

## Confirmation Study Guide

1. **Man is made up of two substances:**  
Body and Soul
2. **What are the five dimensions of every human being?**  
Physical, emotional, intellectual, spiritual, social
3. **What is the Mystery of the Blessed Trinity?**  
Three distinct persons in 1 God. While the Father is God; The son is God and the Holy Spirit is God, there is ONLY ONE God. This requires Faith because it is difficult in our finite minds to comprehend. However, from the Bible and the apostles' writings, we know that God is the Creator and the Father. Jesus is the Son - God who became man to save us. The Holy Spirit is our advocate and guide, sent from and of the Father
4. **What does it mean to say the Church is Apostolic?**  
Christ founded the Church; The Apostles received from Christ the Authority to continue Christ's mission and the Apostles passed on to their successors the authority to continue Christ's mission. The Pope and bishops are successors to Peter and the apostles.
5. **What is the union of two natures in Jesus Christ referred to as?**  
Hypostatic Union
6. **What is the Immaculate Conception?**  
Mary was conceived and born without the stain of original sin, and she shared God's life from the moment of her conception.
7. **Define the Incarnation?**  
The Incarnation is the act of God taking on the human form of Jesus.
8. **Explain Transubstantiation?**  
It is the miracle that turns ordinary unleavened bread & wine into the Body and Blood, soul and divinity of Jesus Christ, through the power of the Holy Spirit & the words of the priest during the Mass.
9. **Is the Mass a source of grace from God?**  
Yes. Mass gives us the light we need for our minds to know God's will in our life and the strength we need to train our wills to bend to God's will.
10. **What causes a complete breakdown of our relationship with God?**  
Mortal Sin
11. **What are the three things necessary to make a sin mortal (causing it to take away the sanctifying grace/God's Life in our soul)?**
  - I. The sin is serious
  - II. You know it is serious
  - III. You commit it anyway
12. **How can we restore sanctifying grace lost when we commit mortal sin?**  
Can be restored by perfect **contrition**. This is the sorrow of the soul and detesting of sins committed along with the resolution not to sin again. "Perfect contrition" remits venial sins and obtains forgiveness of mortal sins if there is a firm resolve to go to sacramental confession as soon as possible. "Imperfect contrition" cannot obtain the forgiveness of grave sins, but disposes you to obtain that forgiveness in the sacrament of Penance.
13. **What are the 7 Gifts of the Holy Spirit? Explain the gift and name the virtue.**
  - 1.) **Knowledge** – information that enables us to find the will of God in all things.  
The perfection of this gift corresponds to the theological virtue of faith.
  - 2.) **Understanding** – Comprehension of the truths of our Faith. The perfection of this gift corresponds to the theological virtue of faith.
  - 3.) **Counsel (Right Judgment)** – The Holy spirit's advice, always consistent with Church teachings, warns us of the devil's deceptions & of the dangers to salvation. The perfection of this gift corresponds to the cardinal virtue of prudence.
  - 4.) **Wisdom** – Wise evaluation gives us insight to our Faith and helps us judge how to best live our lives according to the Faith. The perfection of this gift corresponds to the theological virtue of Charity.
  - 5.) **Piety (Reverence)** – Respect and awe help us hold God in the highest of regard.  
The perfection of this gift corresponds to the cardinal virtue of Justice.
  - 6.) **Fortitude (Courage)** – Gives us the courage to do the will of God despite challenges. The perfection of courage corresponds to the cardinal virtue of Fortitude. It is both a gift and virtue.
  - 7.) **Fear of the Lord (Wonder and Awe)** – We are aware of the Glory and majesty of God and the Fear of offending God and separating ourselves from him helps us respect and obey Him. The perfection of this gift corresponds to the theological virtue of Hope.
14. **What is a sacrament?**  
The outward sign, given by Jesus, to produce grace in our soul. (an inward action).

