

# SAINTS AMONG US

## CONFIRMATION



### TEACHER BOOK 3



ARCHDIOCESE  
OF  
DENVER



# SAINTS AMONG US

## Restored Order Curriculum

### Teacher Book

### BOOK 3: CONFIRMATION



ARCHDIOCESE  
OF  
DENVER

'Saints Among Us' originally developed by Hanna Muldowney, PhD  
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# INTRODUCTION



## Saints Among Us

*Saints Among Us*, a two-year curriculum, prepares second graders for First Reconciliation and third graders for Confirmation and First Communion. This curriculum arose to support the implementation of the restored order of the sacraments of initiation in the Archdiocese of Denver. In his pastoral letter, *Saints Among Us*, Archbishop Samuel Aquila explains the importance of the restored order of the sacraments:

*The world needs saints. Even as our society becomes more distant from faith and more forgetful of God, it still hungers for joyful witnesses who have been transformed by Christ. At the same time, new generations of Catholics need grace to sustain them in a non-Christian environment.*

*To answer these needs, I have decided to restore the Sacraments of Initiation to their original order, that is, Baptism, Confirmation, and Eucharist. This will make available every sacramental grace the Church has to offer to children who have reached the age of reason.*

*When I was Bishop of Fargo, I restored Confirmation to its original place in 2002 by issuing the pastoral letter *Send Forth Your Spirit*. I was convinced of the theological and pastoral reasons for doing this, but I was further convinced by hearing from parents and children about the effects of the graces they received.*

*Grace, the Catechism teaches us, is the free gift that “God makes to us of his own life, infused by the Holy Spirit into our soul to heal it of sin and to sanctify it” (Catechism of the Catholic Church [CCC], paragraph 1999).*

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*Many people today live as if God does not exist, or if he does, then only as a remote ruler who rarely intervenes in human affairs. Instead of seeking God's grace and an intimate relationship with the Father, Son, and Holy Spirit, our society turns to technology, science, and selfreliance to solve its problems.*

*The last century has made it clear that innovations do not save humanity. We still have wars, sickness, corruption and injustice. What will save us is not the next "thing," but rather, the flood of grace and love that the Holy Trinity desires to pour out upon us.*

*This is what restoring the sacraments of Christian initiation to their original order is all about. The ancient order begins with life in Christ through Baptism. This is followed by Confirmation, which perfects the grace of Baptism, fills us with the gifts of the Holy Spirit, prepares us to receive Jesus in the Eucharist, and helps us commit ourselves to be his lifelong disciples.*

*As the Catechism explains, "The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist" (CCC, 1321).*

*It also beautifully teaches that the other sacraments "are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself" (CCC, 1324).*

This curriculum is designed not only to impart the necessary content of the faith to second and third graders, but also seeks to form their hearts as they prepare for the sacraments. It does so by drawing students to the divine Persons of the Holy Trinity, especially Jesus, the Son of God who became Incarnate to save us. The students meet Jesus in the curriculum by listening to the Word of God, learning to pray with the Bible, learning other forms of prayer, and by relating the content to their lives both in the classroom and with follow up at homes. The goal of this curriculum is to help students to encounter God more fully when they receive the sacraments.

The curriculum is structured in four books. Book One places the students and the sacraments they will receive within the story of Salvation History. This story shows God's plan of salvation from Creation, through the Old and New Testaments, to the life of the Church. Book Two focuses specifically on preparation for First Reconciliation. Book Three focuses on the sacrament of Confirmation and the gifts of the Spirit that are increased by the reception of the sacrament. Book Four focuses on the Eucharist as the culmination of the sacraments of initiation and the source and summit of the Catholic faith. Throughout the four books, the curriculum shows the links between these three sacraments and how they complete the initiation begun at Baptism.

The catechist provides an essential service in making this curriculum come alive. Whether for use in the school, parish, or home, the teacher helps the student to understand, apply, and pray through the content of the curriculum. The teacher follows the call of Christ to proclaim the good news and provides personal witness to the importance of the content and the sacraments for which the students are preparing. The curriculum provides additional content and ideas for catechists to help with preparation and instruction. *Saints Among Us* can be used in multiple settings with little need for adaptation. Each book provides content for twelve class sessions, with flexibility to expand or contract activities based on the exact length of the class session.

One important disposition is necessary to prepare for and to receive the sacraments well: docility to the Holy Spirit. The sacraments of initiation are gifts from God, who invites us to enter more fully into His life. We must respond to this invitation with humility, obedience, and love. It is important to recognize that the sacraments of initiation, including Confirmation, are not primarily concerned with having everything figured out or deciding for ourselves that we want to receive them. While we need to cooperate fully and freely with God in the sacraments, the sacraments are about letting God's grace transform us so that we can become more like Him. Jesus told us: "You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you" (Jn 15:16). Throughout this curriculum we should keep in mind that our preparation for the sacraments consists ultimately in Christ's own choice and gift of Himself, which we should receive lovingly with open hearts.

The Office of Evangelization and Family Life Ministries of the Archdiocese of Denver will offer accompanying resources on its website to supplement this curriculum for both teachers and parents. Please visit [saintsdenver.com](http://saintsdenver.com) for more information.





# STRUCTURE PER LESSON

## Book 1 Lesson #: Lesson Name

### I. 2-4 Objectives

### II. List of Materials needed per class

### III. Praying with the Bible or with the Saints.

Modified Lectio Divina for young children.

**1. PREPARATION:** General directions and context of the passage

#### 2. PRAYER

- Read
- Meditate
- Pray
- Listen

#### 3. Closing prayer



### IV. Content of the Lesson

**1. CATECHIST BACKGROUND** – Parallel to the content of the class, information and resources for Catechists to prepare their classes.

#### 2. STUDENT DIRECTION

- Recap from last lesson
- Reading the Story / Read the Scripture passage
- Story Discussion – Main points
- Content of the Class
- Activity (sometimes done parallel to the Content of the Class)

#### 3. WRAP UP

#### 4. FINAL PRAYER

### IV. At Home

- Activity or prayer to do at home with their parents

# PRAYING WITH THE BIBLE



At the beginning of most classes there will be a time to pray a simple version of Lectio Divina with the children. This will be the opening prayer for the lesson. The goal is to help the children to be familiar with Sacred Scripture.

## GENERAL SUGGESTIONS FOR PRAYING WITH THE BIBLE

1. You may read from an adult Bible, which usually is more precise in translation, or use a children's Bible. If you use the adult Bible, you may have to explain some of the words.
2. In order to help focus, encourage the children to close their eyes while listening to the reading, follow the reading in their own Bibles (if everyone has the same Bible), or use the image provided for some of the lessons.
3. When "reviewing the elements of the text" utilize a question and answer format or just address the key ideas.
4. Journaling and group sharing: you may or may not have time. If you decide to journal you will need:
  - At least 15 minutes.
  - If you have a large group, make sure that there are not too many people who want to talk. You could split into smaller groups for discussion.



# STRUCTURE OF PRAYER



## PREPARATION

Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

**CONTEXT OF THE PASSAGE:** DIFFERENT PER LESSON.

Tip for concentration: while listening to the reading, encourage them to close their eyes or follow the story in their own Bibles.

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**In the name of the Father, of the Son and of the Holy Spirit, Amen.**

## READ

Read the following passage slowly one time, all students should be quiet at this point.

**BIBLE PASSAGE:** DIFFERENT PER LESSON.

Review some important elements of the text:

**Leader:** Answer the following questions:

(Ask the questions and receive quick answers or answer them quickly.) Different per lesson.

**Leader:** I'm going to read the passage again, pay attention and see if something stands out or draws your attention, it can be a word or phrase that speaks to your heart. Read the passage one more time.

## MEDITATE:

**Leader:** Was there a word or phrase that stood out to you, drew your attention, or that you liked the most? Is God telling you something through it? You can suggest that they journal in their workbooks to answer this question. Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.

## PRAY:

**Leader:** Lead the children in the following prayer or any other you find adequate. You can suggest that they write silently in their workbooks:

1. A prayer related to the reading.
2. Tell God what is on your heart and ask Him for what you need.

Give students time (1 minute) to speak to God silently in their hearts.

## LISTEN:

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts. (1 minute in silence).

Optional: If time allows, this is a good time for sharing. Have the students share as a class, with other students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

# PRAYING WITH THE SAINTS



As students prepare for Confirmation this year, we will introduce the saints. Our hope is that they will become familiar with the concept, and be able to pick a patron saint or a Confirmation name (they can choose their baptismal name). Parishes have the freedom to determine this last piece.

To accomplish this, we have chosen to “Pray with the Saints” as a way to introduce some saints and explain how their lives and teachings can be helpful for us today. Below is the structure suggested to pray with the saints.

## PREPARATION:

Introduce the saint with the short biography and highlight the heroic virtue or heroic act that characterizes the saint.

## CONTEXT OF THE PASSAGE:

Explain the context of the life of the saint and their circumstances or what was the saint talking about when writing this passage.

### Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## QUOTE: Meditation of the saint

### Review some important elements of the text:

Leader: in this part ask the following questions or give a simple explanation of what the saint is talking about in the quotation.

## QUESTIONS

### TEACHING:

**Leader:** ask the following questions or any other you find adequate. You can suggest that they write their answers silently in their workbooks:

- What did you like the most about what Saint \_\_\_\_\_ said?
- Do you know why?
- Is there anything you can learn from this saint?

**Give students time to answer these questions.**

### RESPOND:

How are you going to respond to what you learned from this saint?  
Make a concrete resolution that will help you to grow.  
Close with a prayer of gratitude.

*In the name of the Father, and of the Son and of the Holy Spirit, Amen.*

# SACRAMENTAL PREP OBJECTIVES

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These are the topics that a third grader should be familiar with before he/she is confirmed:

1. Know what is a sacrament.
2. Have an awareness of Baptism and our true identity in Jesus Christ.
3. Know that we receive the Holy Spirit in Baptism and are strengthened through Confirmation.
4. Know the 7 gifts of the Holy Spirit.
5. Know that we need to be faithful to God's commandments.
6. Should have a sense of prayer and a need for God.
7. Should desire to build a relationship with Jesus Christ.
8. Should have experience with Lectio Divina.

# OBJECTIVES PER LESSON

Book 3 Lessons	Lesson Objectives
Lesson 1 Baptism and the Father's Plan	Students will... state the effects of Baptism. identify that God has a plan for their life. be introduced to the Apostle's Creed.
Lesson 2 What is Confirmation	Students will... state that Confirmation is the completion of baptismal grace. identify the requirements for receiving Confirmation. be introduced to more prayers they should learn this semester.
Lesson 3 The Holy Trinity	Students will... identify the Trinity as three Persons—Father, Son, and Holy Spirit—in one God. recognize God the Father as the Creator. recognize God the Son as Jesus, Redeemer of the World.
Lesson 4 Receiving the Holy Spirit	Students will... identify the Holy Spirit as the third Person of the Blessed Trinity. recognize symbols of the Holy Spirit. understand the connection between the Holy Spirit and Confirmation.
Lesson 5 Prayer and Sin	Students will... learn the importance of prayer in preparation for Confirmation. recognize that sin is an obstacle to Confirmation that must be rejected. understand that the gifts received in Confirmation bring the help of the Holy Spirit.
Lesson 6 The Gifts of Wisdom, Understanding and Knowledge	Students will... recognize the gifts as the means by which we come to know and love God. recognize that the gifts are freely given by the Holy Spirit. define the Gifts of Wisdom, Understanding, and Knowledge.
Lesson 7 The Gifts of Counsel and Fortitude	Students will... define the Gift of Counsel. define the Gift of Fortitude. recognize how the Gifts of Counsel and Fortitude act in their lives.
Lesson 8 The Gifts of Piety and Fear of the Lord	Students will... define the gift of Piety. define the gift of Fear of the Lord. state that they should pray for and desire the gifts of the Holy Spirit.
Lesson 9 The Fruits of the Holy Spirit	Students will... identify the twelve Fruits of the Holy Spirit. recognize that the Fruits flow from the presence of the Holy Spirit in our lives and actions.
Lesson 10 The Rite of Confirmation	Students will... identify the word Rite. know the major parts of the Rite of Confirmation.
Lesson 11 Laying on of Hands and Anointing	Students will... identify the "Laying on of Hands" with the gifts of the Holy Spirit. identify the purpose of Chrism is for anointing and associate the anointing during Confirmation as being sealed with the Holy Spirit. practice the actions and words of anointing that occurs during the Rite of Confirmation.
Lesson 12 Life in the Spirit	Students will... identify what it means to be a disciple of Jesus. learn about their life in the Church. identify their patron saint.

# SAINTS AMONG US

## CONFIRMATION



# BAPTISM AND THE FATHER'S PLAN



## Objectives:

- Students will state the effects of Baptism.
- Students will identify that God has a plan for their life.
- Students will be introduced to the Apostle's Creed.

## Materials:

- Paper for handouts with segments of the Apostles' Creed or markers to write these segments on the board.

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# CATECHIST BACKGROUND



## Salvation History

This lesson provides a foundation for understanding the Sacrament of Confirmation, the focus of Book 3 of *Saints Among Us*. We will learn more about Confirmation next week, but because Confirmation is a completion and strengthening of the grace of Baptism, we will start with Baptism.

The *Catechism of the Catholic Church* (CCC) provides us with a short definition of Baptism:

“Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit (*vitae spiritualis ianua*), and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as sons of God; we become members of Christ, are incorporated into the Church and made sharers in her mission: ‘Baptism is the sacrament of regeneration through water in the word’” (1213).

The entire Christian life is founded upon the graces received at Baptism. Without Baptism, you cannot receive any other of the sacraments. Baptism is necessary for salvation (though the Church teaches that Baptism can be given by God in hidden ways to those who do not otherwise have access to it). Why? It is through this sacrament that our sins are forgiven. Original sin (the fact that we are born without God’s saving grace) is taken away. We are given God’s sanctifying grace, the grace we need to reach Heaven and to be united with God. A permanent, indelible mark is placed upon the soul, which enables us to worship God as His children. We are adopted as children of God through the saving action of God’s only Son.



# CATECHIST BACKGROUND



Jesus came into the world so that we could share His relationship as the Son of the Father. Although we are not born into this relationship, we are made in God's image and likeness. When we receive God's grace in Baptism we are then able to relate to God in a personal way. God is not material or limited in any way. We can't find Him in the universe. He is outside of the universe and is infinitely perfect, unlimited, unchanging, and eternal. God raises us up to His divine and perfect life through the gift of His life. His ultimate plan for all of us is to enter into His eternal life, living as one with Him and sharing His perfect happiness.

Book 1 of *Saints Among Us* focuses on God's roadmap, the story of Salvation History. This lesson provides a short review of this content or an introduction of it for the first time if the students are new to the curriculum this year. The goal is to show how the reception of the sacraments of Baptism, Reconciliation, Confirmation and the Eucharist come to us as part of God's plan and enable us to enter into God's story. Salvation History is a series of six covenants, the first of which happened at the creation of Adam and Eve. God offered them friendship, even though they turned away from Him. The next four covenants are God's response to the Fall of Adam and Eve in the first sin, as God formed His holy people in preparation for the Savior from sin. These four additional covenants in the Old Testament are: God's promise to Noah that he would not flood the world again; His promise to Abraham to give him many descendants who would live in the land He would provide; the Ten Commandments and other laws God gave to Moses; and the promises of an everlasting kingship to David.

Jesus gives us the sixth covenant, the new and everlasting covenant in His blood. This covenant fulfills all of the others. The effects of this covenant are the forgiveness of sins and the call to everlasting life. Jesus established the Kingdom of God. We enter into this Kingdom on earth through faith and the sacraments as we enter into God's life and live in union with Him. Through the sacraments God's wants to guide us through the many difficulties of this life so that we can fully enter into His Kingdom in Heaven.

## Optional Saint Project for the Semester

Each student should have a patron saint. It is customary to give a Christian name for Baptism, which is usually the name of a saint or virtue. The Christian name can be the middle name as well. You can help each student to determine their patron saint based on their first and middle name if they do not know. You can have a saint book on hand to help with this. It is sometimes customary to take a saint's name for Confirmation as well. Ask your Director of Religious Education or Pastor about this practice for your parish. If the student does not have a saint's name already then it is especially important for them to choose one for Confirmation.

You can have the students do a project on their patron saint, which they can present during the last lesson of Book 3, which will cover patron saints. They can create a poster or write a couple of paragraphs on their saint and present it to the class at that time.

# STUDENT DIRECTION



## Introduction

Today, you are beginning your preparation for the Sacrament of Confirmation. Confirmation is the second Sacrament of Initiation, following Baptism. We will be looking back to your Baptism and how it was the beginning of God's plan for your life.

## What is Baptism?

Some of you probably do not remember your Baptism as you were baptized as babies, but maybe you have seen another Baptism. **What happens at Baptism?** (After questions, leave some time for a response.) **Water is poured over your head. The priest anoints you with oil.** Those are the actions that we see happening, but other things happen inside of you as well. **Does anyone know what happens to your soul at Baptism? Original sin is washed away. You are given God's grace, which will lead you to Heaven. You are made God's son or daughter.** Baptism made you close to God, a part of His family. It is the beginning of a friendship that will last forever. Baptism is the first of many steps you will take in your life with God.

**Last year you received your First Reconciliation. What does this sacrament do? It forgives sin and gives us God's grace.** When we sin, we turn away from God. If we commit a serious sin (mortal sin), we lose God's life in us. Reconciliation brings us back to God and into His life. It strengthens us to be able to avoid sin.

You are getting ready to receive two more sacraments this year: Confirmation and the Eucharist. These sacraments will grow the life of God in you that began with Baptism. They are the next steps of God's plan for your life.



# STUDENT DIRECTION



## The Father's Plan for Your Life

In Baptism you became a child of God the Father. God is eternal—He has always existed and will always exist. You did not always exist. God created you and chose you to live with Him forever in Heaven. If you follow God's plan for your life, by believing His Word, praying, and obeying His commands, you will be happy with Him forever.

We call the story of God's plan for the world and for our lives Salvation History. We are a part of this story.

