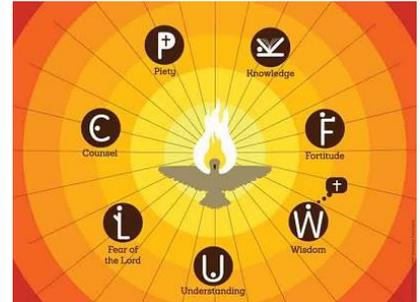


# Parent's Session Three: Confirmation and Holy Eucharist

## Signs of the Sacrament

### Prayer: Invocation of the Outpouring of the Holy Spirit (adapted from 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 them new life.  
Send your Holy Spirit upon us and our children 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 your presence.  
We ask this through Christ our Lord. *Amen.*



**Thought Starter:** *What are signs or actions or words used in your family to show someone they are loved and that their contributions are valued?*

*What does Confirmation mean? "It means being indelibly marked, inalterably changed, a new creation. For those who have received this gift, nothing can ever be the same. ... Being 'sealed with the Spirit' means not being afraid to stand up for Christ, letting the truth of the Gospel permeate the way we see, think and act, as we work for the triumph of the civilization of love."*

*Pope Benedict XVI, 7/20/2008*

### **Sacrament of Confirmation: Sealing of Baptismal Grace**

- The Celebration of the Sacrament of Confirmation begins with consecration of Sacred Chrism by the Bishop at the Chrism Mass of Holy Thursday
- Sacred Chrism is used in 3 Sacraments:
  1. *Baptism: anointing into the 3-fold Mission of Jesus as Priest, Prophet and King*
  2. *Confirmation: anointing after the laying on of hands, sealing the candidate with the Gift of the Holy Spirit*
  3. *Ordination of Priests and Bishops: sign of the Holy Spirit's presence who will make their ministry fruitful*

### Celebration of Confirmation

- The Liturgy of Confirmation begins with the renewal of Baptismal Promises and the profession of faith by the confirmands.
- Laying on of Hands: “the Bishop extends his hands over the whole group of confirmands. Since the time of the apostles this gesture has signified the gift of the Spirit. The bishop invokes the outpouring of the Spirit” in a prayer naming the seven Gifts of the Spirit...
- In the Latin rite, “the Sacrament of Confirmation is conferred through the anointing with Chrism on the forehead, which is done by the laying on of the hand, and through the words: ‘*Accipe signaculum doni Spiritus Sancti*’ (Be sealed with the Gift of the Holy Spirit).
- The sign of peace that concludes the rite of the sacrament signifies and demonstrates ecclesial communion with the bishop and with all the faithful.



### The Sign of Anointing

- Anointing signifies and imprints a spiritual seal
- Oil is a sign of abundance and joy
- Oil cleanses and limbers
- Oil is a sign of healing
- Oil makes radiant with beauty, health, and strength
- “The post-baptismal anointing with sacred chrism in Confirmation is the sign of consecration. By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so that their lives may give off ‘the aroma of Christ.’”
- *To paraphrase Pope Francis, because of Confirmation, the Christian should ‘smell like the Shepherd’*

### The Seal of the Holy Spirit

- “By this anointing the confirmand receives the ‘mark,’ the seal of the Holy Spirit. A seal is a symbol of a person, a sign of personal authority, or ownership of an object. ... Christ himself declared that he was marked with his Father’s seal (Jn 6:27). Christians are also marked with a seal: “It is God who establishes us with you in Christ ... he has put his seal on us and given us his Spirit in our hearts” (2 Cor 1:21-22)
- This seal of the Holy Spirit marks our total belonging to Christ

CCC #1294-1296

### Your Thoughts: Celebration and Signs of the Sacrament

*What part of the celebration or meaning of the sacramental signs stands out for you today?*

*What do you think will stand out for your child at Confirmation?*

*How might you introduce versions of these Sacramental actions in your home (renewal of Baptismal promises, laying on of hands, anointing, sign of peace)?*

## **The Effects of Confirmation**

- “the special outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost”
- An increase and deepening of baptismal grace which...

*Roots us more deeply to God the Father*

*Unites us more firmly to Christ*

*Increases the gifts of the Holy Spirit in us*

*Bonds us more perfectly to the Church*

*Gives us special strength to spread and defend the Faith*

CCC#1302-1303

“Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God’s presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts.”

*St. Ambrose, 4<sup>th</sup> c*

## **Indelible Spiritual Mark of Confirmation**

- Like Baptism, Confirmation is given only once: “for it too imprints on the soul an *indelible spiritual mark*, the ‘character,’ which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness.
- This ‘character’ perfects the common priesthood of the faithful, received in Baptism, and ‘the confirmed person receives the power to profess faith in Christ publicly and as it were officially.’