**15. Who has the power to confirm?**

Bishops of the Church usually confirm recipients.  
Under certain circumstances, a bishop may permit a priest to confirm Catholics

**16. What are the conditions required for receiving Confirmation?**

- Must be baptized.
- Must be in a state of grace – no mortal sin
- Must be well instructed in the main doctrines of the Faith.

**17. What is Holy Chrism?**

It is holy oil composed of olive oil and fragrant balsam blessed by the Bishop at the Chrism Mass. This Mass is done just before Easter Week in the diocese and all the oils to be used at each parish that year are blessed at this Mass. It signifies the inward strength given to the soul by the Holy Spirit. (Balsam is mixed with oil when it is consecrated by the bishop to show that the recipient receives the grace to keep himself free from sinful corruption and to send forth the sweet odor of a Holy Life).

**18. Why is the forehead anointed with the Sign of the Cross?**

The cross reminds those confirmed that they must not be ashamed to boldly profess their faith in Jesus crucified. A reminder that our salvation was won through the sacrifice of the cross.

**19. Reflect on how you are going to act as a soldier for Jesus Christ once Confirmed?**

Prepare to describe how you intend to carry out the precepts of the Church.

**20. What are the effects of Confirmation?**

Because Confirmation completes and perfects the Baptismal grace, it is the sacrament which:

1. Roots us more deeply in the divine filiation (in God's family)
2. Unites us more firmly to Christ and strengthens our bonds with the church and her mission
3. Imprints a spiritual mark or indelible character on our soul
4. Increases the gifts of the Holy Spirit in us, it helps us bear witness to the Christian faith in spreading and defending the faith by word and deed as true witnesses of Christ

**21. What is the name of our current Archbishop of the diocese of St. Paul and Minneapolis?**

Archbishop Bernard Hebda, Apostolic Administrator

**22. What is the name of our current Pope?**

Francis

**23. How many Gospels are there in the Bible and who wrote them?**

Four. Matthew, Mark, Luke and John

**24. What are the 12 fruits of the Holy Spirit?**

Charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity

**25. What is the Eucharistic fast?**

Roman Catholics in the Latin rite must observe the Eucharistic Fast, which involves taking nothing but water and medicines into the body for at least one hour before receiving the Eucharist.

**26. What is the purpose for the Sacraments?**

To give us grace to help us achieve Heaven

**27. What does the word "covenant" mean?**

A Promise

**28. How often should you go to confession?**

Monthly or at least once a year

29. Jesus had appointed 12 Apostles

**30. What powers did Jesus give to His Apostles, and who now has those same powers?**

To forgive sins to change bread and wine into His Body, Blood, Soul and Divinity. Priests

**31. What is a "conscience"?**

That inner sense that helps us determine between right and wrong

**32. What is the Eucharist?**

The body, blood, soul and divinity of Jesus Christ present in the consecrated host at The Mass.

**33. What is the Church Militant (us, on earth), triumphant (those in heaven) and Suffering (those in purgatory) all a part of?**

The Mystical Body of Christ

**34. The Assumption of Mary:**

Mary taken up to heaven body and soul

**35. Name the Theological Virtues**

Faith, Hope and Charity (love)

**36. Seven Capital Sins**

Pride, Covetousness(Avarice), Lust, Anger, Gluttony, Envy, Sloth

**37. Precepts of the Church**

Attend Mass on Sundays and Holy days of obligation

To fast and abstain from meat on days appointed

Confess my sins at least once a year to a priest

To contribute to the support of the church

Observe laws of church regarding Marriage;

Actively spread the Word of Jesus

Receive the Eucharist at least once a year during Easter season

**38. First and last books of the Bible?**

Genesis and Revelation

**39. Be prepared to recite or write down:**

- Any prayer from Prayer lists in handbook
- Act of Contrition; 10 commandments; Precepts of the Church; 7 Sacraments and definition of each; 7 capital sins; 3 theological virtues