### The story has a few major parts.

- In the beginning, God made the universe out of nothing and made the first man and woman in the Garden of Eden to live in friendship with Him. Adam and Eve sinned against God, by eating the fruit that God had forbidden, and lost God's life in their soul. Because of this first sin, we are all born with original sin, without God's grace, and we need Baptism to receive God's friendship again.
- God had a plan for bringing the human race back into His friendship. He formed a holy people, Israel, from whom would be born the Savior of the World. The Old Testament tells us the story of God's chosen people.



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#### Do you know some of the most important people in the Old Testament?

- Abraham was the father of all who believed.
- Moses led the people out of slavery in Egypt and received the Ten Commandments from God.
- David was the king who killed the giant Goliath. God promised that one of his descendants (someone born into His royal family) would sit on his throne forever.

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#### Do you know the main character of God's story?

- Jesus! Jesus is the Son of God who came into the world to save us from our sins and to bring us to Heaven. He is the King who will reign forever.
  - We are living in the last part of the story. Jesus created His Church to teach all people about Him and to give His Body and Blood to those who believe at Mass. We became a part of God's people in Baptism and entered into the story of Salvation History.
-

# INTRODUCTION TO THE SAINTS



A saint is a person (just like you and me) who loved God very much, had a very close relationship with Him and who tried to live according to God's Will in her/his life. Saints are holy people because they lived like Jesus and grew in virtue. They were always open to the graces of the Holy Spirit and they imitated Christ very closely.

Some saints dedicated their lives to teaching others about God. Others showed their love for God by caring for people in need. Some saints spent their lives sharing the Good News about Jesus. Others lived ordinary lives but with great love for God and their brothers and sisters.

To all of them God gave many graces so that they could become saints. To some of them God gave special graces to do miraculous things.

The saints are all in heaven rejoicing in God's love.

## The Church celebrates many saints for two reasons:

1. To be our models: they have dedicated their lives to God and have loved their brothers and sisters very much. By learning about them, we can learn how to be saints ourselves.
2. To intercede for us: since they are so close to God in Heaven they can ask Him to respond to our needs and intentions. The saints love us and care about us and they will always be willing to intercede for us.

This semester in some of our lessons we are going to learn about some saints, and we are going to ask for their help and wisdom to help us to pray.

# STUDENT DIRECTION



## Activity

- **Divide the Creed into parts and print out. You should have as many parts as groups of students.**

At Baptism, your parents and godparents recited the baptismal vows for you. These vows rejected evil and accepted God's teaching about Himself and our salvation. The Apostle's Creed is a prayer which gives us a short overview of what we believe and helps us to live out our faith we received in Baptism.

We will divide into small groups and each group will memorize one part of the Apostles' Creed. Talk about what your part of the Creed means. Feel free to ask any questions about it. Recite it out loud together until you have it memorized.



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## Apostles' Creed

I believe in God, the Father Almighty, Creator of Heaven and earth;  
and in Jesus Christ, His only Son Our Lord,

Who was conceived by the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into Hell; the third day He rose again from the dead;

He ascended into Heaven, and sits at the right hand of God, the Father almighty;  
from there He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church,

the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **What happened to you at Baptism?** Original sin was forgiven, I received God's grace, and became a child of God.
2. **What does Reconciliation do?** It forgives sin.
3. **For what sacraments are you preparing this year?** Confirmation and Eucharist.
4. **How are you living as part of God's plan?** At Baptism I became a part of God's family. I am following Him and becoming close to Him by receiving the sacraments.

## FINAL PRAYER

### Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.



## AT HOME

- Ask your parents about the date of your Baptism. You can find it by looking on your baptismal certificate. (You can call your parish to find out as well). Remember it and try to celebrate it every year with a special prayer and something fun. Your Baptism day is a second birthday, when you were born a second time by being adopted as a child of God.
- Practice saying the Apostle's Creed with your family.

# SAINTS AMONG US

## CONFIRMATION



# WHAT IS CONFIRMATION?



## Objectives:

- Students will state that Confirmation is the completion of baptismal grace.
- Students will identify the requirements for receiving Confirmation.
- Students will be introduced to more prayers they should learn this semester.

## Materials:

- Students Workbooks
- Poster paper or poster board
- Drawing utensils
- **Optional demonstration:** Clear glass, stirring spoon, milk, squeezable chocolate syrup.



# PRAYING WITH THE BIBLE



(10 mins)



"The Baptism of the Eunuch" by Rembrandt  
Wikimedia Commons / CC-PD-Mark

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

Today we are going to read a passage from the Acts of the Apostles. This book is the story of the Apostles and the Church right after Jesus ascended into Heaven. It tells us about how the Apostles and disciples preached the Gospel first in Jerusalem, then in Judea, Samaria and all the world. In the passage we will hear about Phillip, one of the twelve Apostles. He is in Samaria preaching the Gospel. An angel of God sends him south to encounter a man from Ethiopia, which is in Africa, who was a very important man in his country.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at

the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

**Acts 8:26-31, 35-38**

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.



1. Who told Phillip to go over to the carriage of the Ethiopian? **The Holy Spirit.**
2. What was the Ethiopian doing when he met Phillip? **Reading Scripture.**
3. When the Ethiopian heard the Good News of Jesus what did he ask for immediately? **Baptism.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.



---

## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- The Ethiopian man was learning about God. God teaches us also through the Bible, our parents, and our religious education.
- The man’s learning ends with receiving Baptism. Our classes this year are helping us to get ready to receive Confirmation and the Eucharist.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Jesus, I want to know you more. Help me to learn about You. Please make my heart Your home and get me ready to receive Confirmation this year.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let’s be quiet so we can hear what God might be saying back to us, inside our hearts.” (1 minute in silence).



Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

---

# CATECHIST BACKGROUND



Confirmation is the second Sacrament of Initiation. The first is Baptism, and the final Sacrament of Initiation is the Eucharist. Confirmation increases the graces and gifts of the Holy Spirit we received at Baptism and leaves an indelible (permanent) seal on our soul. For this reason, you can only receive Confirmation once, like Baptism (see CCC 1285, 1304-5).

Confirmation is not a mark of maturity of age. Confirmation gives the Confirmand, person being Confirmed the strength necessary to grow into maturity in his or her faith. For this reason, it is good to receive Confirmation when young. Confirmation gives the grace and strength needed to face the world and fulfills God's will (see CCC 1306-8).

Confirmation means "strengthening". However, it is God who is the one doing the confirming, not the one receiving the sacrament. Confirmation is not received as a sign that Catholics are "choosing" the faith or becoming an adult in the Church. Rather, God is freely giving us the gift of an increase of His grace and life. Confirmation is usually administered by a bishop (although the bishop can delegate a priest to administer the Sacrament of Confirmation when necessary).

Similar to the godparent required for Baptism, the Confirmand needs a sponsor. To maintain unity between Baptism and Confirmation, it is recommended that the godparent be the sponsor, although it can be a different person. The sponsor agrees to assist the parents in transmitting the Catholic faith to the confirmand. The sponsor must be a baptized Catholic in good standing with the Church (see CCC 1310). Additionally, a record of the conferral of Confirmation must be kept with the parish. These are the main requirements for Confirmation according to Canon Law (879-896).

In the United States, one can receive the Sacrament of Confirmation between the age of reason, which is around seven years old, and sixteen years old. In order to receive the Sacrament of Confirmation, one should be in a state of

# CATECHIST BACKGROUND



grace. This means that a person should not have mortal sin on his or her soul. It is important to go to Confession before receiving the Sacrament of Confirmation (or any sacrament) to assure the soul is pure for receiving the Holy Spirit (see CCC 1311).

Canon Law states that the parish priest should assure that those to receive Confirmation are “suitably instructed, properly disposed, and able to renew baptismal promises” (889). Each parish priest has discretion on the additional requirements he thinks are necessary for the Confirmand to be “properly instructed.” St. Thomas Aquinas teaches the importance of forming good habits, which builds our character. Often, additional requirements for receiving the sacraments are intended to encourage Christ-centered dispositions and habits, building the characters of the faithful. Learning the teaching of the Church is not enough; we also have to learn how to live it out.

When a person receives Confirmation, the Gifts of the Holy Spirit that are bestowed at Baptism are increased. The gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. Students will learn about each of these in depth in upcoming lessons.

Like the fruit that grows on a tree, the gifts of the Holy Spirit flow naturally from the life of Christians, allowing them to more fully carry about their Christian mission. The twelve fruits of the Holy Spirit are: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity. The students will also learn about the fruits in depth in a later lesson.

As the students are preparing to receive Confirmation, they should work on learning the following prayers: Apostles’ Creed and Come Holy Spirit. Student should also be aware of the prayers that comprise the Rosary.

## Apostles’ Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

# CATECHIST BACKGROUND



## Rosary Prayers

**Apostles' Creed**

**Our Father**

**Hail Mary**

**Glory Be**

**Fatima Prayer**

**Mysteries**

**Hail Holy Queen**

**Prayer after the Rosary**

## Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord. Amen.



# STUDENT DIRECTION



Today you will begin learning about the Sacrament of Confirmation, including what is required to receive this sacrament.

## What is Confirmation?

(15 mins)

Confirmation is the sacrament that completes the grace you received in Baptism. In Baptism, God gave you grace, the gift of His life to bring you to Heaven. When you confirm something, you are saying that what has happened is true. God confirms what happened to us in Baptism and makes it stronger. He puts a seal on our souls called an *indelible mark*, showing that we belong to Him and opening us up to His help.

How does God confirm our Baptism? He gives us His Holy Spirit. The Holy Spirit is God, one of the Persons of the Trinity. The Holy Spirit makes us holy and gives us power to live a good life and defend the Church. He gives us gifts that help us to be like God. The Holy Spirit lives in our soul, giving us the life and strength of God in us.

## Optional Demonstration

- Hold a clear glass up so the class can see.  
This glass is like all of us before we are Baptized: empty.
- Pour white milk into the glass.
- The glass with milk represent you and I on our Baptism day, before the Holy Spirit gives us His gifts.
- Squeeze chocolate syrup into the glass, but do not stir yet.  
At Baptism, we receive God's grace like this chocolate in the glass.
- Start stirring the chocolate syrup so that the white milk is consistently chocolate.



At Confirmation, you are sealed with the gifts of the Holy Spirit. Your baptismal graces are complete. Milk is good. Chocolate syrup in the milk is better, but mixing the chocolate all together is best. Our drink is complete, just like our baptismal graces are completed and strengthened in Confirmation.

# STUDENT DIRECTION



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## Details of Confirmation

Go through the following points, and write simple notes on the board so the students will have them later in class for reference.

Confirmation...

- Is a Sacrament of Initiation with Baptism and the Eucharist – bringing us more fully into God’s Church
- Completes baptismal grace making us closer to Jesus and making us like Him
- Brings the Holy Spirit to live in us and give us His gifts
- Strengthens our faith – our belief in God – and helps us to pray
- Leaves a mark or seal on our soul that stays in us forever to help us defend the faith
- Is administered by a bishop or his delegate by the laying on of hands and anointing

## Requirements for Confirmation

- You must be baptized,
- have a sponsor,
- be at least 7 years old,
- and be in a state of grace without serious sin.



# STUDENT DIRECTION



## Confirmation Posters (35 mins)

- Divide the class into groups of 3 or 4 students.
- Give each group a piece of poster paper or poster board (11x17 paper is fine).
- Give each group the confirmation symbols sheet
- See an example poster on page 18.

You are going to show what you have learned about Confirmation so far. You are going to make a poster advertising for your Confirmation. **What do you think an advertising poster is for?** (Accept answers.)

An advertising poster is like a commercial on paper for something you want to encourage others to have. In this case, we want to encourage others to receive the Sacrament of Confirmation. You can also think of this as a poster that gives the important details about an event.

### Your poster should include:

- **What is Confirmation and why receive it?**
  - **Who can administer the Sacrament of Confirmation?**
  - **Who is eligible to receive Confirmation?**
  - **When and how often will the Catholic receive confirmation?**
  - **What are the requirements for Confirmation?**
- 
- Encourage students to be creative with how these elements are addressed on the poster. For example, rather than saying “Who administers Confirmation: Archbishop Aquila”, a poster phrase could be, “Archbishop Aquila is inviting qualified youth to receive Confirmation.” The same thing has been stated in a more interesting and natural way.
  - Posters should be decorated and attention-getting with symbols of the Holy Spirit and Confirmation included.
  - Symbols can include a dove for the Holy Spirit, fire for the tongues of fire that came to the Apostles at Pentecost, a Bishop or the symbols of the Bishop (his miter [hat] and crozier [staff]), extended hands, olives or an olive tree for the oil of anointing.
  - Find out if you can display these posters somewhere on parish grounds as this is an excellent way to teach others about this sacrament and its purpose.
  - Allow students to share their posters when finished.



# CALLING ALL CATHOLIC YOUTH



ARCHBISHOP AQUILA IS LOOKING FOR  
QUALIFIED PEOPLE FOR CONFIRMATION!

## WHAT IS CONFIRMATION?

In the Sacrament of Confirmation, you receive the seal of the Holy Spirit. The Gifts of the Holy Spirit are increased in you.

## WHY?

You should receive Confirmation to have the grace to follow God's will and strength to face the world. Confirmation will also complete your baptismal grace.

## WHO?

You are eligible to receive Confirmation if you are baptized and of the Age of Reason.

## WHEN AND HOW OFTEN?

Confirmation should happen when you're of the Age of Reason. Since the seal of the Holy Spirit is permanent, you only receive Confirmation once.

## REQUIREMENTS?

A person receiving Confirmation must have a sponsor who is a baptized and practicing Catholic. A person receiving Confirmation should also be in a state of grace.





# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **What does the Sacrament of Confirmation complete and strengthen?** Baptism.
2. **How many times can you receive Confirmation and why?** Once, because it leaves a permanent seal on your soul.
3. **What does the Holy Spirit give you at Baptism and increase in you at Confirmation?** The Seven Gifts of the Holy Spirit.

## FINAL PRAYER

### Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

**Come Holy Spirit**, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord. Amen.



## AT HOME

- Show your parents the poster your group made. Tell them about Confirmation: what it is and how it will change you.
- Pray the “Come Holy Spirit” prayer with your family.

# NOTES:



A series of horizontal dotted lines for writing notes, spanning the width of the page.

# SAINTS AMONG US

## CONFIRMATION



# THE HOLY TRINITY



## Objectives:

- Students will identify the Trinity as three Persons—Father, Son, and Holy Spirit—in one God.
- Students will recognize God the Father as the Creator.
- Students will recognize God the Son as Jesus, Redeemer of the World.

## Materials:

- Students Workbooks
- Drawing page in workbook, page 6.
- God the Son cube sheet (print with cardstock)
- Drawing and coloring utensils
- Glue or tape



# PRAYING WITH THE BIBLE



(10 mins)



"The Bautismo de Cristo by Navarrete el Mudo  
Wikimedia Commons / CC-PD-Mark

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

The Gospel of Matthew begins by saying "This is the list of the ancestors of Jesus Christ, a descendant of David". Then he lists all descendants of Abraham and David until Joseph who was the husband of Mary, the mother of Jesus.

We are going to start reading right after that list when St. Matthew tells us about Mary and Joseph.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

### Matthew 3:16-17

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.

1. Why did Jesus come to the Jordan River? **To be baptized.**
2. Did Jesus have any sin to repent of? **No, Jesus never sinned.**
3. Who came to Jesus after He was baptized? **The Holy Spirit as a Dove.**
4. Whose voice did they hear from heaven and what did it say? **The voice of God the Father, saying that Jesus was his Son.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.

---

## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- The Holy Spirit came down upon Jesus. Think about how the Holy Spirit will come over you too when you receive Confirmation.
- The Father said that Jesus is His beloved Son. He made you His beloved son or daughter at Baptism and loves you very much.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Holy Spirit, come and rest in my heart. Help me to be like Jesus and to love God and others more. Teach me to pray. Please help me get ready to receive You at Confirmation.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts." (1 minute in silence).



Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

---

Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

# CATECHIST BACKGROUND



## God the Father

Over the next two lessons, the students will learn about the three Persons of the Blessed Trinity. The *Catechism* tells us that “We firmly believe and confess without reservation that there is only one true God, eternal, infinite (immensus) and unchangeable, incomprehensible, almighty, and ineffable, the Father and the Son and the Holy Spirit; three persons indeed, but one essence, substance or nature entirely simple” (CCC 202).

The Persons of the Trinity are distinct from one another not by being separate beings, as they are all the one and only God, but by having relationships of different origin in the one God. The Father is God communicating His Being to the Son, who images Him, and to the Spirit who is the love of the Father and Son, given to each other. The Father is from no other; the Son is from the Father; and the Spirit is from the Father and Son. The three divine persons are co-eternal; the Son is eternally begotten of the Father without beginning or end and the Spirit eternally proceeds from the Father and Son.

Jesus reveals to us that we have a Father in heaven. God the Father is the Creator of all. We are created in the image and likeness of God and by Baptism we become the Father’s adopted children. God wants a familial relationship with us: He wants to be our loving Father and to care for us. He invites us to share in His eternal happiness.

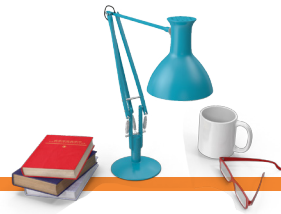


Image used under license from Shutterstock.com

## God the Son

In opposition to the widespread idolatry of the ancient world, God's revelation to Israel emphasized the unity of God. There is one God, who made all things. In Jesus, the God of Israel came into the world to more fully reveal the inner, hidden life of God. The first chapter of John's Gospel provides us with clear teaching on who Jesus is and why He came into the world. John's Gospel begins: "In the beginning was the Word, the Word was with God, and the Word was God" (verse 1). Jesus is the Word or image of the Father, eternally begotten from Him. We see that Jesus is both one God with the Father ("the Word was God") and also a distinct person within the one God ("the Word was with God"). John says that "all was made through him" (verse 3).

