

## Parent's Session Two: Confirmation and Holy Eucharist

# Who is the Holy Spirit?

**Prayer:** "Holy Spirit, You Are Welcome Here, come flood this place and fill the atmosphere, your glory, God, is what our hearts long for, to be overcome by your presence, Lord. Your presence, Lord..."

**Thought Starter:** The Holy Spirit is described with images of a dove, water, wind and fire. Choose one of these images and share what that image teaches you about the Holy Spirit (His nature, His actions, etc.)

*"The Holy Spirit comes gently. He is not felt as a burden. The Spirit comes with the tenderness of a true friend and protector to save, to heal, to teach, to counsel, to strengthen, to console. The Holy Spirit enables us to see things beyond the range of human vision."*

St. Cyril of Jerusalem

### Who is the Holy Spirit?

**"I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.**

- Third person of the Most Holy Trinity
- Truly God—consubstantial with the Father and the Son
- Distinct Person—but inseparable from the mission of Jesus and the love of the Father
- The 'breath' of the Word of God from the Father
- Jesus sends the Holy Spirit upon the Church; as the Body of Christ, we are animated by the Spirit of God



### ***Images of the Holy Spirit***

- **Water**—living water welling up in us to eternal life; symbolizing birth and fruitfulness of life
- **Anointing**—to be anointed is to be consecrated by God for a special mission in the Church
- **Fire**—symbolizes the transforming and purifying energy of the Spirit
- **Cloud and light**—symbolizing mystery and transcendence of God
- **Dove**—symbolizes descent of the Holy Spirit

**The Church: The Age of the Holy Spirit**

- The Holy Spirit animates the Church, the Holy Spirit is the soul of the Mystical Body of Christ
- The Holy Spirit protects and guides the Church, preserving truth and teaching us everything that Jesus revealed
- The Holy Spirit is advocate and gift-giver
- The Holy Spirit builds, animates and sanctifies the Church

**The Seven Gifts of the Holy Spirit**

*Found in Isaiah 11:2-3a*

“Head” gifts—help us be Godly in our thinking	“Heart” gifts—help us be Godly in our attitudes
<b>Knowledge</b> —to learn about God and His creation	<b>Reverence (Piety)</b> —to give God the worship and honor that He deserves, to treat holy objects with respect
<b>Wisdom</b> —to apply what we know and make good choices	<b>Wonder and Awe (Fear of the Lord)</b> —to glory in God and His creation; to recognize God’s power and majesty in all things
<b>Right Judgment (Counsel)</b> —to connect God’s commandments to the choices we make	<b>Courage (Fortitude)</b> —to choose to do the right thing even when we are afraid; to not give up when it gets hard
<b>Understanding</b> —to know what someone is really saying or needing; to see things in light of God’s love	

**Fruits of the Holy Spirit**

*Found in Galatians 5:22-23*

- Love
- Joy
- Peace
- Patience
- Kindness
- Generosity
- Faithfulness
- Gentleness
- Self-control



### **Sacrament of Confirmation: Outpouring of the Holy Spirit**

- “The reception of Confirmation is necessary for the completion of baptismal grace.” (CCC #1285)
- Confirmation helps us become “more perfectly bound to the Church and enriched with a special strength of the Holy Spirit.”
- Those confirmed “are more strictly obliged to spread and defend the faith by word and deed.”



***On the last day of the feast, the great day, Jesus stood up and proclaimed, “If anyone thirst, let him come to me and drink. He who believes in me, as the scripture has said, ‘Out of his hear shall flow rivers of living water.’” Now this he said about the Spirit, which those who believed in him were to receive.***

(John 7:37-39)

### **Why Sacrament of Confirmation after Baptism?** (CCC #1285)

- “The reception of Confirmation is necessary for the **completion of baptismal grace.**”
- Confirmation helps us become “**more perfectly bound to the Church and enriched with a special strength** of the Holy Spirit.”
- Those confirmed “are more strictly obliged to **spread and defend the faith** by word and deed.”

