

THE SACRAMENT OF CONFIRMATION

STUDY GUIDE

1. Who is a Christian?

A Christian is a follower of Jesus Christ.

2. When did you become a Christian?

I became a Christian at Baptism.

3. What is a Sacrament?

A Sacrament is an outward sign instituted by Christ to give grace.

4. What is the purpose of the Sacraments?

The purpose of the Sacraments is to:

- sanctify us
- build up the Body of Christ
- give worship to God

5. Do Sacraments always give grace?

Yes, the Sacraments always give grace *IF* we receive them with the right disposition.

6. What is Confirmation?

Confirmation is the Sacrament in which the Holy Spirit comes to us in a special way to enable us to witness to Jesus Christ both in word and deed as committed Christians.

7. Who is the Holy Spirit who comes to us in Confirmation?

The Holy Spirit who comes to us in Confirmation is the third person of the Blessed Trinity.

8. Is the Holy Spirit God?

Yes, the Holy Spirit is God.

9. Is the Holy Spirit equal to the Father and the Son?

Yes, the Holy Spirit is equal to the Father and the Son.

10. How does the Holy Spirit come to us in Confirmation?

The Bishop extends his hands over those to be confirmed, and prays that they may receive the Holy Spirit, and anoints their foreheads with Chrism in the form of the cross. Our Confirmation by the Bishop reminds us of the First Pentecost.

11. What is Chrism?

Chrism is a mixture of olive oil and balm blessed by the Bishop on Holy Thursday. It is a sign of the strength the Holy Spirit gives us to carry out a mission for Jesus.

12. What does the Bishop say when he confirms?

BISHOP: (SAINT NAME) BE SEALED WITH THE GIFT OF THE HOLY SPIRIT.

Newly Confirmed answer: Amen.

Bishop: Peace be with you.

Newly Confirmed answer: And with your spirit.

13. Why does the Bishop anoint the forehead with Chrism in the form of a Cross?

The Bishop anoints the forehead with Chrism in the form of a Cross because the Cross shows that the new task or mission will sometimes be difficult and he/she may have to suffer like Christ, his/her leader.

14. What are the effects of the Sacrament of Confirmation?

- a) An increase in sanctifying grace
- b) A spiritual character (or mark) that helps the one who receives it to publicly profess and defend the faith.

15. How often may Confirmation be received?

Confirmation can be received only once. Like Baptism, Confirmation imprints a spiritual character.

16. What is the character of Confirmation?

The character of Confirmation is a spiritual and permanent mark that signifies that the person confirmed is a witness to Christ and a defender of the Faith.

17. Why can Baptism, Confirmation and Holy Orders be received only once?

Baptism, Confirmation and Holy Orders can be received only once because they imprint on the soul a spiritual mark, called a character, which lasts forever.

18. Why should all Catholics be confirmed?

All Catholics should be confirmed in order to be strengthened against the dangers to salvation and to be prepared better to defend their Catholic Faith.

19. What special preparation should we make to receive Confirmation?

- Prayer
- Service
- Study of our Faith

20. What is required to be a sponsor at Confirmation?

To be a sponsor at Confirmation a person must be:

- a) a practicing Catholic, and
- b) already confirmed and able to fulfill the duties of a sponsor.

21. Why are the duties of a sponsor at Confirmation?

Sponsors at Confirmation present the persons to be confirmed to the Bishop for anointing. They are to help and to support the confirmed persons in their daily Christian lives.

22. Which Sacraments are called Sacraments of Initiation?

Baptism, Confirmation and Holy Eucharist are called Sacraments of Initiation.

23. Why are Baptism, Confirmation and Holy Eucharist called Sacraments of Initiation?

Baptism, Confirmation and Holy Eucharist are called Sacraments of Initiation because through these Sacraments a person becomes a member of the Church.

24. Explain how these Sacraments of Baptism, Confirmation and Eucharist are visible sign of initiation.

Christians are reborn in Baptism, strengthened by Confirmation and sustained by the food of the Eucharist.

25. Where can you find an account of the First Pentecost?

The account may be found in the Scriptures in the Acts of the Apostles, Chapter 2.

26. Give an account of the First Pentecost. Include the different forms that describe the Holy Spirit. When is it celebrated?

Basic Prayers

The Sign of the Cross
Lord's Prayer
Hail Mary
Doxology (Glory Be)
Apostles' Creed
Act of Contrition
Grace Before and After Meals

The Seven Sacraments

Sacraments of...