John continues in chapter 1 of his Gospel: "And the Word became flesh and dwelt among us" (verse 14). The Word who is begotten from the Father from all eternity entered into time and became a man. The Word comes into the world to make known, to speak, the life of God for all to hear. John says: "No one has ever seen God; the only-begotten Son, who is in the bosom of the

Father, has made him known" (verse 18). Jesus, the Son of God, is fully God and fully man. In the Incarnation (the coming into the flesh) the Son of God assumed a human body and soul (our full humanity), uniting them to His divine Person.

Why did Jesus become incarnate? John says that "to all who received him, who believed in his name, he gave power to become children of God" (verse 12). Jesus came into the world to save the human race and to draw us into the life of God. He accomplished His mission primarily through His Passion, Death, and Resurrection and Ascension. John quotes St. John the Baptist saying: "Behold, the Lamb of God, who takes away the sins of the world" (verse 29). Jesus offers His life as a sacrificial victim on behalf of us all. Jesus takes our sins away and unites us to the perfect love and obedience he offered the Father for us.

After the Crucifixion, Jesus was placed in the tomb. St. Paul described how we are united to Christ's death and burial through our Baptism: "We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life" (Romans 6:4). Our salvation is not complete, however, with Jesus' death and burial. Jesus rose again from the dead, conquering the power of death, and raising us up to a new life in Him. The Resurrection confirms Jesus' divinity, showing Him truly to be the Son of the Father and manifesting His Lordship. After commissioning His disciples to preach the Gospel, Jesus ascended to Heaven, sitting at the right hand of the Father, where he reigns over the Church and world in glory.

# STUDENT DIRECTION



Today we are learning about the Holy Trinity.

**What is the Trinity?** Allow responses, Three Persons in one God. There are three Persons in God. Each Person is fully God. God is a loving union of these three Persons and He wants us to share in the love of the Trinity. You were baptized in the name of the Father, and of the Son, and of the Holy Spirit. When you are confirmed you will be asked to renew your baptismal promises, which describe our belief in the Father, Son, and Holy Spirit.

## God the Father

(5 mins)

When you renew your baptismal promises, you will be asked: Do you believe in God, the Father Almighty, Creator of heaven and earth?

God the Father is the Creator of all. God gave us fathers and other virtuous men in our lives so that we could understand God's Fatherhood. God acts through the men of integrity in our lives to reveal who He is.

Like our parents, God the Father wants to spend time with you and teach you about the world and about Himself. God the Father wants to be there for you and talk with you in prayer. He wants you to know that He has been with you from the beginning and will never abandon you. Most importantly though, God wants to bless you. He wants to pour out His love on you and bring you joy. Through His love, we can live with the hope that He always desires the best for us.

Moms and dads give their children rules for their well-being. Has your dad (or mom) ever told you not to eat too much candy, or touch a hot iron, or throw a ball in the house around the shelf of breakables? When you disobey, do you have a consequence? Parents make rules to keep children safe and to teach them to respect the world around them. God also gives us rules to keep our bodies, minds, and souls safe.

## Optional Activity

(10 min)

- Direct students to the blank page in their workbook and give drawing materials (pencils, colors, if available).

**Draw a picture of you and your dad, grandfather, or other man that you look up to (this can include a priest) doing one of your favorite activities.** (Some students might not have a good relationship with their fathers, or perhaps their father is not even present. Be sensitive to this and help these students think of another man in their lives who has a positive influence.)

**Under the picture, list three reasons why you love your dad or this man. Also list positive things this man has taught you.**

- Give students an example of why they might love their dad (or other father figure). For example: he cares for me, he plays games with me, etc.

**What are some of the reasons we love our dads (or other father figure)?**

Accept answers. Keep these general, and not examples specific to a particular person

**What types of things have our dads taught us?** Accept general answers.

- Ensure that students are only sharing positive influences that fathers have in their lives, however, do not make a student feel bad if he or she states that a father teaches something negative, such as cursing.





# STUDENT DIRECTION

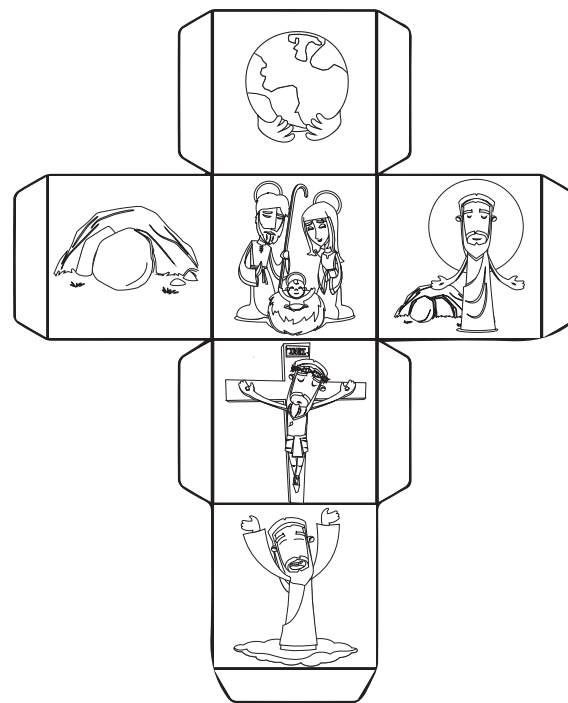


## God the Son Activity (15 mins)

The next part of the baptismal promises is: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

That seems like a lot to remember, but we will go over the main truths about Jesus that define our Christian faith.

- Pass out God the Son sheet with the cube that students will color, cut-out, and glue together.
- Go over each side of the cube, giving details. Allow students to color the pictures as you talk about each side.



1. God is a Trinity, meaning three persons in one God. Jesus is God the Son, the second person of the Blessed Trinity. God the Son became man. Jesus is 100% True God and 100% True Man. He is our Lord, the ruler over heaven and earth.
2. The Virgin Mary is the human mother of Jesus. The angel Gabriel appeared to Mary to tell her that she was favored by God and would give birth to the son of God, Jesus. This was possible through the Holy Spirit, the third person of the Blessed Trinity, who overshadowed Mary. She traveled with Joseph to Bethlehem, and Jesus was born in a stable and placed in a manger.
3. Jesus came to earth as a human to save mankind. He came to be the Redeemer. **What does it mean to redeem?** Allow responses. To redeem means to make up for someone else's faults. It also means to gain or regain something that is lost. **What faults did Jesus come to make up for?** For sin.

**What did Jesus gain for us?** Eternal life in heaven.

Jesus is the Redeemer of the world. Jesus suffered crucifixion (death on the Cross) for all of us even though He Himself was innocent.

4. After Jesus died on the cross, His body was taken down and buried. He was placed in a tomb, similar to a cave. A heavy rock was placed in front of the cave to keep people from entering.
5. On the third day, Easter Sunday, Jesus rose from the dead. His entire body and soul rose from the dead. He left the tomb on His own and appeared among the people as He chose. Only God could do this. Jesus' body was glorified, and He was able to walk through walls.
6. For 40 days after His Resurrection, Jesus appeared to His Apostles and other people, teaching them and preparing them for the coming of the Holy Spirit on Pentecost. After 40 days, He rose up to heaven at the Ascension. Now He sits at the right hand of the Father as our king, helping us and praying to the Father for us.

# STUDENT DIRECTION



(15 mins)

## Cube Review

- Allow students to finish coloring the cube sides. When they finish, they should cut around the cube, and glue or tape the box together using the tabs. If time does not permit this, they can finish at home.
- When students have completed their boxes about Jesus, review each side:
  1. Jesus is the second person of the Blessed Trinity, Lord over all.
  2. Mary conceived of Jesus through the Holy Spirit, and He was born in a stable in Bethlehem.
  3. Because He is the Redeemer of the World, Jesus was crucified and died on the cross to take away our sins.
  4. Jesus was buried in a tomb.
  5. Jesus rose from the dead on His own, as only God could do. Through His Resurrection, we can have eternal life in heaven.
  6. Jesus ascended to Heaven and sits at the right hand of the Father as our king.
- Divide students into groups of 3-4.
- In their groups, students should take turns rolling their cubes. Whatever picture comes up, the student should announce which portion of the baptismal promise he or she sees.
- For example: if a cross is on top, the student could say something like, “He was crucified and died”.
- Allow the students to cycle through their groups two or three times. Note: Catechists should bring in a completed cube for the students to see if they cannot finish the activity in class.

## WRAP UP

(5 mins)

1. **Who is the Creator of all?** God the Father.
2. **Who is God the Son?** Jesus.
3. **Why is Jesus called the Redeemer of the world?** He died to take away our sins, redeeming us and giving us eternal life.

## FINAL PRAYER

Pray the Apostles' Creed.



## AT HOME

- Show your parents your cube and tell them about each of the boxes.
- Pray a decade of the rosary with your family which focuses on one of the boxes on your cube:
  - Birth of Jesus
  - Crucifixion
  - Resurrection
  - Ascension

# SAINTS AMONG US

## CONFIRMATION



# RECEIVING THE HOLY SPIRIT



## Objectives:

- Students will identify the Holy Spirit as the third Person of the Blessed Trinity.
- Students will recognize symbols of the Holy Spirit.
- Students will understand the connection between the Holy Spirit and Confirmation.

## Materials:

- Students Workbooks
- Writing utensils
- Symbols of the Holy Spirit sheet (in student workbook)
- Baptism of Jesus and Transfiguration of Jesus art/Scripture sheets (In student workbook)



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# PRAYING WITH THE BIBLE



(10 mins)



Appearance on the Mountain, by Duccio di Buoninsegna  
Wikimedia Commons / CC-PD-Mark

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

In this passage Jesus has risen and will soon ascend to His Father in Heaven. The apostles are nervous about being left alone. But Jesus tells them not to worry and gives them a special message.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

### Acts 1:7-8

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.



1. What does Jesus promise the apostles?  
**The power of the Holy Spirit.**
2. What is the Holy Spirit going to give them?  
**Power to be witnesses.**
3. Why do they need the power of the Holy Spirit? **To be witnesses in Jerusalem, Judea, Samaria and all the world.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.

## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- Jesus promised the Holy Spirit to the Apostles and they received Him at Pentecost. Jesus also promises to give His Spirit to you at your Confirmation.
- When you receive the Holy Spirit, God wants you to share His good news with others like the Apostles did.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Jesus, please give us Your Spirit so that we can live like You and share Your truth with others. Please open our hearts to Your teaching and to the gifts You want to give us.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts." (1 minute in silence).

Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

---

## RECAP:

1. How many Persons are in the Blessed Trinity? **Three. There are three Persons in the Blessed Trinity. They are all fully God, not three separate gods.**
2. Who is the first Person of the Holy Trinity we learned about? **The Father.**
3. Who is God the Son, the second Person of the Blessed Trinity? **Jesus.**
4. Who is the third Person of the Blessed Trinity? **The Holy Spirit.**
5. What are some of the things we believe about Jesus when we say our baptismal promises? **Lord, born of the Virgin Mary, crucified, died, buried, rose again, ascended into heaven.**

# CATECHIST BACKGROUND



## The Holy Spirit

The Holy Spirit can be overlooked or forgotten in our lives. We relate most naturally to Jesus, because in Him God became man. He is our mediator, uniting God and man in Himself. Jesus teaches us to relate to the Father as he helps us to share in His own relationship with the Father, teaching us the “Our Father” prayer, for example. Preparing for Confirmation is an important moment to come to know the Holy Spirit more. The Holy Spirit is the gift of love of God the Father and God the Son and they send their own Spirit to live in us as well.

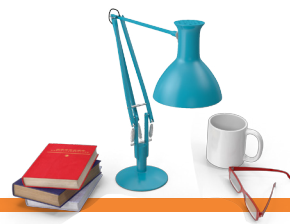
The Catechism describes how we should be preparing for Confirmation:

*“Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit - his actions, his gifts, and his biddings - in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands” (1309).*

We want to help our students come to know the Holy Spirit better before Confirmation, to learn about who He is and how to relate to Him.

In the Nicene Creed, we call the Holy Spirit the Lord and Giver of Life. We acknowledge that life is given through the Holy Spirit. When the angel Gabriel visited Mary at the Annunciation, He told her, “The holy Spirit will come upon you, and the power of the Most High will overshadow you.

# CATECHIST BACKGROUND



Therefore the child to be born will be called holy, the Son of God” (Luke 1:35). The Holy Spirit is the “breath” of God. Ancient people understood spirit to be like God’s breath, breathing life into the world. This “breath” is apparent in the wind, which is why the wind is often used to represent the Holy Spirit (See CCC 485, 691).

The Holy Spirit acts as Counselor, guiding His faithful towards all that is good and protecting them from evil. At Baptism, a person receives the seven gifts of the Holy Spirit, which are then strengthened at Confirmation. These are given freely by the Holy Spirit, first to help a person know and love God, and then to help that person be a soldier of Christ, a Christian who professes and defends the faith. Through the gifts, the Holy Spirit helps the faithful to make moral decisions and to know and serve God (See CCC 768, 798, 1830).

The Holy Spirit is the divine inspiration and Principle author of the Bible. Men wrote the books of the Holy Bible with the inspiration and guidance of the Holy Spirit. People can be moved to profess truths in ways not possible without the Holy Spirit. For example, in Luke 1: 41-43, when Mary greets her cousin Elizabeth, the baby in Elizabeth’s womb leaped, and she was filled with the holy Spirit, proclaiming, “Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me?” Elizabeth, inspired by the Holy Spirit, knew that the baby Mary carried was indeed the Lord (see CCC 106, 304, 717).

The Holy Spirit is the revealer of Truths. Although the Holy Spirit cannot be seen, He makes God’s truths be known to people. Jesus is the one who is seen, but the Holy Spirit reveals Him. When Jesus let John the Baptist baptize Him to show what is necessary for eternal life, “heaven was opened and the holy Spirit descended upon him in a bodily form like a dove. And a voice came from heaven, ‘you are my beloved Son; with you I am well pleased.’” (Luke 3:21-22). In this instance, the Holy Spirit revealed the truth of Jesus’ divinity as the second person of the Trinity (See CCC 687, 689).

The Holy Spirit is the Advocate, Paraclete, or Comforter of people. Before Jesus ascended to Heaven, He told His Apostles that the Holy Spirit would descend upon them, giving them the power of the Holy Spirit to be witnesses for Jesus throughout the earth (Acts 1:8). On Pentecost Sunday, “Suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim” (Acts 2:2-4). The Apostles, who had been afraid, could now proclaim the good news of Jesus without fear. Furthermore, filled with the Holy Spirit, they were able to speak all the languages of earth (See CCC 737, 741).

# STUDENT DIRECTION



## God the Holy Spirit

The next part of the baptismal promises is: Do you believe in the Holy Spirit?

God the Holy Spirit is the third Person of the Blessed Trinity. He is equal with God the Father and God the Son. The Spirit is the gift of love that the Father and Son share. They want to give us this gift of their life by sending their Holy Spirit to be our spirit as well. The Spirit dwells in the life of Christians as His Temple.

The Holy Spirit acts as counselor or guide, leading us to all that is good and protecting us from evil. He gives us gifts that help us to know and love more fully and give us strength to defend our faith.

The Holy Spirit comforts the faithful. The Holy Spirit helps those who are afraid to trust in the Lord and proclaim the Good News of Jesus Christ. He also helps us to know and believe the truths of our faith.

The Holy Spirit is spirit, and spirits do not have bodies. We cannot see the Holy Spirit Himself, like we could see Jesus. Every one of us has a spirit, which we cannot see. The Bible looks at our breath as a sign of a spirit within us. Jesus breathes His Spirit upon the Apostles, giving them His own inner life of God. This is what He wants; He gives us at Confirmation: the life, breath, or Spirit of God. This makes us holy like Jesus.

Because we cannot see a spirit, symbols are used in Scripture to represent the Holy Spirit, giving us a chance to “see” Him.







# STUDENT DIRECTION



## THE HOLY TRINITY

(25 mins)

The Blessed Trinity has always existed. Everything that we see God do in Scripture is done by the Father, the Son, and the Holy Spirit together. You are going to have a chance now to see how the Blessed Trinity is present throughout Scripture.

- **Divide the class into four groups.**

Give each group one of the following pieces of art and the accompanying Scripture:

Baptism of Jesus or The Transfiguration

(Two groups will have one picture, while two have the other picture.)

- **Each group should study the picture given to them and read the Scripture.**

The groups should answer the following questions about the art/Scripture

(write these on the board):

- **Where do we see God the Father?**
- **Where do we see God the Son?**
- **Where do we see God the Holy Spirit?**

- **Assist each group as needed.**

When the groups have answered their questions, each should present their art/Scripture and explain how and where the Father, Son, and Holy Spirit are present.

### HOW AND WHERE ARE THE FATHER, SON, AND HOLY SPIRIT PRESENT IN THE ART?

Scripture Story	God the Father	God the Son	God the Holy Spirit
Baptism of Jesus	Voice from heaven	Jesus	Dove
Transfiguration	Voice from heaven	Jesus	Bright Cloud

These are just two of the instances where we can see the Blessed Trinity in Scripture. There are many more, although some others are more difficult to identify if you are just beginning to look through the Bible. The important thing to know is that the Holy Spirit always works with the Father and the Son, and the Blessed Trinity is always present in all works of God.



Bautismo de Cristo by Navarrete el Mudo  
Source: Commons Wikimedia

# Baptism of Jesus

“After Jesus was baptized, he came up from the water and behold, the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him. And a voice came from the heavens, saying, ‘This is my beloved Son, with whom I am well pleased.’” (Matthew 3:16-17)



The Transfiguration of the Lord from St. Mark Church in Florence  
Photo: jozef sedmak / Alamy Stock Photo

## Transfiguration of Jesus

“And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him. Then Peter said to Jesus in reply, ‘Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah.’ While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, “This is my beloved Son, with whom I am well pleased; listen to him.” When the disciples heard this, they fell prostrate and were very much afraid. But Jesus came and touched them, saying, ‘Rise, and do not be afraid.’ And when the disciples raised their eyes, they saw no one else but Jesus alone.”

(Matthew 17:2-8)

# STUDENT DIRECTION



## WRAP UP

(5 mins)

**1. Who is the third person of the Holy Trinity?**

The Holy Spirit.

**2. What are some symbols of the Holy Spirit?**

Water, anointing, fire, cloud and light, seal, hand, finger, dove.