### **Your experiences/reflections on the Sacrament of Confirmation:**

*Recall your own confirmation if you have received the Sacrament, what were you taught, what was your experience of receiving the Sacrament?*

*What stands out to you in celebrations of the Sacrament that you have witnessed?*

### Anointed with the Spirit

- Very early on, to better signify the gift of the Holy Spirit, an anointing with perfumed oil (Chrism) was added to the laying on of hands for Confirmation.
- The anointing highlights the name “Christian” which means ‘little Christ’ and ‘Christ’ means anointed one
- The term Confirmation suggests this sacrament both confirms baptism and strengthens baptismal grace

### Two Traditions: East and West

- In the first centuries, Confirmation generally comprised one single celebration with Baptism, forming a ‘double Sacrament’
- As the Church grew and more infants were baptized soon after birth, the bishop couldn’t travel to celebrate each baptism/confirmation
- In the East, the desire was to keep the Sacraments united, so priests were allowed to confirm at Baptism
- In the West, the desire was to retain the Bishop as the primary celebrant of Confirmation (other than at the Easter Vigil Mass), so Baptism and Confirmation were separated in time.
- “The practice of the Eastern Churches gives greater emphasis to the unity of Christian initiation. That of the Latin (West) Church more clearly expresses the communion of the new Christian with the bishop as guarantor and servant of the unity, catholicity and apostolicity of the Church” (CCC #1292)



***“May the fire of God’s love descend to fill your hearts, unite you ever more fully to the Lord and His Church, and send you forth, a new generation of apostles, to bring the world to Christ!”***

(Pope Benedict XVI, 7/20/2008)

### The Holy Spirit: Energy, Power and Life

- The Holy Spirit empowers us to do all that Christ commands us to do
- The Holy Spirit opens our minds, anoints our hearts, and strengthens our wills so that we can seek after holiness
- The Holy Spirit anoints our actions so that we can act in the name of Christ, making the Lord present through our actions and words
- The Holy Spirit gifts us with powers as God wills—to achieve His ends and give witness to God

*At the Last Supper, Jesus told His apostles: “But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate [Holy Spirit] will not come to you. But if I go, I will send him to you.” (John 16:7) In what ways is it better to have the Holy Spirit than to have Jesus remain in His physical body on this earth?*

*Peter told the crowd in Jerusalem on the day of Pentecost: “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit.” (Acts 2:38). How would you explain to someone the connection between Baptism and Confirmation?*

### Closing Prayer

Breathe in me, O Holy Spirit, that my thoughts may all be holy.

Act in me, O Holy Spirit, that my work, too, may be holy.

Draw my heart, O Holy Spirit, that I may love but what is holy.

Strengthen me, O Holy Spirit, to defend all that is holy.

Guard me, then, O Holy Spirit, that I may always be holy.

**Amen.**

St. Augustine of Hippo



# THINGS EVERY CHRISTIAN SHOULD KNOW ABOUT THE HOLY SPIRIT

**1**

## HE IS A PERSON

The Holy Spirit is the third Person of the Trinity.

**2**

## HE IS FULLY GOD

All three persons of the Trinity are fully God and “equal in glory”.

**3**

## HE HAS ALWAYS EXISTED

God eternally exists as the Father, the Son and the Holy Spirit.

**4**

## YOU RECEIVE HIM AT BAPTISM AND CONFIRMATION

We receive Him first in Baptism, and then is strengthened in the gifts of the Holy Spirit at Confirmation.

**5**

## CHRISTIANS ARE TEMPLES OF THE HOLY SPIRIT

We have the Holy Spirit indwelling in us. We must live accordingly.

INFORMATION FROM CHURCHPOP.COM

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## THE HOLY SPIRIT



The Holy Spirit is the third Person of the Blessed Trinity.

It was revealed by Jesus Himself, who said: “Baptize them in the name of the Father, and of the Son, and of the Holy Spirit” (Matthew 28:19).