Initiation

Baptism
Holy Eucharist
Confirmation

Healing

Penance (Reconciliation)
Anointing of the Sick

Commitment/Vocation

Matrimony
Holy Orders

The Liturgical Seasons

Advent
Christmas
Lent
Holy Week
Easter Triduum
Easter Season
Ordinary Time

The Holy Days of Obligation

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|---------------------------------------|----------------------|
| Solemnity of Mary, Mother of God | January 1 |
| Ascension of the Lord | 40 days after Easter |
| Assumption of the Blessed Virgin Mary | August 15 |
| All Saints Day | November 1 |
| Immaculate Conception | December 8 |
| Christmas – Nativity of Our Lord | December 25 |

The Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

Precepts of the Church (*The Duties of Catholic Christians*)

1. To keep holy the day of the Lord's resurrection: to worship God by participating in Mass every Sunday and holy day of obligation; to avoid those activities that would hinder the renewal of soul and body. For example, needless work and business activities, unnecessary shopping.
2. To lead a sacramental life. This means to receive Holy Communion at least once a year between the first Sunday of Lent and Trinity Sunday, receiving the sacrament of reconciliation beforehand if a serious sin is involved. But this also means that all are urged and expected to receive these sacraments frequently.
3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to study and advance the cause of Christ.
4. To observe the marriage laws of the Church; to give religious training (by word and example) to one's children; to use parish schools and religious education programs.
5. To strengthen and support the Church; one's own parish community and parish priests; the worldwide Church and the Holy Father.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

The Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me. Rejoice and be glad, for your reward will be great in heaven.

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Seven Gifts of the Holy Spirit

Wisdom – This gift helps us to value the things of God. It lets us judge things in the way that God does and helps us to know what is most important in life.

Counsel – This gift helps us to make wise decisions. It helps us to make unselfish decisions for others and ourselves.

Understanding – This gift helps us to grasp faith's mysteries. It helps us to comprehend God as He reveals Himself to us through His Word and the teachings of His Church.

Knowledge – This gift enlightens our minds. It lets us see the world as it really is, right from wrong. God teaches us through His Spirit, His Word, and His Church.

Fortitude – This gift strengthens our will to live our faith. It gives us the courage and strength to do what is right, even when it is difficult to do so or when others make fun of us.

Piety – This gift reminds us to love and serve God as we should, and to trust God with all our hearts.

Fear of the Lord – This gift helps us to respect God's majesty, just as a child who does not want to offend his parent. It gives us the power to remember the greatness of God and consequently show love for God in all that we do. It gives us a sense of "wonder and awe" in the presence of God.

Twelve Fruits of the Holy Spirit

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| LOVE (CHARITY) | JOY | PEACE |
| PATIENCE | KINDNESS | GENEROSITY |
| FAITHFULNESS | GENTLENESS | SELF-CONTROL |
| GOODNESS | MODESTY | CHASTITY |

Love (Charity) – the highest form of Christian love, directed toward God and our neighbors

Joy – the confident happiness and hope resulting from love (charity)

Peace – the inner harmony that come from living in charity

Patience – the ability to cope with trying circumstances without becoming bitter

Kindness – the sympathy and affection we show toward others

Goodness – the desire for virtue and not evil

Faithfulness – the loyalty paid to our relationships and beliefs; and first of all to God

Modesty – respectful dress, speech and conduct toward others

Chastity – living God’s gift of sexuality appropriately, according to our state in life

Gentleness – the ability to act tenderly

Generosity – the opposite of selfishness; giving freely

Self-control – the discipline to use our human freedom responsibly

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Theological Virtues

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| FAITH (Believe) | HOPE (Trust) | LOVE (Charity) |
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Days of Fast and Abstinence

Ash Wednesday

Good Friday

Works of Mercy

Corporal:

- *Feed the hungry
- *Give drink to the thirsty
- *Welcome the stranger
- *Clothe the naked
- *Visit the sick
- *Visit those in prison
- *Bury the dead

Spiritual:

- *Teach the ignorant
- *Give advice to those who need it
- *Comfort those who suffer
- *Be patient with others
- *Forgive others who hurt you
- *Correct those who need it
- *Pray for others

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Important Leaders of the Catholic Church

Pope: Pope Francis

Archbishop of Philadelphia: Archbishop Charles J. Chaput, O.F.M., Cap

Bishop who is confirming me:_____

Pastor – Our Lady of the Sacred Heart: Fr. John D. Schiele

Pastor – St. Agnes: Fr. Jeffrey M. Stecz

Pastor – St. Maria Goretti: Fr. John C. Nguyen (Fr. Chung)

Pastor – St. Rose: Msgr. James J. Graham

Pastor – St. Stanislaus: Msgr. Joseph A. Tracy