## FINAL PRAYER

### Come, Holy Spirit Prayer

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created. And Thou shalt renew the face of the earth. O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.



## AT HOME

- Talk with your parents about receiving the Holy Spirit in Confirmation. Talk about the Holy Spirit by describing some of the Symbols we talked about in class.
- Pray the Come Holy Spirit prayer with your family.

Image used under license from Shutterstock.com



# NOTES:



A series of horizontal dotted lines spanning the width of the page, intended for writing notes.

# SAINTS AMONG US

## CONFIRMATION



# PRAYER AND SIN



## Objectives:

- Students will learn the importance of prayer in preparation for Confirmation.
- Students will recognize that sin is an obstacle to Confirmation that must be rejected.
- Students will understand that the Gifts received in Confirmation bring the help of the Holy Spirit.

## Materials:

- Students Workbook
- Construction paper
- Dove and flames sheet
- Scissors, tape or glue



# PRAYING WITH THE SAINTS



(10 mins)

## 1. PREPARATION

### Saint Benedict

**BIOGRAPHY:** St. Benedict was born around 480 A.D. in Nursia, which is in central Italy. He had a twin sister who is also a saint, St. Scholastica. Benedict was well educated in Rome but left the city as a teenager so that he could dedicate his life to knowing and loving God in prayer. Benedict lived alone in the mountains for a number of years, but became well known in the region for his holiness and charity. Although he planned to pray alone for the rest of his life, the monks who lived near him begged him to become their abbot and many more monks desired to live their lives in the way St. Benedict lived his. Benedict wrote a famous and holy book called *The Rule* which teaches about allowing Jesus to change your life and how to run a monastery.

**CONTEXT OF MEDITATION:** The following quote is from St. Benedict's book, *The Rule of St. Benedict*. He is teaching the monks the importance of following Jesus and living a life worthy of Christ.

---

#### Begin with the Sign of the Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 2. QUOTE

*“What, dear brothers, can be sweeter to us than this voice of the Lord inviting us? See, in His loving kindness, the Lord shows us the way of life. Therefore, having our loins girt with faith and the performance of good works, let us walk His ways under the guidance of the Gospel, that we may be found worthy of seeing Him who hath called us to His kingdom (cf 1 Thes 2:12).”*

*- The Rule of St. Benedict*



## REVIEW SOME IMPORTANT ELEMENTS OF THE TEXT:

### In this quote St. Benedict means:

- Benedict tells his brother that the Lord calls us and that His voice is very sweet. This is what begins our relationship with God.
- Jesus lived a human life to show us how to live our lives to be happy.
- Following the guidance of the Holy Spirit we will be able to see the Lord who has called us to be with Him in Heaven. Following Jesus' teaching in the Bible will make us holy and get us ready for heaven.

## 3. TEACHING

**Leader:** ask the following questions or any other you find adequate.

- St. Benedict teaches us to make time for prayer and to live like Jesus.
- Think of some ways that we can follow Benedict's teachings.

## 4. RESPOND

**RESPOND:** How are you going to respond to what you learned from this saint? Make a concrete resolution that will help you to grow.

**Close with a prayer.**

End with the Sign of the Cross.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**



St. Benedict by Andrea Mantegna  
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# CATECHIST BACKGROUND



This lesson focuses on the internal preparation for Confirmation. Essentially, this consists in being open to the Holy Spirit: allowing Him into our lives and rejecting what is contrary to Him. The *Catechism* mentions prayer especially as the way to prepare for the sacrament. In addition, it mentions being in a state of grace, meaning that we have removed the obstacle of sin, especially through Confession:

***“To receive Confirmation one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act (CCC 1310).”***

We have to teach our students to pray. This is why we start each lesson with *Lectio Divina*. We also want to encourage our students to meditate on the mysteries of the rosary. Starting with this lesson, we are also asking that the students take a few minutes of quiet time to ask the Holy Spirit to help them with their preparation for Confirmation.

The Bible shows us that one way the Holy Spirit acts as our Counselor is by teaching us how to pray. St. Paul, in particular says that “the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words” (Romans 8:26). In particular, the Spirit helps us to pray as children of the Father: “When we cry, “Abba! Father!” it is the Spirit himself bearing witness with our spirit that we are children of God” (Romans 8:15-16). The Spirit’s presence in our lives draws us into the inner life of God, helping us to live and pray as children of the Father.

In order to receive the Spirit well, we also have to reject evil. Prayer unites us to God, while sins put up an obstacle against God. When we sin we choose a lesser good above a higher good. For instance, we put our desire for pleasure above our responsibility to God and others. We know from the Bible that the struggle against sin is made more difficult because of temptation. Just as in the Garden of Eden, the enemy, the devil, presents us with false promises of fulfilling our desires by breaking God’s commandments. This is why the Confirmandi will be asked to reject the devil, his works, and all of his false promises before receiving the Holy Spirit in Confirmation.

# STUDENT DIRECTION



## The Holy Spirit and Prayer

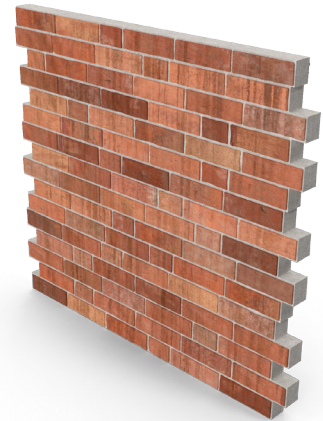
Jesus is our Savior. He died on the Cross to take away our sins and rose from the dead to give us a new and everlasting life. But Jesus also said He wanted to give us a great gift when He ascended into Heaven. He did not want to leave us without His presence, so He gave us His own Spirit. Jesus gives us the inner life of God so that we can live like God.

The Spirit works in us, helping us believe all that Jesus taught. Another main way that the Spirit works in us is by teaching us how to pray. Prayer is how we talk to God, how we come close to Him, to love Him and to be with Him. Because we cannot see God we do not know how to speak to Him on our own. But when the Holy Spirit lives in us, He teaches us and leads us to God in our hearts. He teaches us to call God our Father and to live like His sons and daughters.

Praying with the help of the Holy Spirit is one of the most important ways to get ready to receive Confirmation. The power of Confirmation is that it opens us to the Holy Spirit so that He can live in us and act in us. We have to learn to listen to His voice in our hearts by praying in silence. We should ask Him every day to teach us and help us to pray.

## Sin Blocks Us

Prayer bring us close to God. It is how we get to know Him, experience His love for us, and love Him in return. Sin does the opposite. Sin turns us away from God. It puts up a wall in front of the Holy Spirit. Just as prayer is important to get ready for Confirmation, so is stopping any bad habits or actions that make God sad. We want to be the friends and children of God by listening to Him and loving Him. As part of Confirmation, we say yes to God and no to sin. We are putting God before other things that we want.



We have already learned about the baptismal promises where we say yes to believing in the Father, Son, and Holy Spirit. Our baptismal promises ask us to say no to evil by rejecting Satan. Here is the other part of the promises:

- V. Do you reject Satan?
- R. I do.
- V. And all his works?
- R. I do.
- V. And all his empty promises?
- R. I do.

# STUDENT DIRECTION



**Let's look at the parts of this promise. Tell me some things that you remember about Satan.**

- As students give you details they remember about Satan, write these on the board.
- Possible responses include: devil, deceiver, serpent, tempted Adam and Eve, wants evil, wants us to disobey God, wants separation from God, etc.

**And what are the works of Satan? What are things that he does?**

- Add these responses to the list on the board: evil, destruction, sin, wants us to get in trouble, wants us to be separated from God, etc.

**So, can we agree that the works of Satan are not good? Can we agree that Satan does not want us to be happy, but instead wants us to lose our relationship with God?**

**So, what do you think are empty promises?** Accept responses

Let's say someone took you into a candy store and said, "You can have anything in here that you want. You can have as much as you want. Go, eat as much as you want right now. Nothing can go wrong." Wow, that sounds like a good deal, right? All the candy you can eat and want right now! The candy looks good, and tastes good, but even something that seems good can be too much.

**What happens when you eat too much candy at one time?** You feel sick, you might actually get sick, you might not want to even try candy again

Satan's empty promises are like this. He makes something seem good, and whatever he promises might satisfy you right now, but his promises will not bring you happiness because they do not involve God. And his promises can make your soul sick. This is how Satan works. He wants to seduce us, meaning he wants to make it seem like he wants what is best for us, but really, he just wants to separate us from God.

So, as part of our baptismal promises, we must first reject Satan.

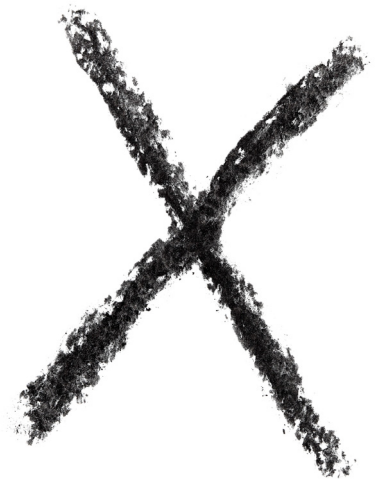
**What does it mean to reject?** Allow responses

**Who has younger brothers or sisters?** Allow students to raise hands

**Think about when that brother or sister was (or is) about 2 or 3 years old. When your mom or dad puts a plate of food in front of the child and he or she does not want to eat the food, what does he (she) do?** Push the plate away or even throw it to the floor.

The child is rejecting the food. He or she is saying that the taste displeases him (her). In the case of Satan, we are to push him away not because he tastes bad, but because he is inappropriate or he is not good for us. When we reject Satan, we are saying "no" to Satan's evil ways and following God's ways.

- Draw a large "X" over the list of Satan and his works that you wrote on the board, showing how we reject him.



# STUDENT DIRECTION



## Introduction to the Gifts of the Holy Spirit Activity

(15 mins)

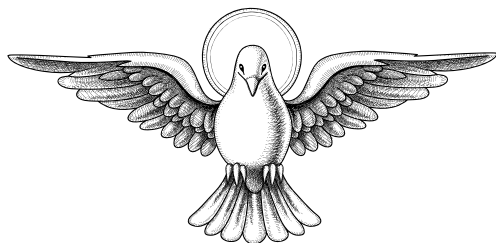
Today, we will begin learning about the gifts of the Holy Spirit. God will strengthen these gifts when you receive Confirmation. These gifts of the Holy Spirit are called gifts because you do not earn them. They are given freely by the Spirit.

**Think about the last time you had a birthday. Did you get gifts? What did you have to do to receive those gifts?** Allow responses

You probably did not have to do anything. You do not have to earn the presents you get on your birthday. People give them because they love you.

The Spirit also gives the seven gifts freely. The gifts open us to help of the Holy Spirit. The Spirit lives in us and helps us to know and love God, and to be soldiers of Christ, defending Him in our words and actions. We do not have to go through the journey of our life alone. When things are hard or we do not know how to follow God, the Holy Spirit will come to you and help you through His gifts.

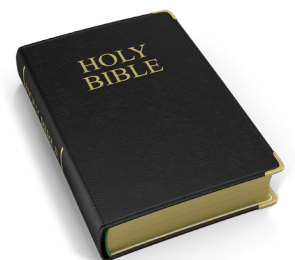
- Give students a sheet construction paper. Have them draw (trace) their own hands, thumbs in, as if extended over people. Hands can be up or down.
- Give students the Gifts of the Holy Spirit activity sheet.
- Have students cut out the Holy Spirit symbol (dove) and glue or tape above the hands, showing the Holy Spirit is being sent down to be given to the confirmandi.
- Have students cut out the flames. Write the seven gifts of the Holy Spirit on the board and have students write one gift on each flame.



Wisdom  
Understanding  
Knowledge  
Counsel  
Fortitude  
Piety  
Fear of the Lord

### Optional Activity:

Lead the students through a time of silent prayer. You can use a passage of the Bible to help with meditation. Encourage the students to listen to the voice of the Holy Spirit and to speak to Him in their hearts.



# STUDENT DIRECTION



## WRAP UP

(5 mins)

Let's take a moment now to renew our baptismal vows.

### Respond after each question.

V. Do you reject Satan?

R. I do.

V. And all his works?

R. I do.

V. And all his empty promises?

R. I do.

V. Do you believe in God, the Father Almighty, creator of heaven and earth?

R. I do.

V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

R. I do.

V. Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

R. I do.

## FINAL PRAYER

Pray the Apostles' Creed and Come Holy Spirit.



## AT HOME

- Take some quiet prayer time at home. Read a short passage from the Bible and think about what God is saying to you in this passage. End your prayer time speaking back to God, telling him your thoughts and feelings. Ask Him to send you His Holy Spirit and to help you get ready for Confirmation.
- Think about any bad habits that will stop you from preparing well for Confirmation. Work on stopping these habits.

# SAINTS AMONG US

## CONFIRMATION



# THE GIFTS OF WISDOM, UNDERSTANDING, KNOWLEDGE



## Objectives:

- Students will recognize the gifts as the means by which we come to know and love God.
- Students will recognize that the gifts are freely given by the Holy Spirit.
- Students will define the Gifts of Wisdom, Understanding, and Knowledge.

## Materials:

- Students Workbook
- Three column chart (in student workbook)
- Drawing/writing utensils
- God's Ways sheet (in student workbook)



# PRAYING WITH THE SAINTS



(10 mins)

## 1. PREPARATION

### Saint John Paul II

**BIOGRAPHY:** Pope St. John Paul II was born on May 18, 1920 near Krakow, Poland. Before he became Pope in 1978, his name was Karol Wojtyła (Voy-tee-wuh). In his youth and throughout his life he loved to hike, ski, act in plays, read and write. He was almost done with college when the Nazis invaded Poland and shut down the universities. Karol ended up finishing his schooling later and began training for the priesthood in secret. He became a very popular and lovable priest and scholar. He was so good at teaching the faith and leading people to Jesus that he became a Cardinal when he was only 47 years old! 11 years later he became Pope! As Pope, St. John Paul II brought Jesus Christ to millions of people around the world by visiting them, teaching them and praying for and with them. He fought hard to end Communism and allow the people to worship God openly again. John Paul loved young people and started World Youth Day to gather millions of youth from around the world to worship God together.

#### CONTEXT OF MEDITATION:

Pope St. John Paul II gave this message to the youth gathered in Paris in 1997.

#### Begin with the Sign of the Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*



## 2. QUOTE

*“Remember that you are never alone, Christ is with you on your journey every day of your lives! He has called you and chosen you to live in the freedom of the children of God. Turn to him in prayer and in love. Ask him to grant you the courage and strength to live in this freedom always. Walk with him who is “the Way, the Truth and the Life!” - World Youth Day Paris, 1997.*

Photo: James Baca



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**REVIEW: John Paul II tells us**

- We are never alone! Jesus is always with us!
  - You are chosen!
  - If we pray Jesus will always come to help us!
- 

## 3. TEACHING

**Leader:** ask the following questions or any other you find adequate. You can suggest that they write their answers silently in their workbooks:

- John Paul knew that we need to courage to follow Jesus in the world today. It is sometimes hard to do what is right instead of following along with our friends.
  - We have to pray that God gives us strength to follow Him.
- 

## 4. RESPOND

How are you going to respond to what you learned from this saint? Make a concrete resolution that will help you to grow.

**Close with a prayer.**

End with the Sign of the Cross.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

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## RECAP

Last week, we talked about gifts we have received. What are the gifts that God gives us?

**The seven gifts of the Holy Spirit.**

Do you have to earn these gifts? **No, they are given freely by God.**

When did you first get these gifts? **Baptism.**

## The Gifts of the Holy Spirit

You first receive the gifts when the Holy Spirit comes to you for the first time in Baptism. In Confirmation, the gifts are increased as you are sealed with the Holy Spirit. The Holy Spirit works through us using His gifts, so that we can know God more, love Him more, and defend our faith in our words and actions. The gifts make us open and obedient to the action of the Holy Spirit in our lives.

The seven gifts of the Holy Spirit are: Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety, and Fear of the Lord.

# CATECHIST BACKGROUND



According to the *Catechism*, the seven gifts of the Holy Spirit “belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations” (CCC 1831). Virtues are good actions that proceed from the dispositions or habits of our mind and will (free choice). Gifts are dispositions that open us to the action of the Holy Spirit, who prompts our mind and will to obey His inspirations.

Confirmation is about being open to the Holy Spirit working in our lives. The Gifts show us the main ways that the Spirit wants to change us and help us to grow.

All definitions for the gifts of the Holy Spirit that are used in the Student Direction are Archbishop Aquila’s own definitions. To hear his explanations of the gifts, listen to his Pentecost homily on May 24, 2015, at:

<http://archden.org/pentecost-receive-the-gift-of-the-holy-spirit/#.VnRTGfkrKUK>

All of the gifts we are discussing in this lesson relate to an interior illumination of the mind that comes from the Holy Spirit. Jesus spoke of the Holy Spirit’s role in teaching us in John 16:12-14: “I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you”. Jesus is the revelation of the Father, His Word come into the world. Jesus sends the Holy Spirit to us to unite us to His truth and to open our minds and our hearts to the teaching of Jesus. The Holy Spirit is the inner teacher that enables us to believe that what Jesus teaches us is true.

# CATECHIST BACKGROUND



The Gift of Knowledge helps a person grow in his or her relationship with the Father, Son, and Holy Spirit. Just as a child grows in knowledge of his parents, so will a Christian, through the Gift of Knowledge, grow to know the Father, Son, and Holy Spirit more deeply and intimately.

The Gift of Understanding helps a Christian to comprehend the divine mysteries. This applies to doctrines, dogmas, and scriptural passages and events, but also those things that occur in a person's life.

The Gift of Wisdom is seeing the thoughts and ways of God. When a Christian sees God's ways, he or she can follow God's will, not his or her own. The best way to know the ways of God is to read Sacred Scripture, particular the Gospels (in which Jesus Himself teaches us about the ways of God).

## God's Way Activity

This activity helps the students to recognize what God wants versus what the world wants. This activity also encourages students to see the ways in which they can learn about the ways of God by using the gift of Wisdom, primarily through Scripture and prayer.