CCC #1304-1305

## **Common Priesthood of the Faithful**

- Christ, high priest and unique mediator, has made of the Church ‘a kingdom, priests for his God and Father’ (Rev 1:6). The whole community is, as such, priestly.
- How do the faithful exercise their baptismal priesthood?
  - *A life of faith, hope and love according to the Spirit*
  - *Priests offer sacrifice and mediate for others*
  - *In the Mass we exercise our baptismal priesthood by uniting our sacrifice of thanksgiving and praise, “the lives of the faithful, their praise, sufferings, prayer, and work” to Christ’s offering (CCC #1368)*

## **Your Thoughts**

*How do you see yourself exercising the ‘common priesthood of the faithful’ in your daily life?*

- *What sacrifices do you make?*
- *Who do you intercede for?*

### **Who Can Receive the Sacrament of Confirmation?**

- Every baptized person not yet confirmed can and should receive the Sacrament of Confirmation
- For centuries, the custom in the Latin church has indicated “the age of discretion” as the reference point for receiving confirmation.
- Although Confirmation is sometimes called the “sacrament of Christian maturity,” we must not confuse adult faith with the adult age of natural growth, nor forget that the baptismal grace is a grace of free, unmerited election and does not need ‘ratification’ to become effective.

CCC #1306-1308

### **Preparation for the Sacrament of Confirmation**

- Should lead the Christian toward a more intimate union with Christ
- Should lead the Christian toward a more lively familiarity with the Holy Spirit
- Should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community
- To receive Confirmation one must be in a state of grace—one should receive the Sacrament of Penance (go to Confession) in order to be cleansed for the gift of the Holy Spirit, accompanied by more intense prayer
- Candidates for Confirmation seek the spiritual help of a sponsor—to emphasize the unity of the two sacraments of Baptism and Confirmation, it is appropriate that this be one of the baptismal godparents.

CCC #1309-1311

### **The Minister of Confirmation**

- The original minister of Confirmation is the bishop
- In the Latin Rite, the ordinary minister of Confirmation is the bishop. Bishops are the successors of the apostles. They have received the fullness of the sacrament of Holy Orders. The administration of this sacrament by them demonstrates clearly that its effect is to unite those who receive it more closely to the Church, to her apostolic origins, and to her mission of bearing witness to Christ.
- If a Christian is in danger of death, any priest can give him confirmation.

CCC #1312-1314

### **Confirmation Patron Saint**

- The Confirmandi (the one to be confirmed) is invited to select a patron saint—s/he will be confirmed with the name of the saint as a sign of that saint’s patronage and guidance
- A patron saint offers inspiration, intercession and motivation to achieve spiritual and moral excellence
- Selecting a patron saint: canonized Saints or Blesseds may be chosen

**Review of the Sacrament:**

**Watch: Busted Halo, Sacraments 101: Confirmation**

Notes from video:



**Resources:**

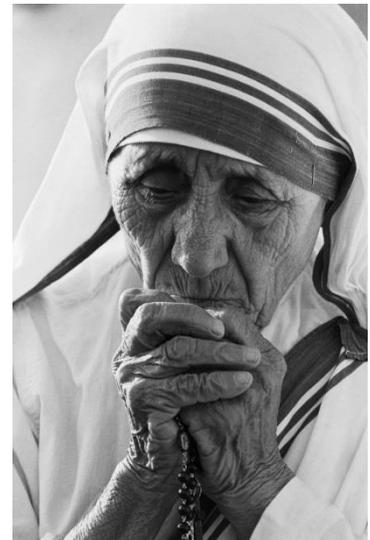
- [www.formed.org](http://www.formed.org): Formed is an online resource of films, audio talks, books and much more. It is “Catholic Netflix” but so much more than that! You are eligible for a free subscription by signing up with our parish code: THR33T
  - On Formed, you can watch:
    - Symbolon: Session on Sacrament of Confirmation
    - Ydisciple: Rite of Confirmation (Confirmation Prep Sessions)
- [www.wordonfire.org](http://www.wordonfire.org): Bishop Robert Barron’s website has a huge amount of video segments and written materials. One that is particularly relevant for you is “Bishop Barron on Confirmation Names”
- [www.catholic.com](http://www.catholic.com): Catholic Answers website, search “Confirmation” and find great articles and instruction
- For researching saints online, I recommend: [www.mycatholic.life](http://www.mycatholic.life); [www.catholic.org](http://www.catholic.org); [www.franciscanmedia.org](http://www.franciscanmedia.org); [www.lifeteen.com](http://www.lifeteen.com)

**Closing Prayer: Fragrance Prayer**

*“Thanks be to God who ... through us spreads the fragrance of the knowledge of Christ everywhere. For we are the aroma of Christ to God” (2 Cor 2:14-15)*

Dear Jesus, help me to spread your fragrance everywhere that I go. Flood my soul with your spirit and light... Shine through me and be so in me that every soul I come in contact with may feel your presence in my soul. Let them look up and see no longer me but only you, Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as be a light for others.

*Prayer used by St. Teresa of Calcutta  
“Fragrance Prayer” sung by Tom Booth*



*“I worry some of you still have not met Jesus—one to one—you and Jesus alone. ... have you seen with the eyes of your soul how he looks at you with love? Do you really know the living Jesus, not from books, but from being with him in your heart? Have you heard the loving words he speaks to you? ... Our soul needs that as much as the body needs to breathe the air.”*

*St. Teresa of Calcutta*

# 5 Spiritual Effects of the Sacrament of Confirmation

from the Catechism of the Catholic Church, 1303



**CHILD OF GOD**

It roots us more deeply as children of God which makes us cry, "Abba, Father!"

