ loves us. How does Christ love us?

1. “The way we came to know love was that he \_\_\_\_\_ down his \_\_\_\_\_ for us; so we ought to \_\_\_\_\_ our lives for our brothers.” - 1 John 3:16

iv. How do we listen to the \_\_\_\_\_?

### 4. Gifts of the Holy Spirit (Isaiah 11:2-3)

a. We cannot \_\_\_\_\_ the gifts of the Holy Spirit – a proper understanding is needed of our need for God’s help.

b. God gives us these gifts so we can do things far above what we are able to do

\_\_\_\_\_.

c. The 7 Gifts of the Holy Spirit:

i. Fear of the Lord (also referred to as Wonder and Awe)

1. The ability to be \_\_\_\_\_ by the things in life, to be awake to the realization that we are always in \_\_\_\_\_ presence. The ‘fear’ is a fear of being separated from God’s perfect love.

- ii. Fortitude (also referred to as \_\_\_\_\_ )
  - 1. The ability to follow our \_\_\_\_\_ and conscience no matter what the cost – the ability to do what is \_\_\_\_\_ in spite of obstacles or difficulties
- iii. Piety
  - 1. Honoring God with \_\_\_\_\_ because you understand the blessings He has given you and know that you cannot repay these gifts. Also, honoring all \_\_\_\_\_ on account of their relationship to God.
- iv. Counsel
  - 1. The gift that allows us to be \_\_\_\_\_ by God in matters necessary for salvation.
- v. Wisdom
  - 1. The ability to look at life from all \_\_\_\_\_, to see and understand the whole picture of a situation. Able to see how everything is part of \_\_\_\_\_ loving plan and ability to judge how we should act \_\_\_\_\_ to that plan.
- vi. Knowledge
  - 1. The ability to find important information and facts and look at them \_\_\_\_\_ and intelligently.
- vii. Understanding
  - 1. The ability to see from another person's \_\_\_\_\_, to feel the feelings of others and to put these \_\_\_\_\_ our own.  
Understanding is the gift that helps us to “\_\_\_\_\_” God.

## 5. The Fruits of the Holy Spirit

- a. When we are living in God's \_\_\_\_\_ and using the gifts of the Holy Spirit we are able to recognize the fruits of the Holy Spirit come out in our lives and the lives of \_\_\_\_\_.
- b. There are many fruits of the Holy Spirit! The Church traditionally lists 12 of them:

- i. Love, joy, \_\_\_\_\_, patience, kindness, \_\_\_\_\_, generosity, gentleness, \_\_\_\_\_, modesty, self-control, \_\_\_\_\_.

## 6. Daily Life in the Holy Spirit

- a. Remember the Holy Spirit is the real and tangible \_\_\_\_\_ between the Father and the Son (Jesus). We participate in this by following Christ and becoming His \_\_\_\_\_ and \_\_\_\_\_.

- b. A real \_\_\_\_\_ to this relationship is essential to the life of a Catholic! Here is a brief list of recommended practices and disciplines in the faith you may begin with:

- i. Commitment to work towards 30 minutes of silent \_\_\_\_\_ each day.
- ii. Regular \_\_\_\_\_ (once a month is common)
- iii. Attending Sunday Mass and \_\_\_\_\_ mass when possible.
- iv. Active study of Sacred \_\_\_\_\_ and the Catechism of the Catholic Church.
- v. Finding a mentor or spiritual director in the faith who can help guide you and hold you \_\_\_\_\_ and help you see your relationship with Christ from the outside.
- vi. Attending a \_\_\_\_\_ of Eucharistic Adoration weekly.
- vii. Praying the rosary, divine mercy \_\_\_\_\_, or other devotionals
- viii. Living out the \_\_\_\_\_ and \_\_\_\_\_ works of mercy (CCC 2447)

### 1. Corporal Works of Mercy

- a. Feed the hungry
  - i. Donating to food pantries, serving meals to the homeless, taking meals to those who are sick, new mothers, or families that have lost a loved one.
- b. Give drink to the thirsty
  - i. Above examples + providing clean water to areas without
- c. Clothe the naked
  - i. Donate clothes to a charity – especially warm ones in the winter months!
- d. Shelter the homeless

- i. Help at charities that build homes for those in need or homeless shelters, organizations that work with refugees or victims of domestic violence. Also, reaching out to those who are lonely or isolated and making them feel 'at home'
- e. Visit the sick
  - i. Volunteering in a hospital, nursing home, or hospice (non Covid times), virtual visits, cards and letters, phone calls, donating blood
- f. Visit the imprisoned
  - i. Prison ministries, letters to prisoners, helping families of those imprisoned, aid organizations that work in restorative justice or against human trafficking.
- g. Bury the dead
  - i. Support those who have lost loved ones, attend funerals, pray for the deceased

## 2. Spiritual Works of Mercy

- a. Instruct the ignorant
  - i. Share your faith
- b. Counsel the doubtful
  - i. Be there for others, listen with an open heart, pray with and for them, and offer sound spiritual advice
- c. Admonish the sinner
  - i. Having the courage and prudence to correct others in the truth and in love.
- d. Bear wrongs patiently/ Forgive all injuries
  - i. Not seven times, but seventy-seven times (Matthew 18:21-22)
- e. Comfort the sorrowful
  - i. Accompany people in the midst of their sorrow
- f. Pray for the living and the dead
  - i. Benefits both others and ourselves!

## 7. When we Fall

- a. When we fail to live our lives as God desires us to, we have the incredible gift of \_\_\_\_\_. (John 20:22-23)
- b. Humbling ourselves when we \_\_\_\_\_ and running to confession to receive God's mercy can be difficult but will bear much fruit in our lives.
- c. We receive incredible \_\_\_\_\_ through the Sacrament of confession which allow us to get up and continue to carry our cross each day.

- d. Sacred Heart Confession times (we are using the little room in the back of the Church for a confessional at the moment):
  - i. M, W: 5-5:20pm
  - ii. T, Th, F: 7-7:20am
  - iii. Sat: 7:30-8:00am, 3:30-4:30pm
  - iv. During Sunday masses during Lent!
  - v. Or call for appointment