## Answers

### God's Ways Answers

- Reading Scripture
- Studying the Gospels
- Praying
- Obeying parents
- Doing the Sign of the Cross in public Adoration
- Sharing your lunch at school
- Donating to the poor
- Obeying God's commandments
- Receiving the Sacraments
- Praising God

### Incorrect Answers

- Fighting with others
- Stealing
- Watching bad shows
- Skipping Mass
- Skipping school
- Gossiping about someone you don't like
- Refusing to use your gifts to serve God
- Refusing to confess belief in God around others
- Praising the devil

# STUDENT DIRECTION



Today, we will talk about the first three gifts.

## Knowledge

(20 mins)

- Go to the three columns blank chart in the student workbook.
- Tell students to label the first column “birth” (write this on the board).
- Ask students to draw or list there, what they knew about their parents when they were first born. Within their first year of life, what did they know about their parents? Only give a minute or so for this picture since they should not be able to draw or list much of anything.
- Students should label second column “5 years old” (write this on the board).
- Ask students to draw or list what they knew (or remember) about their parents when they were 5 years old, in the second column. Give about 2-3 minutes and have them draw or list as many things as they can think of in that time.
- Students should label the third column with their current age.
- Ask students to draw or list, in the third column, what they know (or remember) about their parents now. Give about 2-3 minutes and have them draw or list as many things as they can think of in that time.

**What are some things that you noticed about your three pictures? Allow responses. Did you know or remember more things about your parents the older you got?**

Babies do not know their parents when they are born. They do not know how to love. They must get to know their parents and receive love in order to give love. The gift of Knowledge helps us to get to know God, who made us and redeemed. We come to know Him as Father, Son, and Holy Spirit—the God who created us, became man to save us, and who lives in us to make us holy.

When we have the gift of Knowledge, we grow in knowledge and love of God. We deepen our relationship with God, just as we grew to love our parents and build a strong relationship with them. The more you know about God, the deeper your relationship with Him becomes, and the more you are able to return love, both to Him and to others. The gift of Knowledge also helps us to know how we, other people, and other things relate to God.



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# STUDENT DIRECTION



## Understanding

(15 mins)

As we come to know God more through the gift of Knowledge, we also are able to better use the gift of Understanding. While Knowledge allows us to know and be aware of God's presence, Understanding helps us to grow in comprehension of our faith. Jesus told us that the Holy Spirit would teach us all things we need to know. The Spirit speaks to us in our heart helping us to know and understand God and our faith.

God wants us always to keep learning about our faith. **What if you quit school after the third grade? Would you have enough understanding of the world to be able to make a good living and pay your bills?** The same is true in our faith. Confirmation is not the end of your faith formation. We are given the strength to continue learning our faith and living it each day. The Gift of Understanding gives us inspiration and insight to understand what God is teaching us through the Church.

**What are ways that we can continue to form our faith?**

- As students give responses, write these on the board. Reading Scripture, attend catechesis classes, attend Mass regularly, receive sacraments regularly, pray often, live a Christian life by helping others and teachings others about Jesus, etc.

## Wisdom

(20 mins)

The Gift of Knowledge allows us to know and seek God. The Gift of Understanding helps us to comprehend our faith and the teachings of the Church. Through Knowledge and Understanding, we are able to more fully use the Gift of Wisdom. The Gift of Wisdom allows us to have the ways and thoughts of God. This means that we want God's way, not our way. Through wisdom, the Holy Spirit shows us what is most important in life, what will last forever. We are wise if everything in our life points to God and Heaven.

**What are the ways of God? How do we know what God wants?**

- Go to God's Way sheet in student workbook. Students should circle the words and phrases that show God's way, not the way of the world (or put yes and no underneath the word or phrase).
- Students can write in something else that is God's way at the bottom.
- Go over these as a class.

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **Are the gifts of the Holy Spirit free, or must you earn them?** Free.
2. **What is the purpose of the gifts?** So that we can be open to the Holy Spirit helping us to know God more and to live rightly.
3. **What is the gift of Knowledge?** The Holy Spirit helps us to know God better.
4. **What is the gift of Understanding?** The Holy Spirit helps us to understand our faith.
5. **What is the gift of Wisdom?** The Holy Spirit helps us to follow the ways and thoughts of God.

## FINAL PRAYER

### Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.



- Describe the three Gifts we learned about today to your parents.
- Take a few minutes of quiet prayer and ask the Holy Spirit to give you these three gifts.
- Pray the Come, Holy Spirit prayer with your family.

# SAINTS AMONG US

## CONFIRMATION



## THE GIFTS OF COUNSEL AND FORTITUDE



### Objectives:

- Students will define the Gift of Counsel.
- Students will define the Gift of Fortitude.
- Students will recognize how the Gifts of Counsel and Fortitude act in their lives.

### Materials:

- Students Workbooks
- Ten Commandments page in workbook
- Writing utensils
- Sheet of paper for making a list
- Glue or tape



# PRAYING WITH THE BIBLE



(10 mins)



Jesus and the apostles. Vatican Museum  
Photo: Godong / Alamy Stock Photo.

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

The passage we are reading is from the Gospel of Luke. Jesus tells His disciples to fear God, knowing that He is our judge. Jesus tells them not to fear anything else that happens in the world, but to trust in Him. This includes when people challenge us for our faith.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

### Luke 12:11-12

Review some important elements of the text:

**Leader:** Ask the following questions quickly.

Receive answers or answer them.



1. Do the apostles need to be worried when they are in trial? **No.**
2. Who will teach them what to say?  
**The Holy Spirit.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.



## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- The Holy Spirit gave the Gift of Counsel to the Apostles to help them know what to say. The Holy Spirit will also guide us when we need help.
- We will face hard things in living our faith, but it's important to know that God will be with us.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Holy Spirit, come live in my heart. Help me to know what to say and what to do at all times, but especially when I am challenged for my faith.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts." (1 minute in silence).

Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

---

## RECAP:

In the last lesson, you learned about the Gifts of Wisdom, Understanding, and Knowledge. These three gifts help us to know God and our faith more.

# CATECHIST BACKGROUND



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Last class we learned about three gifts that guide our minds. This class we are focusing on gifts that guide our action, helping us to make the right choices. Once again, the gifts are different from virtues in that they open us up to the Holy Spirit, making us docile and obedient to His inspirations and promptings. This is an important distinction because many of the gifts are also virtues. Fortitude, for instance, is a virtue that enables us to stand up to danger. When we have this virtue, we have a habit that enables us to do what is right in the face of danger. The Gift of Fortitude goes further, however, by being open to God directly moving us to do what is right in the face of danger. The gifts give us superhuman inspiration and strength to follow God.

The Gift of Counsel helps Christians know what they should or should not do in every situation that demands a moral decision. Through the gift of Counsel, the Holy Spirit provides guidance on what is right versus wrong. It is interesting that this Gift relates to the name Jesus used for the Holy Spirit Himself: Counselor (Paraclete in Greek; see John 16:7). Sometimes Counselor is translated as Advocate. This means that the Spirit will come to our aid, like a defense attorney at a trial. He will guide us on what to think and do during the various trials we will face in our life. God does not promise any ordinary help for us. He gives us His own Spirit to dwell with us to direct our minds and hearts according to His truth.

Right before Jesus promises the Counselor in John 16, He speaks of the persecution His followers will face in the world (see John 16:1-4). It is precisely to overcome this persecution and opposition of the world that we need the Counselor. The Holy Spirit will teach us what we should believe (John 16:13), but also what to say when we are challenged and persecuted: “And when they bring you before the synagogues and the rulers and the authorities, do not be anxious how or what you are to answer or what you are to say; for the Holy Spirit will teach you in that very hour what you ought to say” (Luke 12:11-12).

The Spirit guides both our minds and our actions. In the Gift of Fortitude, He gives us courage to overcome obstacles and challenges. The Spirit helps us to be a witness of Christ even in the midst of danger. The ultimate example of this witness comes from the martyrs (a Greek word for witnesses). The *Catechism* describes martyrdom as the ultimate expression of fortitude: “Martyrdom is the supreme witness given to the truth of the faith: it means bearing witness even unto death. The martyr bears witness to Christ who died and rose, to whom he is united by charity. He bears witness to the truth of the faith and of Christian doctrine. He endures death through an act of fortitude. “Let me become the food of the beasts, through whom it will be given me to reach God” (CCC 2473).

# STUDENT DIRECTION



Today, we will talk about the gifts of Counsel and Fortitude.

- **Note that the Gift of Counsel is also known as Right Judgment and the Gift of Fortitude is also known as Courage.**

## Counsel

(25 mins)

The Gift of Counsel (or Right Judgment) helps us to make the right decisions. Through Counsel, we can listen and be open to the word of God. With the Gift of Counsel, the Spirit helps us to know what is good and evil and to make good choices.

**How do we know what is good?** Who decides that? What if we said that I, your teacher, could decide what is good or not? What if I said I was going to punch someone because I think that is good? Is that good just because I said it? No. So who decides what is good and evil? (Accept responses.)

God decides what is good and evil. And we know what God thinks is good by His commandments. The Ten Commandments are God's laws, which He put on stone for us to remember. When we follow His commandments, we are choosing good and avoiding evil. The Holy Spirit brings God's commandments to our minds and helps us to follow them when we make choices.

We are going to take some time now to review the Commandments of God since we are saying those are the good things that God expects of us.

**Open your workbook to the Ten Commandments sheet.**

- **Next to each definition, the students should write which commandment it is. You can do this together as a class.**



# STUDENT DIRECTION



Read Mark 12: 30-31.

*'You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.*

In this passage, the Pharisees tried to test Jesus by asking Him which was the greatest commandment. Jesus told them "Love the Lord, your God, with all your heart, with all your soul, with all your mind, and with all your strength."



Let's break that down a little.

**What does it mean to love with your whole heart?** From the innermost part of our lives, with everything we feel. This also means we desire God above all things.

**What does it mean to love with your whole soul?** With our emotions, our will, our faith, our morals, and our conscience.

**What does it mean to love with your whole mind?** With our thoughts and words.

**What does it mean to love with your whole strength?** With all our abilities, power, and might, physical and mental.

**What's left to love with?** Nothing! So we are to love God with everything that we are, with everything that we have, first, and above all things.

Next, Jesus said to "love your neighbor as yourself".

**Who is a neighbor?** Allow responses

A neighbor is a fellow human being. And how are we supposed to love ourselves? With respect, with generosity, being committed and concerned for their well-being, making sacrifices.

Jesus wants us to experience joy with Him in heaven. Obeying God's commandments helps us experience true joy. Through the Gift of Counsel the Holy Spirit guides you to follow God's word.

# STUDENT DIRECTION



## Fortitude

(20 mins)

In the Gift of Fortitude (also known as Courage), the Holy Spirit gives us the courage to live our faith in this world. Courage helps us to stand up against things that challenge our faith and things that try to stop us from being good. The Holy Spirit guides us to follow Christ even when it is hard. Fortitude allows us to be witnesses to our faith, living our faith freely in public, even in times of persecution.



Saints and martyrs show us how to use the gift of Fortitude, even in the face of great evil. We are supposed to accept moral principles as commanded by God and reject ideas and actions that are evil, the works of Satan. Some other examples of Fortitude are soldiers in the military, police officers and firefighters.

## Activity

- **Divide the class into groups of 3 or 4.**
- **Give each group a sheet of paper. Tell them to brainstorm a list of things that they can do with the Fortitude they will receive.** These should be ideas that stand up against immoral actions in the world and foster a belief and desire for God. At this age, care is needed when discussing dying for Jesus if the situation arose. The point is to get them thinking about living their faith so others can see (for example, praying in public).

One example: if you give up video games during Lent and you visit a friend who is playing video games, with Fortitude, you will tell that friend that you cannot play games today because you have given that up for Lent as a sacrifice.

- **Allow each group to present their list.**

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **What is the Gift of Counsel?** The Holy Spirit helps us to make right decisions, choosing good over evil.
2. **What is the Gift of Fortitude?** The Holy Spirit give us courage to live our faith out in the world.
3. **Why is it important to learn the commandments of God to effectively use the gift of Counsel?** The commandments of God show us what is right and wrong, allowing us to make good choices.

## FINAL PRAYER

Review the prayers of the Rosary:

Apostles' Creed  
Our Father  
Hail Mary  
Glory Be  
Fatima Prayer  
Mysteries  
Hail Holy Queen  
Prayer after the Rosary

Choose part of the Rosary to pray together as a class.



## AT HOME

- Tell your parents about the two gifts we learned about today.
- Pray silently with the Holy Spirit, asking Him to give you Counsel and Fortitude.
- Pray the Come, Holy Spirit prayer with your family.

# SAINTS AMONG US

## CONFIRMATION



## THE GIFTS OF PIETY AND FEAR OF THE LORD



### Objectives:

- Students will define the gift of Piety.
- Students will define the gift of Fear of the Lord.
- Students will state that they should pray for and desire the gifts of the Holy Spirit.

### Materials:

- Student workbook
- “Wonder” page in student workbook
- Crucifix – from classroom or available image to download
- Writing/drawing utensils
- Gifts of the Holy Spirit puzzle sheets (print on cardstock)
- Scissors
- Glue or tape



# PRAYING WITH THE BIBLE



(10 mins)



Parable of the Pharisee and the Publican  
Photo: : PRISMA ARCHIVO / Alamy Stock Photo.

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

The passage we are going to read is from the Gospel of Luke. Jesus continues teaching to his disciples. Remember, a parable is a simple story that Jesus told to teach a lesson. Jesus told this parable to people who thought they were better than everyone else.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

### Luke 18:10-14

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.



1. What was the Pharisee proud of? **That he was not greedy, dishonest, an adulterer, he fasted two days a week, and gave his tithe.**
2. What did the Tax Collector ask God? **He asked for mercy because he was a sinner.**
3. Why did Jesus say that the tax collector was right with God and not the Pharisee? **Because the tax collector was humble and sorry for his sins but the Pharisee was proud and didn't even realize his sinfulness.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.



## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- The tax collector shows us how to pray to God with humility. Prayer is not about putting on a show or going through the motions, but offering our heart to God.
- The tax collector also gives us the words of a beautiful prayer: “God, be merciful to me a sinner.” Some people say this prayer throughout the day to help them think of God.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Jesus, please give us the gift of humility and repentance for our sins. We ask for your mercy. Please help us to prepare to receive Your Spirit at Confirmation.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let’s be quiet so we can hear what God might be saying back to us, inside our hearts.” (1 minute in silence).

Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

---

## RECAP:

We have been learning about the seven gifts of the Holy Spirit. So far, we have talked about five of the gifts. Let’s see if we can name them.

• **Have students tell you the gifts they have learned so far, writing each on the board as they are called out: Wisdom, Understanding, Knowledge, Counsel, and Fortitude.**

In the Gifts of Wisdom, Understanding, and Knowledge the Holy Spirit gives light to our minds so that we can know God. The Gifts of Counsel and Fortitude guide us to know what is good and evil and give us courage to stand up for our faith against things that challenge it.

# CATECHIST BACKGROUND



Jesus tells us the Holy Spirit will help us to worship God correctly. Because God is spirit, He can only be approached in spirit. He gives us His Spirit to bring us close to Him in prayer. Jesus explains this in the Gospel of John: “But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth” (John 4:23-24). The Gifts of Knowledge, Understanding, and Wisdom guide us to God in truth and the Gift of Piety guides us to worship God through the Holy Spirit. The Gift of Piety also rightly aligns our relationship with God as His sons and daughters. With Piety, we can worship God as He wants to be worshipped.

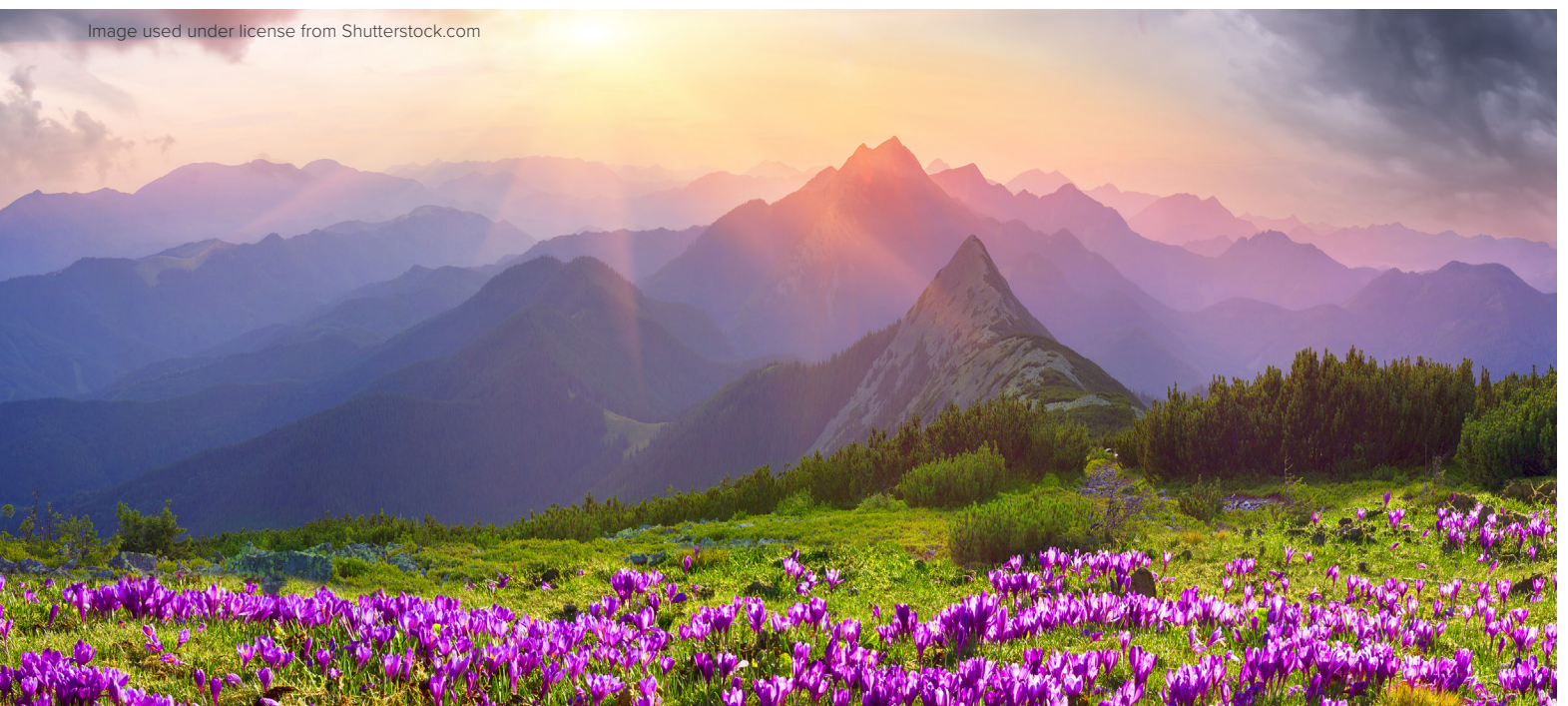
**Note: The Gift of Piety is also called the Gift of Reverence and the Gift of Fear of the Lord is also called the Gift of Wonder and Awe.**

## Note on Activity:

Technology can be used well and in moderation. This lesson indicates that students should avoid content that is not virtuous or watched/listened to/read in excess to avoid chores or homework. Also, focusing on media too much can lead to distraction and make it hard to pray. Prayer requires the ability to keep attention focused and to remain silent for extended periods of time.