**EFFECT**

**1**



**GIFTS OF THE HOLY SPIRIT**



**EFFECT**

**2**

**CLOSER TO CHRIST**

It unites us more firmly to our Savior Jesus Christ.

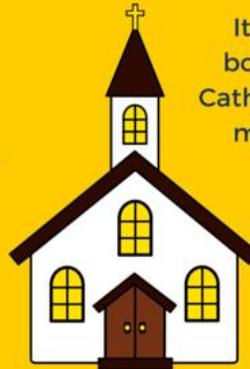
It increases the gifts of the Holy Spirit in us: wisdom, counsel, understanding, knowledge, fortitude, piety, fear of the Lord.

**EFFECT**

**3**

**FULLY CATHOLIC**

It renders our bond with the Catholic Church more perfect.



**DEFEND THE FAITH**

**EFFECT**

**4**

It gives us a special strength to spread and defend the Faith as true witnesses of Jesus Christ.



**EFFECT**

**5**

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*Because Faith Matters*

# Parent Guidance for Children’s Confirmation Preparation

## Chapter 3: God Sends Us Out

*Here are suggestions for reviewing and reinforcing the content of Chapter 2:*

- **Pg 2 & 3: An opening activity and prayer**—*help your child finish the activity; talk about the steps of Confirmation while they write them down at the bottom of page 2*
- **Pg 3: An opening part of a story** involving two young friends, Margaret and Dominic, who are preparing for Confirmation. This chapter’s opening introduces your child to the idea of perseverance and intercession.
- **Pg 4: “Table Talk”**—giving your child a chance to discuss some ideas about a topic. This week, the kids will talk talents and how we improve at something. *Parents: you can share about the effort it took to get good at some skill and who helped you improve. This is a great time to identify talents/qualities/virtues in your child—tell them the good that you see in them.*
- **Pg 4: Dominic and Margaret’s story continues** with a connection to faith—in this section, the kids understand how saints can help us in our faith and why we pick a confirmation patron
- **Pg 5: “Going Deeper”**—teaches vocabulary and ideas about our Catholic faith. In Chapter 3, we go over the definition of a saint, a canonized saint, and a patron saint. This section also gives ideas for how to select a patron saint. *Be sure to read the Bible verses at the bottom of the page with your child.*
- **Pg 6-7: The story with Margaret and Dominic picks up** with the main content for the meeting: In this chapter, the kids hear from Dominic’s older brother about the steps of confirmation and the main sacramental signs of the sacrament. Pg 7 concludes with a sidebar reviewing some of the main terms and ideas. *Parents: review the steps of the sacrament, role-playing the words/actions the bishop will use and how the child will respond. Also review the fruits (specific graces) of the Sacrament of Confirmation*
- **Pg 8-9: “Your Turn”**—this is the section for your child to work with and respond to the material being presented. *You are asked to help your child look up some Bible verses that reinforce the content we’ve covered. If you do not have a New American Bible Revised Edition Translation, please ask to borrow one from the parish. Be sure to review the bottom of page 9 with your child: each chapter will cover an actual part of the Rite of Confirmation and invite your child to*

*reflect on what is happening at that point of the Sacrament—this would be a good week to go back over the prayers/questions from all three chapters as a summary of Confirmation.*

- **Pg 10: “Wrap Up”**—in this section, Margaret and Dominic wrestle with an issue or confusion about our Catholic faith. In chapter three, the kids wonder about why we pray to saints. They discover that we don’t pray to saints instead of praying to Jesus, but that we pray to Jesus *through* and *with* the help of a saint. *Parents: review the “to sum up” section at the bottom of page 10.*
- **Pg 11: Closing Prayer**—you are encouraged to gather for a family prayer time using the text on this page. This Scripture passage is an important one to use to reflect on why we get confirmed after our baptism.
- **Pg 12: Taking it Home**—this page gives families additional activities to do at home. *Your child will begin to work on selecting their patron saint. Page 12 is a saint report that you can help your child complete. There are suggested websites at the bottom of the page (and in your parent handout) for your research, or you can always stop by my office and look at books and other print resources.*

### **Craft: Fruits of Confirmation Tree**

Print out the 2 sheets on cardstock if possible—one with a tree and one with 5 fruits. Have your child color the tree and fruits. Carefully cut all the pieces out. Cut the slits marked with dashes on the tree. Connect the tabs along the base of the tree trunk with tape and *use a large paper clip to add weight to the back of the circle so the tree stands upright.* You can also glue a popsicle stick along the tree trunk to help stabilize the tree or use a toilet paper tube (be sure to avoid covering up any slits for the fruit tabs). Your child can slip each fruit tab into the slits. Have your child “pick” the fruit and describe each fruit to you—you can talk about how these fruits affect our lives as Catholics.

*One strategy for helping reinforce the lessons is to record your child “picking” the fruit and reading about each one. Send the recording to their grandparents, godparents or another important adult in their life. Make sure they hear you “bragging” about them and how well they are doing in their preparation and how seriously they are taking it!*