We “believe in the Holy Spirit, the Lord and Giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified.” (From the Nicene Creed)



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# Parent Guidance for Children’s Confirmation Preparation

## Chapter 2: God’s Gifts Change Us

### *Suggestions for reviewing and reinforcing the content of Chapter 2:*

- **Pg 2 & 3: An opening activity and prayer**—*help your child complete the crossword puzzle, discussing the meaning of the words as a review/preview of the Sacraments of Initiation*
- **Pg 3: An opening part of a story** involving two young friends, Margaret and Dominic, who are preparing for Confirmation. This chapter’s opening brings up the idea of how a gift is wasted if we don’t use it.
- **Pg 4: “Table Talk”**—giving your child a chance to discuss some ideas about a topic. This week, the kids will talk about a favorite gift they received and a favorite gift they gave. We’ll talk with them about how faith is a gift from God. *Parents: you can share about your favorite gifts to give and receive, and how you recognize God’s gifts in your child.*
- **Pg 4: Dominic and Margaret’s story continues** with a connection to faith—in this section, the kids connect putting gifts to use and the Sacraments—God always gives, but He invites us to make use of the gifts (graces) He gives us; the image of a dam is introduced to describe how Baptism and Confirmation are connected
- **Pg 5: “Going Deeper”**—teaches vocabulary and ideas about our Catholic faith. In Chapter 2, we learn about the part of the Nicene Creed that teaches us about the Holy Spirit. *parents: help your child learn this part of the Creed, and talk a bit about the meaning behind each phrase*
- **Pg 6-7: The story with Margaret and Dominic picks up** with the main content for the meeting: The Holy Spirit and the Gifts of the Holy Spirit. In this chapter, Margaret’s dad talks to the kids about what we know about the Holy Spirit and His gifts to us. Pg 7 concludes with a sidebar reviewing some of the main terms and ideas. *Parents: review the sidebar definitions with your child; you will receive a PDF of flash cards that can help him/her learn the gifts of the Holy Spirit (plus two actions of the Sacraments of Confirmation). Play with the flash cards with your child—perhaps decide on a reward/celebration when he/she learns the terms.*
- **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.*

- **Pg 10: “Wrap Up”**—in this section, Margaret and Dominic wrestle with an issue or confusion about our Catholic faith. In chapter two, they wrestle with the analogy of the dam as it relates to Baptism and Confirmation. Then the two kids wonder about how they know if the Holy Spirit dwells in them—they recall words from their priest that assures them of His presence. *Parents: carefully review the “to sum up” section at the bottom of page 10.*
- **Pg 11: Closing Prayer**—*use this prayer as a family devotion at home*
- **Pg 12: Taking it Home**—this page gives families additional activities to do at home. *Your child will be asked to interview you or a grandparent about receiving the Sacrament of Confirmation. This is a good chance to go over what happens at Confirmation—pull in memories of recent Confirmations, especially if you have been to one recently at St. Mary. Please be careful not to download fears, cynicism, resentments, etc. when sharing your memories. There are 5 passages from Acts of the Apostles for you to look up and discuss with your child. I suggest doing these as part of a fun activity—going out for a treat or having a “picnic” by your fireplace with hot cocoa, something to make this time pleasurable and memorable. A field trip to visit a dam would be an awesome way to talk about the analogy used to connect Baptism and Confirmation!*

### **Craft: Holy Spirit Mobile**

Print out the 3 sheets on cardstock if possible—one has the “spiral” mobile to cut out—cut carefully along the solid line to make the spiral. Attach the dove to the top of the spiral—you can put hole punches in everything and tie things together with yarn or ribbon. You can also go really easy and just use clear tape to connect all the pieces. Have your child write out the gifts of the Holy Spirit—one gift on each flame. They can find the correct spelling on the set of flashcards you can print out or in their chapter. If your child likes to print, they can write (in small print) the definition of the gift on the back of the flame (or you could help them come up with a way to show that gift in their lives—and they could write that action on the back of the flame). Connect the flames to the perimeter of the spiral, spacing them fairly evenly (again, you can connect with string/hole punches or just tape them). Put a string on the top of the dove’s head to hang the mobile. Put it in a place of prominence in your home!

**Flash cards or matching game:** Print on cardstock if possible. Covering them with packing tape is a great way to make them last. If you print out the cards back to back, you can help your child use them as flash cards. If you print them out one sided, you could use them as a matching game.