“The fear of the Lord is the beginning of wisdom” (Psalm 111:10). We cannot be obedient to God and humble before Him if we do not have a sense of the overwhelming greatness of God. To fear God is to acknowledge how little we are before Him and how His greatness is infinite and beyond compare. The Gift of Fear of the Lord gives us the capacity for awe. As the Lord expresses Himself through Truth, Beauty, and Goodness, this gift allows us to be profoundly moved by the Lord’s presence and mystery. This gift also helps us to stay close to God as we fear both His just punishment for sin and offending His love.

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# STUDENT DIRECTION



In the Gifts of Counsel and Fortitude the Holy Spirit guides our choices so that we can live for God. Today, we will finish up the seven gifts with the remaining two: Piety and Fear of the Lord.

## Gift of Piety Activity

(20 mins)

Piety means to have reverence for God and to love Him as our Father. It can also be called the Gift of Reverence. The Holy Spirit helps us to pray well, speaking with God and having a relationship with Him. The Spirit helps us to worship God at Mass as well. Through the Gift of Piety, we put God first, loving Him before and above all things.

**Let's do an experiment.**

- Show the students a crucifix or art depicting Jesus (there may be one hanging on the wall. You can also print an image of one).

**Do you see Jesus there? What if I asked you to stay focused on Jesus and to focus on nothing else for just thirty seconds?** Let's see if you can do it.

- Time the students for thirty seconds. They should try to remain focused on Jesus.

**Was that difficult? What were some things distracting you in the room?**

Accept answers: other students, other art on the walls, something moving outside the room, sounds, maybe a hole or imperfections on the wall, etc.

**Now, let's see if we can cut some of the distractions.**

- Give each student a sheet of paper. They should all roll their paper into a long tube, making a make-shift telescope. Show them how to use this "telescope" to focus on just Jesus. When they look through the scope (with one eye closed or covered), they should only be able to see one image at a time, reducing distractions.



Image used under license from Shutterstock.com

# STUDENT DIRECTION



- Time the students for thirty seconds again.

**Was that a little easier to focus on Jesus? Did you have the same distractions? No. No, you probably did not, but it is not very realistic to walk around with a scope keeping the other eye covered, is it? No.**

So we need to think of some other ways to help us keep focused on God the Father, Jesus, and the Holy Spirit.

There are two ways to stay focused: 1. Add good things for God, and 2. Take away things that distract us from God.

- Draw the following chart on the board.



**Let's brainstorm some ideas of things that help us focus on God, and things that distract us from God.**

- As students give ideas, write these under the appropriate column.

Good: attend Mass regularly, adoration, prayer, good deeds for others, reading the Bible, talking about Jesus to others, desiring to learn more about your faith, reading stories about saints, etc.

Bad: friends who are bad examples, TV shows, movies, internet, music, or media in excess, sin, excuses for not attending Mass, doing homework or chores, etc.

**So, when you are praying for the Gift of Piety, remember that you want to do the things in the first column and reduce the things in the second column.** The Holy Spirit will help us to pray, to focus on God, and come close to Him in our heart. God is a loving Father and wants us to love Him as His sons and daughters.

# STUDENT DIRECTION



## Fear of the Lord Activity

(20 mins)

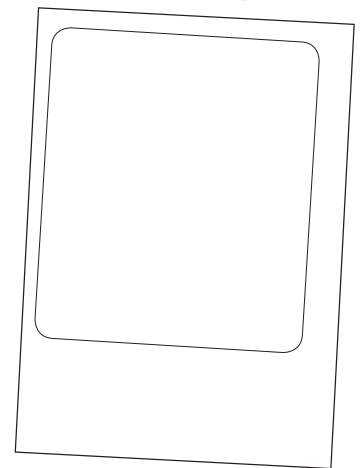
The gift of Fear of the Lord does not mean to be afraid of God. It is also called having “wonder and awe” of God. **Think of looking up at a sky full of stars, standing by the ocean, or looking out from the top of a mountain. How do you feel?** (Accept answers.) We can be overwhelmed by the beauty or great size of something. It makes us feel small in comparison. God is perfectly good, more beautiful than anything else, infinite, eternal, all knowing, and present everywhere. We can feel so small before Him and be overwhelmed by His greatness. We also can fear God’s judgment when we know that we sin. We are afraid that our sins can pull us away from God, who calls us to be happy with Him forever.

- Go to the “wonder” page in students workbook.

Think of something that you have seen or experienced that filled you with wonder. Maybe it was a scene in nature. Maybe you looked up and saw the beautiful snow-covered Rockies or a colorful sunset. Maybe you entered a breath-taking church with ornate columns and windows. Maybe you talked to Jesus in adoration. Maybe you held your baby brother or sister for the first time. Think of any event that filled you with wonder and awe, something that you were just amazed at. Draw that picture.

- Give students a few minutes to draw.
- Ask for volunteers to share their moments of wonder and awe.

**WONDER**



The Gift of Fear of the Lord allows us to see God’s goodness and beauty. It helps us to appreciate the beauty of the world too because all things beautiful are a reflection of God. When we fear the Lord, we may tremble, not because we are afraid of God (who is all good), but because we realize that we need the great mercy and love of God. We may ask, “How can God who is so great love me so much, even though I am so small and weak?” But you are a son or daughter of God the Father and He always loves you. When we have Fear of the Lord, the Holy Spirit shows us the greatness of God’s love and brings us to Him to receive it.

# STUDENT DIRECTION



## Gifts Review Activity

(15 mins)

Now we have learned the seven gifts of the Holy Spirit. In the Gifts of Wisdom, Understanding, and Knowledge the Holy Spirit gives light to our minds to know God. In the Gifts of Counsel and Fortitude the Holy Spirit helps us choose to live for God. In the Gifts of Piety and Fear of the Lord the Holy Spirit helps us to worship God. You should always pray for the gifts of the Holy Spirit and desire the Holy Spirit to work in you. We have already said that you received the gifts at Baptism and will have them increased in Confirmation, **so why pray for them?** (Allow responses.)

We pray for the gifts because they belong to God. The gifts open us to the Holy Spirit who acts in our lives, helping us to know and love God and to live a good life. We cannot control the gifts, but through prayer we open our hearts to God and let Him live in us and work through us.

- **Pass out the Gifts Puzzle sheet.**
- **Students should cut out the puzzle pieces and match the gift of the Holy Spirit with its definition.**
- **Go over this together. If you run out of time, send this home to finish**

## WRAP UP

(5 mins)

1. **What is the gift of Piety?** Worshipping God as His child and staying focused on Him.
2. **What is the gift of Fear of the Lord?** Having awe and wonder of God and in His mercy and beauty.
3. **Should you desire and pray for the gifts to work effectively in you?** Yes, we should pray to let the Holy Spirit live and act in us more.

## FINAL PRAYER

**Come Holy Spirit**, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord. Amen.



## AT HOME

- Show your parents how the puzzle fits together.
- Spend a short quiet time in prayer asking the Holy Spirit to give you the Gifts of Piety and Fear of the Lord.
- Pray the Come, Holy Spirit prayer as a family.

# SAINTS AMONG US

## CONFIRMATION



# THE FRUITS OF THE HOLY SPIRIT

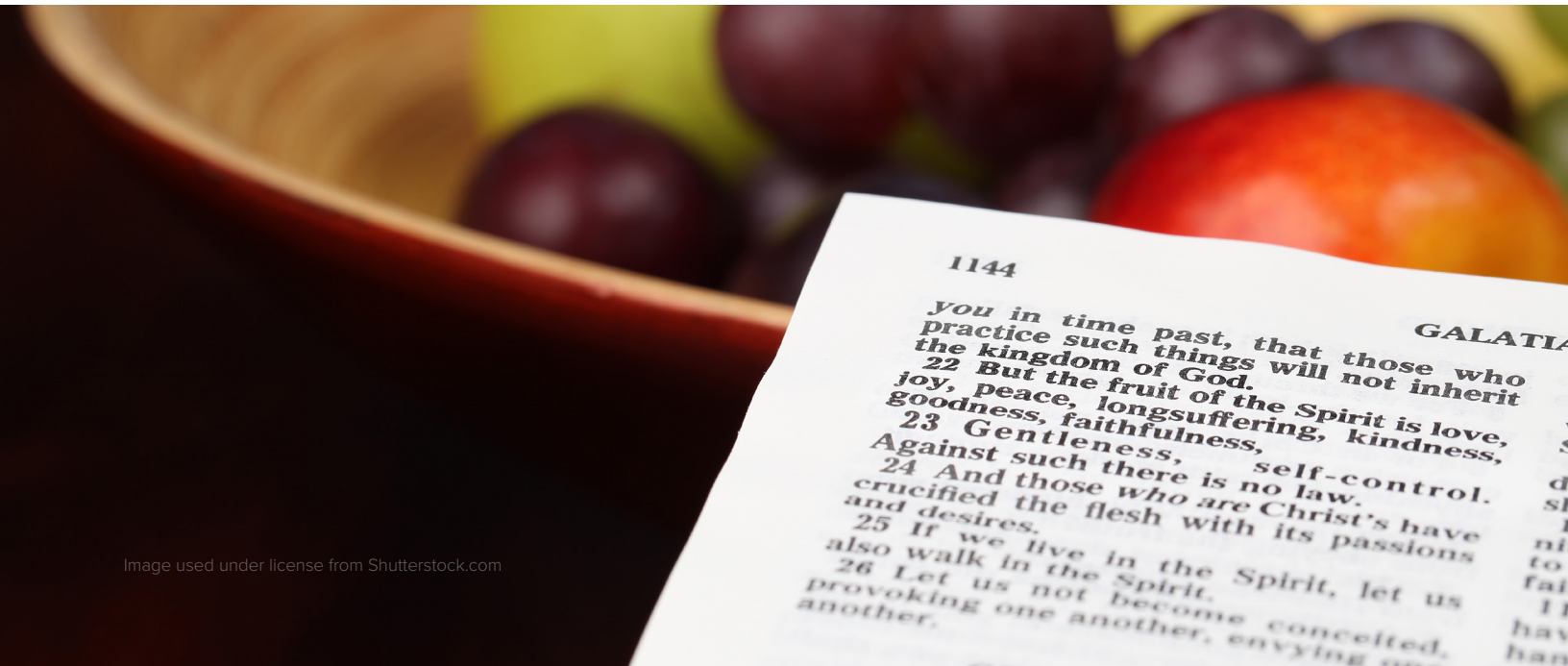


## Objectives:

- Students will identify the twelve Fruits of the Holy Spirit.
- Students will recognize that the Fruits flow from the presence of the Holy Spirit in our lives and actions.

## Materials:

- Students Workbook
- Fruits of the Spirit cut-outs sheet
- Fruits of the Spirit Tree Activity Sheet (in student workbook)
- Scissors, Glue or tape
- Fruit Review cards



# PRAYING WITH THE SAINTS



(10 mins)

## 1. PREPARATION

### St. Teresa of Calcuta

**BIOGRAPHY:** Mother Teresa was born August 26, 1910 in Macedonia and was named Agnes. Her father died when she was only eight years old but her mother raised her to be very involved in the Church. When she was 18 years old she left Macedonia to go to Ireland to become a Sister of Loreto. She was accepted and took on the name Teresa, after one of her heroes, St. Therese of Lisieux. As a sister St. Teresa taught in St. Mary's School in Calcutta, India. In 1946, Jesus asked Teresa to start the Missionaries of Charity with the goal being "to quench the infinite thirst of Jesus on the cross for love and souls". Teresa obeyed and founded the Missionaries of Charity. She spent the rest of her life faithfully serving the poorest of the poor throughout India and the entire world. When she died, the Sisters numbered nearly 4,000 members, and were established in almost 600 foundations in 123 countries of the world. One time, Teresa's sisters wrote to her to ask permission to pray for half an hour instead of an hour because there were so many people who needed help. Teresa responded by telling them that instead of praying half an hour, they should pray for two hours and that the Lord would help them care for all in need!

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#### CONTEXT OF MEDITATION:

Mother Teresa is opening our eyes to the problem of loneliness in the world today.

#### Begin with the Sign of the Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

Photo: James Baca





## 2. QUOTE

*“The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread but there are many more dying for a little love. The poverty in the West is a different kind of poverty -- it is not only a poverty of loneliness but also of spirituality. There’s a hunger for love, as there is a hunger for God.”*

- Mother Teresa

### REVIEW: Mother Teresa tells us

- The greatest disease in the world is not being loved
- As Christians we are called to cure this disease
- We can help only if we bring people to God and God to people

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## 3. TEACHING

**Leader:** ask the following questions or any other you find adequate.

- Mother Teresa showed God’s loving by caring for those people who did not have anyone else to help them.
- She also teaches us that without God our souls will be sad and unhappy.
- We should think about how we can show God’s love to those who need help in body or soul.

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## 4. RESPOND

How are you going to respond to what you learned from this saint? Make a concrete resolution that will help you to grow.

### Close with a prayer.

End with the Sign of the Cross.

*In the name of the Father, and of the Son and of the Holy Spirit, Amen.*

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## RECAP

We have been talking about the Gifts of the Holy Spirit that are bestowed on you at Baptism and increased in Confirmation. These gifts are given to us by the Holy Spirit and make us open to His help.

What are the seven gifts of the Holy Spirit? **Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety, and Fear of the Lord.**

Even though the Spirit gives us these gifts, we need to be open to the Spirit’s work so that they can bear fruit. We have to pray for the Spirit to live in us more and we need to avoid things such as sin that keep the Spirit away from us.

# CATECHIST BACKGROUND



When we follow Jesus and believe in Him, Jesus gives us His Holy Spirit to transform our lives. The Spirit is the Counselor who guides us through all of the difficulties we will face in life. We need to cooperate with the Holy Spirit through prayer and fostering a spirit of docility. We need to listen to His voice and obey His promptings. Like Elijah, who found God's Spirit in the whisper of the wind, we have to be attentive. This means freeing up space in our life for quiet prayer and contemplation and removing obstacles from our life which distract us and lead us away from God's Spirit.

When our life is open to God's Spirit and He is able to work in our lives and shape us, we see the fruit of His work. The Fruits of the Holy Spirit are the signs of God's transformation of our life. Here is how the *Catechism* describes the Fruits of the Holy Spirit: "The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory." In Galatians 5:22-26, there are nine fruits of the Holy Spirit. However, the Catechism tells us that the "the tradition of the Church lists twelve of them: charity (love), joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity" (CCC 1832).

Galatians actually speaks of the Fruit of the Spirit in the singular. Love is the main fruit and all the other fruits flow from it. The Holy Spirit is the love of God and when He dwells in us we experience and express God's love in our life. God's love is fruitful and the other fruits manifest God's love in our lives.

# CATECHIST BACKGROUND



## Fruits of the Holy Spirit

Image used under license from Shutterstock.com

**Love:** We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

**Joy:** We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

**Peace:** We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts.

**Patience:** We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

**Kindness:** We live the virtue of kindness by treating others as we want to be treated.

**Goodness:** We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

**Goodness:** We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

**Generosity:** We demonstrate the fruit of generosity when we share our gifts and possessions with others.

**Gentleness:** Gentle people act calmly and avoid actions that might lead others to anger or resentment.

**Faithfulness:** We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

**Modesty:** We exhibit modesty by being pure and humble in our thoughts, words, and actions.

**Self-control:** We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

**Chastity:** We live the virtue of chastity when we use God's gift of our bodies wisely, according to God's plan.

# STUDENT DIRECTION



## Fruits of the Spirit

(25 mins)

Once you have the Gifts of the Holy Spirit, the Fruits of the Holy Spirit flow effortlessly from the Spirit's presence. You may not even notice the fruits because they come naturally when the Spirit dwells in our heart. The fruits show us that God is with us and is changing our lives to be more like Him: more loving and kind in our actions.

- **Read Matthew 7: 17.**

Just so, every good tree bears good fruit, and a rotten tree bears bad fruit. A good tree cannot bear bad fruit, nor can a rotten tree bear good fruit. Every tree that does not bear good fruit will be cut down and thrown into the fire. Jesus says by their fruits you will know a good tree from a bad one.

**Is this passage in Matthew literally talking about trees and fruit?** No.

**What do you think good fruit is?** Good actions that obey God.

**How about bad fruit?** Selfish acts that disobey God. Sometimes we think actions are good because they are fun or we enjoy them, but they do not bear fruit, they do not make us a better person. Bad actions pull us away from God and we lose His peace and love.

When we bear good fruit, we will not have apples growing from our arms, but we do bear the Fruits of the Spirit. We are called to “bear good fruit” as “good trees”.

