



### What is the Sacrament of Confirmation?

Confirmation is one of the three Sacraments of Initiation; the one that confers the grace of the Holy Spirit by a laying on of hands and an anointing with sacred Chrism, along with the prescribed words said by the minister, who is ordinarily a bishop but can also be a priest.

### Where is the Sacrament of Confirmation in Scripture?

We see the biggest outpouring of the Holy Spirit during Pentecost, but we see the most detailed description a bit later in the Book of Acts. Acts 8:14-17 reads:

*"Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, who went down and prayed for them, that they might receive the Holy Spirit, for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus. Then they laid hands on them and they received the Holy Spirit."*

We see here that Confirmation in the Early Church, just like today, was a separate Sacrament than Baptism, one that specifically confers the fullness of the Holy Spirit.

### Who receives Confirmation?

Children/teens that are at the age set by their bishop (normally around 7th grade) and adults who are being received into the Catholic Church, or who were never confirmed when they were younger. One must have been or be baptized in order to be confirmed.



## What Happens at Confirmation

As you read about the Sacrament of Confirmation, you may think, "Hey! Didn't I receive the Holy Spirit at Baptism? And indeed, you did! Confirmation confirms your baptism and through the Holy Spirit it strengthens the graces you received at Baptism, increases them, and seals them. Like Baptism, it leaves an indelible mark on your soul.

Remember how life changing Pentecost was for the Apostles (see Acts Chapter 2)? Once timid and confused, after the Holy Spirit descended upon them their gifts were brought forth and they preached the Gospel with great fervor and courage. Confirmation is your own personal Pentecost—a time of great joy!

## Matter and Form

Confirmation is performed with the ordinary minister (the Bishop or the priest he has designated by special permission) laying on of hands on the one to be confirmed and then anointing his/her head with the Oil of Chrism saying, "be sealed with the Holy Spirit." The actual Confirmation ceremony is much longer than this, but this is where the actual Sacrament happens.

## What Is Chrism?

Chrism is olive oil, infused with sweet smelling balsam, that is used for Sacramental purposes. Every year at a Diocesan Chrism Mass, the Bishop consecrates all of the Chrism oil that will be used in his diocese and sends it out to the parishes. This is the oil which is used in the Confirmations each year, and also during Baptisms. It is also used in Holy Orders.

## What are the Gifts of the Holy Spirit?

Wisdom, Understanding, Knowledge, Fortitude, Counsel, Piety, and Fear of the Lord.

## A New Name?

Before you are confirmed, you are asked to choose a Confirmation Saint, and their name will be your Confirmation name. This is something you can research as you move toward Confirmation. This Saint should be someone that you look up to, whose life you can relate to, and who will be your spiritual companion, praying for you from Heaven throughout your life.

## Confirmation Sponsor

Your sponsor should be a Catholic in good standing, and someone who is knowledgeable in the faith and can help guide you through any questions that you may have. This person should be someone who will pray for you and support you, through this journey and beyond.