**Open your workbooks to the Fruits of the Spirit Tree page**

- **Have students turn to the Fruits of the Spirit Activity page in their workbooks.**

- **Read Isaiah 11:1-3.**

*“But the shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, A spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord.”*

Isaiah is referring to Jesus. He is King who is the Son of David, the shoot that comes from Jesse, the father of King David. Since God the Father, God the Son, and God the Holy Spirit are always together, it makes sense that the “spirit of the Lord” shall rest on the shoot of Jesse, who is Jesus. This passage also tells us the gifts of the Holy Spirit. Jesus gives us these gifts when He sends His Spirit upon us.

**Something is written on each branch of the tree on your paper. What is written on the branches?** The gifts of the Holy Spirit.



**Hold on to your tree for now. We will come back to it.**

# STUDENT DIRECTION



(20 mins)

## 12 Fruits Activity

There are twelve fruits of the Holy Spirit. They are: Love, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control, and Chastity.

- **Pick three or four of the fruits to explain to the students.** At this time, the students should have only a basic understanding of what each fruit means. Start with Love, Joy, Patience, and Generosity. See the list in the Catechist Background for a short definition of each fruit.

Now we can finish our trees. We already read that from the stump of Jesse will come Jesus, and the spirit of the Lord gave Him gifts, the gifts of the Holy Spirit, which are received in Baptism and increased in Confirmation. When a tree is watered and given food and light, it can grow tall and strong, and the fruit on its branches will grow easily and naturally. When you nurture your faith by praying for the Gifts of the Holy Spirit and letting the Spirit work in your life, the fruits of the Holy Spirit will flow naturally in you. The Holy Spirit grows the fruit of His love in the tree of our soul.



- **Handout copies of the Fruits of the Spirit sheet. Have students cut out each “fruit” and glue these to the tree. These represent the fruits of the Holy Spirit.**

- **For a less time-consuming option, students can draw and label each “fruit” on the tree.**

- **If you run out of time, students can finish this activity at home.**

So, from the stump of Jesse comes Jesus, who gives us the “branches”, the gifts of the Spirit. Because we have the gifts of the Spirit, we are able to naturally bear the “fruit” that comes from the branches, the fruits of the Spirit.

## Fruits Review Activity

(15 mins)



- **If you have time at the end of class, play a Fruits Review game.**

Divide the class into groups of 12. If you do not have enough students to make two full groups, make the groups smaller and give some students more than one fruit.

- **Give each student a Fruit card.** Some students may have to double up on cards.

- **Have students sit so they are facing each other, in a circle.** Each student will go around the circle saying which fruit is listed on his or her card (while showing the card). This should be done fairly quickly.

- **When you see that everyone has said their fruit(s), say, “Switch”.** Each person should pass the card(s) to the right. At the point, students go around the circle again, saying the fruit on their cards. Say, “Switch” again and repeat as many times as you can so that students have a chance to name most of the fruits.

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **How many fruits of the Holy Spirit are there?** 12.
2. **Whose presence in our lives grows these fruits?** The Holy Spirit.
3. **Can you write the names of 3 fruits?** Love, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control, and Chastity.

## FINAL PRAYER

### Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

**Come Holy Spirit**, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord. Amen.



## AT HOME

- Show your parents the tree with the Gifts and the Fruits. Tell them who grows the fruit in your life.
- Pray the Third Glorious Mystery of the Rosary, the Descent of the Holy Spirit, with your family.

# SAINTS AMONG US

## CONFIRMATION



## THE RITE OF CONFIRMATION



### Objectives:

- Students will identify the word Rite.
- Students will know the major parts of the Rite of Confirmation.

### Materials:

- Students Workbooks
- Rite of Confirmation cut-outs



# PRAYING WITH THE BIBLE



(10 mins)



“Pentecost” by Louis Galloche  
Photo: Restored Traditions

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

After the Lord rose from the dead He spent some time with the Apostles and after 40 days he ascended into heaven. The Apostles were gathered in prayer, until the Lord sent them the Holy Spirit to give them strength.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

**The coming of the Holy Spirit at Pentecost: Acts 1:14, 2:1-4**

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.



1. Who was gathered in prayer? **The Apostles, Mary and other women.**
2. What happened after there was a noise in the sky? **There appeared tongues as of fire and touched each one of them.**
3. What does this mean? **The Holy Spirit came upon them and they were filled with Him.**
4. After they were filled with the Holy Spirit, what were they able to do? **To speak in different tongues because the Spirit enabled them.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.



## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- To receive the Holy Spirit into our lives, we must pray like Mary and the Apostles. We need to pray every day and ask the Holy Spirit to come to us.
- When the Holy Spirit comes, He will give you gifts and God's power as He did to the Apostles.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Holy Spirit, come into my heart. Give me Your life and the gifts I need to follow Jesus. Please help me to prepare to receive You at my Confirmation.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts." (1 minute in silence).

Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

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## RECAP:

Today we will be learning more about how you will receive the sacrament of Confirmation. Let's think back to what we learned before about Confirmation.

Who can receive Confirmation? **A person who has reached the Age of Reason (around 7).**

How often can you receive Confirmation? **Just once.**

Who administers the Sacrament of Confirmation? **The Bishop or his delegate.**

Who do you need with you to receive Confirmation? **Sponsor.**

What is increased in you when you receive Confirmation? **The grace and seven gifts of the Holy Spirit, which you received at Baptism.**

# CATECHIST BACKGROUND



*The Catholic Encyclopedia* (1912) defines “rite” as follows: “In English the word ‘rite’ ordinarily means, the ceremonies, prayers, and functions of any religious body.... A Christian rite, in this sense comprises the manner of performing all services for the worship of God and the sanctification of men.... Sacraments, the Divine Office [Liturgy of the Hours], and sacramentals (in a wide sense) make up the rite of any Christian religious body.”

The Rite of Confirmation, therefore, details the manner of performing the sacrament of Confirmation—the particular prayers, actions, and sequence of bestowing the sacrament. The Bishop is the ordinary minister of the sacrament of Confirmation. This shows the link between Confirmation and Pentecost, when the Apostles received the Holy Spirit, as the Bishop is a successor of the Apostles. The Bishop, however, can delegate the authority to administer the Sacrament of Confirmation to a priest when necessary.

When those to be confirmed have already received First Communion or are receiving First Communion along with Confirmation, the Rite of Confirmation should be celebrated within Mass. The Rite specifies that the Liturgy of the Word is essential for providing the liturgical context for the reception of Confirmation. It also places emphasis on the Our Father for the Spirit teaches us to cry out “Abba, Father!” The renewal of Baptismal Promises shows the connection between Baptism and Confirmation.

# CATECHIST BACKGROUND



When the Bishop extends His hands over the confirmandi, he prays that the Spirit will descend upon them with the following words:

*“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 them to be their helper and guide. Give them the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence. We ask this through Christ our Lord.”*



The grace of the sacrament, however, is bestowed sacramentally through the anointing with sacred oil, called chrism, given with the words: “Be sealed with the Gift of the Holy Spirit.”

Every year at Easter, the Church as a whole renews her baptismal promises. Any person can renew his or her baptismal promises on the anniversary of his or her Baptism each year. Baptismal promises can even be reaffirmed daily as a person professes belief in God and the desire to reject Satan. At the beginning of the Rite of Confirmation, after the Confirmandi (those being confirmed) are presented to the Bishop and he gives a homily, the Bishop will ask those being confirmed (and everyone present) to renew their baptismal promises. Confirmation completes and strengthens the graces given by the Holy Spirit at Baptism. This is a good time to renew those promises to renounce Satan and profess belief in God so that the gifts of the Holy Spirit can work to their fullest in an individual.

# STUDENT DIRECTION



## Rite of Confirmation Activity

(15 mins)

You will be confirmed during the Rite of Confirmation. A Rite is a religious ceremony that we use to worship God together and to receive the sacraments. Each particular Rite has its own words and actions.

Today, we will identify the parts of the Rite of Confirmation.

**Using the Rite of Confirmation sheet, cut each piece**

- As you say each part, have that student bring the piece up and tape it to the board.

### Presentation of those being Confirmed

The Confirmandi are presented to the Bishop (or his delegate) so that he may accept them for the reception of the sacrament.

### Renewal of Baptismal Promises

Since Confirmation is the completion of baptismal graces and promises, The Confirmandi (and all present) renew their baptismal promises so that they are reminded of what Confirmation does for them.

### Laying on of Hands

The bishop extends his hands over the Confirmandi, praying for the Holy Spirit to come to them and increase His gifts received at Baptism.

### Anointing with Chrism

The bishop anoints the Confirmand's forehead with Chrism (holy oil), saying, "Be sealed with the Holy Spirit." The newly confirmed person now has the permanent mark of the Holy Spirit.

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## Renewal of Baptismal Promises

(10 mins)

Confirmation completes baptismal graces. Therefore, when you begin the Confirmation Rite, you will renew your baptismal promises.

**What does it mean to renew?** To say or do something again, to recommit or reaffirm.

**Can you think of somethings that people renew?** Accept responses.

**Do you ever receive magazines at home? Or does your family have a membership to a zoo or museum?** If so, your mom or dad might choose to renew that membership. That does not mean you are starting from new. That means you are continuing with what you already have. The same is true for our baptismal promises.

At your Baptism, you made promises. Since you were probably a baby, your parents and godparents made those promises for you so that you would be free from original sin, united with Jesus' suffering, death, and resurrection, and an adopted son or daughter of God.

**Do you remember what original sin is?** The consequence of Adam and Eve's sin when they disobeyed God in the Garden of Eden.

# STUDENT DIRECTION



Now that you are older, you can renew your baptismal promises yourself. We have already learned about most of the promises, but let's put them all together. Let's practice saying them together. You can turn to the page in your workbook where they are listed.

*V. Do you reject Satan?*

*R. I do.*

*V. And all his works?*

*R. I do.*

*V. And all his empty promises?*

*R. I do.*

*V. Do you believe in God, the Father Almighty, creator of heaven and earth?*

*R. I do.*

*V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?*

*R. I do.*

*V. Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?*

*R. I do.*

## **First Communion** (if receiving both sacraments together)

After receiving Confirmation, you will be able to complete your initiation into the Church by receiving your First Communion. You will have the grace and gifts of the Holy Spirit in order to be able to receive Jesus with great love and reverence.

## **Final Blessing:** A Call to Witness

After receiving Confirmation, the Bishop prays at the end of Mass that you will keep the grace and gifts you received and through them to be a witness for Christ in the world.

## **Here is the prayer:**

“Confirm, O God, what you have brought about in us, and preserve in the hearts of your faithful the gifts of the Holy Spirit: may they never be ashamed to confess Christ crucified before the world and by devoted charity may they ever fulfill his commands. Who lives and reigns for ever and ever.”

You are then sent forth to follow Christ and to bring Him with you in everything that you do. You are called to confess Christ, which means to be a witness of your faith in Him.

**What is a witness?** Accept responses. A witness is someone who sees or experiences something and shares it with others. You can be called to be a witness in court if you see a crime. To witness to Jesus is to share with others what Jesus has done in your life.

**What are ways that you can witness your faith in Jesus to others?** Accept responses.

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **What do we call a religious ceremony that a community uses to worship God or receive sacraments?** Rite, in this case, the Rite of Confirmation.
2. **Who gives the sacraments of Confirmation?** The Bishop or a priest he appoints to take his place.
3. **Why do we renew our baptismal promises?** To show that Confirmation completes Baptism.

## FINAL PRAYER

Pray Our Father, Hail Mary, and Glory be.



## AT HOME

- Tell your parents about the parts of the Rite of Confirmation.
- Practice renewing your baptismal promises with your family.

# SAINTS AMONG US

## CONFIRMATION



## LAYING ON OF HANDS AND ANOINTING



### Objectives:

- Students will identify the “Laying on of Hands” with the gifts of the Holy Spirit.
- Students will identify the purpose of Chrism is for anointing and associate the anointing during Confirmation as being sealed with the Holy Spirit.
- Students will practice the actions and words of anointing that occurs during the Rite of Confirmation.

### Materials:

- Students Workbook
- Extra virgin olive oil
- Incense or cinnamon/clove mixture
- Water and cotton balls (for anointing practice)
- Seal examples (in student workbook)



# PRAYING WITH THE BIBLE



(10 mins)



Sacrament of Confirmation by Poussin  
Photo: Restored Traditions

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

Today we are going to read a passage from the Acts of the Apostles. This book is the story of the Apostles and the Church after Jesus ascended into Heaven. It tells us about how the Apostles and disciples preached the Gospel.

Before the passage we are going to read, the book tells us that Philip has been preaching the Good News in Samaria, and many people were baptized and became Christians. Now we are going to learn how Peter and John are going to Samaria to pray for them that they might receive the Holy Spirit.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

**Acts 8:14-17, 25**

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.

1. Who was sent to Samaria by the Apostles?  
**Peter and John.**
2. How did Peter and John pray over the Samaritans? **They laid their hands on them.**
3. What did the Samaritans receive then? **The Holy Spirit.**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.



## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- Like the Samaritan Christians, you have been baptized but not yet confirmed. The bishop will lay his hands over you just like Peter and John did for the Samaritans.
- The Holy Spirit wants us to share His love with others. We are also called to share our faith with others like Peter and John.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

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## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Holy Spirit, I want You to come into my life more. I want to be Your friend. Please make my heart Your home and help me to be open to the grace and gifts You want to give me.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

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## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts." (1 minute in silence).

Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

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## RECAP:

What is a Rite? **A religious ceremony that the community uses for worship and sacraments. Each particular Rite has its own words and actions.**

After the renewal of baptismal promises, the Bishop (or delegated priest) will move on to the next part of the Rite of Confirmation: Laying on of Hands.

# CATECHIST BACKGROUND



After providing a general overview of the Rite of Confirmation last lesson, we will now follow up with the two most important actions of the Rite in more detail. It is a good idea to provide the prayer prayed by the Bishop from the Rite of Confirmation printed or written on a poster so the students can see the words.

The Bishop praises God the Father for His gift of Baptism (water and Holy Spirit) to free us from sin and give us new life. Then he asks God to send the gift of the Spirit upon the Confirmandi to be their Helper and Guide. With the Holy Spirit comes the seven gifts: wisdom, understanding, counsel (right judgment), fortitude (courage), knowledge, piety (reverence), and fear of the Lord (wonder and awe). All of this is asked through Christ the Lord, completing the Holy Trinity. The Bishop is able to do all this because he is acting in persona Christi, in the person of Christ and as a successor of the Apostles.

The Acts of the Apostles describes how the Apostles passed down the gift of the Holy Spirit at Pentecost on to early Christians: “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” (8:14-17). The Laying on of Hands was used by the Apostles for the outpouring of the Holy Spirit. Throughout the Bible, the Laying on of Hands is also used to pass on blessings, to anoint, to heal, raise the dead, and to commission a person to carry out the Lord’s work.

After the Laying on of Hands, the celebrant will anoint the confirmandi with Holy Chrism. Chrism is olive oil that has been perfumed with balsam. The olive and balsam oil is consecrated by the local Bishop each year at the Chrism Mass, traditionally on Holy Thursday (although the date can be moved to Monday or Tuesday of Holy Week). This Holy Chrism is used for Baptism, Confirmation, and to ordain those receiving Holy Orders.

The *Catechism* describes the effect of the anointing: “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. Hence soldiers were marked with their leader’s seal and slaves with their master’s. A seal authenticates a juridical act or document and occasionally makes it secret” (CCC 1295).



# CATECHIST BACKGROUND



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In the Rite of Baptism, the priest or deacon anoints the catechumen's head and says, "God the Father of our Lord Jesus Christ has freed you from sin, given you a new birth by water and the Holy Spirit, and welcomed you into his holy people. He now anoints you with the chrism of salvation. As Christ was anointed Priest, Prophet, and King, so may you live always as a member of his body, sharing everlasting life. Amen." When a Christian is anointed in Baptism, he or she is a member of the Body of Christ, sharing in the roles of priest, prophet, and king. As Confirmation is the completion of baptismal grace, the confirmand is also expected to share in that three-fold role.

In the Dogmatic Constitution of the Church, the *Lumen Gentium*, the Council Fathers of the Second Vatican Council describe the vocation of the laity to bring Christ to the world: "The lay apostolate, however, is a participation in the salvific mission of the Church itself. Through their baptism and confirmation all are commissioned to that apostolate by the Lord Himself. Moreover, by the sacraments, especially holy Eucharist, that charity toward God and man which is the soul of the apostolate is communicated and nourished. Now the laity are called in a special way to make the Church present and operative in those places and circumstances where only through them can it become the salt of the earth. Thus every layman, in virtue of the very gifts bestowed upon him, is at the same time a witness and a living instrument of the mission of the Church itself' according to the measure of Christ's bestowal" (33). Through the Sacrament of Confirmation, the laity, the non-ordained members of the Church, have the strength to live the faith in the world.

**Priest:** Our "priestly" duties include all those things that allow us to worship God and help our families come closer to God. Especially at Mass, we unite our lives and all of our intentions (for loved ones and those in need) with the sacrifice of Christ on the Cross. Through Christ our high priest we offer acceptable worship to the Father, which makes our life holy and obtains grace for others through prayer and sacrifice.

**Prophet:** As prophets, we are to speak God's truth. It is important for us to testify to and teach our faith. We are called to participate in the New Evangelization: bringing Christ into our secularized world through witness (actions and a way of life which reflect God), standing up for our faith, and giving testimony about the good news of salvation in Christ.

**King:** The Pope and Bishops govern the Church. Jesus, of course, is our eternal king. How can we exercise kingship? We follow Christ's own Kingship, which He expressed by laying down His life for others. Christian kingship is expressed through service, whether at work, on the field, at school, or with family. Christians have a responsibility to care for all people.

## To summarize:

**Priest** = worshipping God

**Prophet** = speaking God's truth

**King** = serving others

# STUDENT DIRECTION



## Laying on of Hands Activity

(10 mins)

In the Bible we hear that Jesus loved children very much. The Evangelist Mark tells us that “he took them in his arms and blessed them, laying his hands upon them” (Mark 10:16). Jesus founded the Church to continue His mission and commanded the Apostles to teach and give the gift of His life. The Acts of the Apostles tells us how the Apostles did this. They preached, baptized, healed, and shared the gift of the Holy Spirit they had received on Pentecost. We hear that “the Spirit was given through the laying on of the apostles’ hands” (Acts 18:8). This is what the Bishop will do for you at Confirmation. He is continuing the ministry of Jesus and the Apostles.

The Laying on of Hands can be done in two ways.

- **Demonstrate these two ways:**

The first way is to place hands on a person’s head. This Laying on of Hands is done during the ordination of priests and deacons to give them the authority passed down from the Apostles.

The second way is used when there are many people needing to be blessed at one time by raising hands over the whole group of people. During the Rite of Confirmation, the Bishop, or delegated priest, extends his hands over all the confirmandi (those being confirmed). He prays:

*“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 them to be their Helper and Guide. Give them the spirit of wisdom and understanding, the spirit of right judgement and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence. We ask this through Christ our Lord.”*



### **What or who is the Bishop asking God to send to the confirmandi?**

The Holy Spirit.

The Bishop is praying that God will send you the gift of His own love, His Spirit to be your helper and guide. The Bishop also prays that you receive the Gifts of the Holy Spirit.

# STUDENT DIRECTION



## Chrism Activity

(15 mins)

We call Jesus the Christ. Christ means the anointed one. You anoint someone with oil. In the Old Testament priests and kings were anointed to make them special for God and for the service of God's people.



Image used under license from Shutterstock.com

The word Chrism is almost the same as Christ, with only one letter different. (Draw both words on the board). Chrism is a holy oil that is consecrated by the Bishop each year during Holy Week at the Chrism Mass. The purpose of Chrism is to anoint something or someone, to make it holy.

Chrism is made of two things: olive oil and balsam. Balsam is a mixture of oils and resins (solid excretions) from plants that give Chrism a good aroma or smell. We hear about one of these plants used in balsam in the life of Jesus.

**What are the three gifts that the Wise Men brought to Jesus?** Gold, frankincense, myrrh.

The third gift that the Wise Men brought to baby Jesus was myrrh. Myrrh comes from a tree, smells good, and was used to make the oil used to anoint priests (see Exodus 30) and for burial of the dead.

During the Chrism Mass, the Bishop mixes olive oil with balsam and consecrates the oil. Each priest in the Diocese then brings special bottles to collect Chrism oil that he will take back to his own parish. The Chrism oil is used at Baptism, Confirmation, and Holy Orders (when deacons, priests, and bishops are ordained).

Balsam has a unique smell, like incense. It is used to perfume the oil.

- **Chrism is consecrated and holy. It is kept locked in an ambry and should only be used by deacons and priests. You should not try to get Chrism yourself. Substitute with olive oil and incense. Balsam is difficult to get available only from a specialty store. Also, each diocese may use their own recipe, which might include more than balsam. For the sake of this demonstration, the scents of incense or cinnamon/cloves give the students an approximate idea of how Chrism smells.**
- **Make an effort to demonstrate the smell of Chrism. Bring in extra virgin olive oil (not light). Bring in something that resembles the smell of balsam: a mixture of cinnamon stick and cloves, or even just an incense stick that you can find in the candle section of a store.**
- **You can mix the spices with some olive oil (do not ruin a whole bottle by placing the spices into the original bottle!), or, you can show the students the olive oil, and then let them smell the spices or incense.**

**Who has seen a Baptism?** Allow responses.

**Did you smell the oil on the baby's head?** Allow responses.

**Do you remember that smell?** That is the Chrism.

# STUDENT DIRECTION



## Anointing

(10 mins)

We have been talking about the Chrism for anointing, but what is anointing?

During the Rite of Confirmation, the Bishop (or priest) will anoint you, placing Chrism on your forehead, saying, “Be sealed with Gift of the Holy Spirit.”

**What is a seal?** If a bank has a vault that is “sealed”, what does that mean? If I walk into an important building, maybe a government building or even a church, there might be a seal, or a metal ring with a design that represents that government or church, placed in the hard floor where it cannot be removed. So what do you think a seal is? A permanent mark, something that cannot be removed.

- **Show a picture of a seal in a building, available in student workbook.**

When you are anointed with the Holy Spirit, you are sealed with the permanent mark of the Holy Spirit. At Baptism, the Holy Spirit came to you, but at Confirmation, the Holy Spirit is permanently sealed in you. He is always in our soul, helping you to love God and defend your faith.



# STUDENT DIRECTION



**Can you think of any examples in the Bible where someone was anointed, meaning that person received the Holy Spirit?** Allow responses.

The High Priest Aaron, David, and other priests and kings. As we have learned, Jesus' title, "Christ", means "Anointed One." Jesus was not anointed by any human being. He was anointed by the Father directly with the Holy Spirit. Peter taught in the Acts of the Apostles that "God anointed Jesus of Nazareth with the Holy Spirit and with power" (Acts 10:38). By giving the Holy Spirit to His Apostles, Jesus was giving His anointing to His followers. As Christians, we are "anointed ones." Through the anointing of Chrism we receive at Confirmation, we are made more like Jesus by receiving His Spirit and power from God.

## Anointing Practice

(10 mins)

We are going to practice "anointing" during the Rite of Confirmation. It is important to know how you should act and respond during this important event.

- **Check with your parish on the materials you should use here. You can use olive oil to allow the students to experience oil on their foreheads. If your pastor or parents object, use a cup of water and a cotton ball for each student instead of oil.**
- **Practice this step of the Rite of Confirmation.**
- **Encourage students to act reverently as they would during Mass, and respond appropriately. The confirmandi are expected to respond to the celebrant!**
- **Practice until you feel the students are comfortable. You are the celebrant in this case.**
- **The name is the name taken at confirmation (if applicable)**

**Bishop (celebrant):** Dips his right thumb (cotton ball) in the Chrism (oil or water) and makes the sign of the cross on the forehead of the one to be confirmed, as he says: "(Name), be sealed with the gift of the Holy Spirit."

**Confirmand:** Amen.

**Bishop (celebrant):** Peace be with you, (or the Lord be with you).

**Confirmand:** And with your spirit.

**Optional:** Practice with priest or deacon if available

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **Who consecrates the Holy Chrism?** The Bishop during Holy Week.
2. **What is the purpose of Chrism oil?** For anointing.
3. **When you are anointed during Confirmation, what is happening to you?** You are sealed with the mark of the Holy Spirit.
4. **During the Rite of Confirmation, why does the bishop extend his hands (Laying on of Hands) over the confirmandi?** To ask God to send the Holy Spirit upon the confirmandi, completing what was started in Baptism.
5. **What is increased in the confirmandi through the Laying on of Hands?** The seven gifts of the Holy Spirit.

## FINAL PRAYER

### Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

### Come, Holy Spirit Prayer

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created. And Thou shalt renew the face of the earth. O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.



## AT HOME

- Practice the anointing of Confirmation again at home. Have one of your parents be the bishop. (Have a small handout for the students to take home).
- Pray the First Luminous Mystery of the Rosary, "Jesus' Baptism in the Jordan River," with your family.



# SAINTS AMONG US

## CONFIRMATION



# LIFE IN THE SPIRIT



## Objectives:

- Students will identify what it means to be a disciple of Jesus.
- Students will learn about their life in the Church.
- Students will identify their patron saint.

## Materials:

- Students Workbook



# PRAYING WITH THE BIBLE



(10 mins)



Sacrament of Confirmation by Poussin  
Photo: Restored Traditions

**PREPARATION:** Explain that you are praying with the Word of God in the Bible, so God will be talking to the children directly.

## CONTEXT OF THE PASSAGE:

Paul was originally known as Saul, and he was a Pharisee who persecuted the early Christians. The Scripture tells us that Saul experienced a powerful vision that caused him to convert to Christianity while on the road to Damascus. He was baptized and took the name Paul. Paul became an apostle and traveled the world preaching ceaselessly.

He established many churches throughout his travels. He remained in contact with the faithful by writing letters which have become part of the Bible. Paul is among the most famous, intelligent and influential of the apostles. He was imprisoned several times for preaching the Gospel. In 67 AD, Paul was arrested in Rome for a second time and he was beheaded under the Emperor Nero.

**TIP FOR CONCENTRATION:** While listening to the reading, encourage them to close their eyes, look at the image of the passage or follow the story in their own Bibles.

## Begin with the Sign of The Cross.

*In the name of the Father, and of the Son and of the Holy Spirit. Amen.*

## 1. READ

Read the following passage slowly one time.  
All students should be quiet at this point.

### Romans 15:14-19

Review some important elements of the text:

**Leader:** Ask the following questions quickly.  
Receive answers or answer them.



1. What special grace has Paul received? **To be minister of Christ to the Gentiles.**
2. What is the only thing that Paul dares to speak about? **About what Christ has accomplished through him.**
3. By what power has Paul preached? **The power of the Holy Spirit**

**Leader:** I'm going to read the passage again. Pay attention and see if something stands out or draws your attention. It can be a word or phrase that speaks to your heart.

Read the passage one more time.

---

## 2. MEDITATE

**Leader:** Lead the students through the following points of reflection. You can suggest that they journal, if you wish.

- When we receive the Word of God, Paul teaches us, the Holy Spirit will make us holy.
- God has work that He wants us to do as well. He wants us to teach others what we have learned from Him.

**Give students time (1 minute) to meditate or reflect on the passage. Remind them to be silent.**

---

## 3. PRAY

**Leader:** Lead the students through the following prayer. You can suggest that they journal, if you wish.

*Jesus, thank you for the gift of faith. Please send me Your Holy Spirit to make me holy. Give me the courage to share the gifts You have given me with others. Please help me to be ready to receive Confirmation.*

Tell God what is on your heart and ask Him for what you need.

**Give students time (1 minute) to speak to God silently in their hearts.**

---

## 4. LISTEN

**Leader:** Now that we have prayed to God about this story, let's be quiet so we can hear what God might be saying back to us, inside our hearts." (1 minute in silence).



Optional: If time allows, this is a good time for sharing, as a class, with students in pairs, or as a family. Remind them that this is still a time of prayer.

Close with a prayer.

**In the name of the Father, and of the Son and of the Holy Spirit, Amen.**

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# CATECHIST BACKGROUND



In the recent past, Confirmation has sometimes been looked at as a graduation from religious education. The thought was that the students are ready to be an adult in the Church. Part of the purpose of restoring the order of the sacraments is to show that Confirmation prepares us to receive the final sacramental of initiation: the Eucharist. Confirmation is not an end, but a beginning—a call to live a life according to the Spirit. To live a life in the Spirit is to put first the things of God as most important in our lives. It means to follow Jesus and to want to imitate Him. It means we are committed to our faith and our willingness to serve others and to share the good news of Christ.

The presence of the Holy Spirit should help us to stay pure and to live well in the midst of the difficulties of this world. St. Paul, in Romans 8, contrasts a life that is lived seeking to gratify our own selfish desires and a life lived for God in the Spirit. He says that we should “walk not according to the flesh but according to the Spirit” (Romans 8:4). He continues:

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God; it does not submit to God’s law, indeed it cannot; and those who are in the flesh cannot please God. But you are not in the flesh, you are in the Spirit, if the Spirit of God really dwells in you. Any one who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although your bodies are dead because of sin, your spirits are alive because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you (Romans 8:5-11).*

# CATECHIST BACKGROUND



Confirmation is a call to allow the Spirit to lead and guide us, to live a life according to God's will and not our own. Following God will lead us to a life of eternal happiness and God will care for us through all of the hardships we endure through life.

Religious education should not end with Confirmation, but continue in a mystagogical fashion. Mystagogy is a deeper unpacking of the mysteries we receive through the sacraments. The sacraments should shape our life and enable us to serve the Church and the world. This service takes on a priestly character insofar as we offer ourselves and share in Christ's own offering of himself. The Second Vatican Council, in its dogmatic constitution on the Church, *Lumen Gentium*, describes this call to a priestly life through the sacraments:

*It is through the sacraments and the exercise of the virtues that the sacred nature and organic structure of the priestly community is brought into operation. Incorporated in the Church through baptism, the faithful are destined by the baptismal character for the worship of the Christian religion; reborn as sons of God they must confess before men the faith which they have received from God through the Church. They are more perfectly bound to the Church by the sacrament of Confirmation, and the Holy Spirit endows them with special strength so that they are more strictly obliged to spread and defend the faith, both by word and by deed, as true witnesses of Christ. Taking part in the Eucharistic sacrifice, which is the fount and apex of the whole Christian life, they offer the Divine Victim to God, and offer themselves along with It. Thus both by reason of the offering and through Holy Communion all take part in this liturgical service, not indeed, all in the same way but each in that way which is proper to himself. Strengthened in Holy Communion by the Body of Christ, they then manifest in a concrete way that unity of the people of God which is suitably signified and wondrously brought about by this most august sacrament (par. 11).*

The sacraments unite us to Christ and make us like Him. They provide us the grace that we need to become a saint. This is the goal of Confirmation—that God will live in us and change the world through us. The saints show us that this goal is possible. They inspire us to open our lives to God and allow Him to transform us.

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# STUDENT DIRECTION



## Following Jesus

Confirmation is the beginning of a new life. This life is a call to follow Jesus and to be His disciple. To be a disciple is to be a student of Jesus. You want to learn from Him and put His teachings into practice in your life. To be a disciple of Jesus is to want to be like Him and to live like Him.

Jesus came to earth not for Himself. He said He came to us to serve us and to make us children of God. He wants us to love God more and to love others more. If we follow Jesus as His disciple, we will love God more by coming close to Him in prayer. We will love other people by giving up things that we want to help others.

## Our Life in the Church

(15 mins)

Confirmation seals us with the Holy Spirit and gives us special strength to participate in the life of the Church Jesus founded, the Catholic Church.

**When you hear the term “Catholic Church”, what are some things that come to mind?**

**What are things that you think of?** Allow responses; these might relate to an actual church building, or the institution of the Catholic Church.

- Write the students’ responses on the board.

At the end of our baptismal promises we profess our belief in God’s Church. The Church on earth is a part of the communion of saints. This means we are united with the souls in heaven and those being purified for heaven in purgatory. We pray to the saints in Heaven to help us and pray for the souls in purgatory, especially those in our family. In the Church, we believe our sins are forgiven through Baptism and the Sacrament of Reconciliation. We also look forward to the day our bodies are reunited with our souls in the resurrection of all the dead when Jesus comes again to the earth. If we are faithful to Jesus, we will live and reign with Him forever in heaven. Jesus promises us eternal life: perfect happiness with Him forever.

- Write the following on the board as you summarize: **Holy Catholic Church, communion of saints, forgiveness, resurrection, eternal life.**

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# STUDENT DIRECTION



## The Church's Mission

Before ascending to heaven, Jesus foretold of the coming of the Holy Spirit. He was preparing the Apostles for their mission on earth. The Catholic Church was formed on Pentecost Sunday when the Holy Spirit descended upon the Apostles, and they began converting many for Jesus.

The Church is meant for all the people of the world, because she is sent out by Jesus to serve the whole human race. All Christians share in this mission to proclaim the good news of Jesus' love.

To be catholic has two parts:

1. To have the fullness of grace and God's revelation through Jesus Christ.
2. To be sent on a mission for all people.

- **Write these on the board: Fullness and mission**

By your Confirmation, you are being sent on a mission by Jesus. He wants you to live out your faith and to help others learn about Him and to follow Him.

## Be a Saint

God wants all of us to be saints. That means He wants us to be holy—like Him. God has given us the saints to be our models and helpers as we strive to become saints too. In the saints we see how the Holy Spirit changes us and how He gives us gifts to serve others.

Every one of us has a patron saint. Usually, but not always, you are given a saint's name at Baptism (as either your first or middle name). You should learn about that saint and pray to him or her especially. If you do not have a saint's name you can take one at Confirmation.

## Activity on the Saints

Note: This activity may be completed at home.

- **Have each student turn to the My Patron Saint page in their workbook and write down their patron saint or another saint they know about. Have them write down two things they know about this saint.**

List some popular saints on the board as examples, such as St. Joseph, St. Anthony, St. Mother Teresa, St. John Paul II. List a few facts about these saints and of what they are patrons (St. Nicholas for children, St. Anthony for lost items, St. Thomas Aquinas for teachers, etc.).

- **Have a short book or two about the saints on hand to reference if anyone needs help looking up facts on their saint.**
- **Have the students present about their patron saint or the new saint name they are taking for Confirmation.**

# STUDENT DIRECTION



## WRAP UP

(5 mins)

1. **What does it mean to be a disciple of Jesus?** It means to be a student and follower of Jesus and to live like Him.
2. **What are the two parts of being Catholic?** To have the fullness of grace and God's revelation and to have a mission to all the nations.
3. **Why is it good for us to have a patron saint?** We need an example of holiness and someone in Heaven to pray for us and to help us.

## FINAL PRAYER

### Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

### Come, Holy Spirit Prayer

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created. And Thou shalt renew the face of the earth. O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.



## AT HOME

- Talk about your patron saint with your parents.
- Learn more about your patron saint. You can probably find a book about him or her in the library or especially at a Catholic book store (or online). Say a prayer every day to your patron saint.
- Ask your parents how they chose your baptismal name.



# BOOK 3: ACTIVITY SHEETS

(These can be downloaded and printed from [saintsdenver.com/curriculum](http://saintsdenver.com/curriculum).)



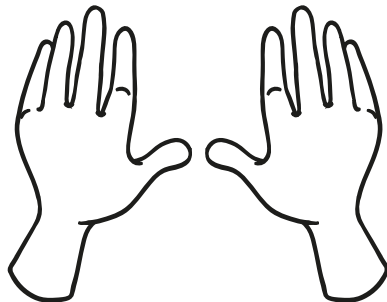
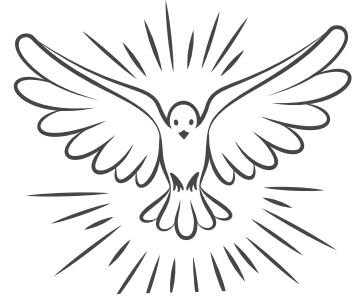
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# CONFIRMATION POSTER ACTIVITY SHEET - SYMBOLS

Confirmation, Lesson 2

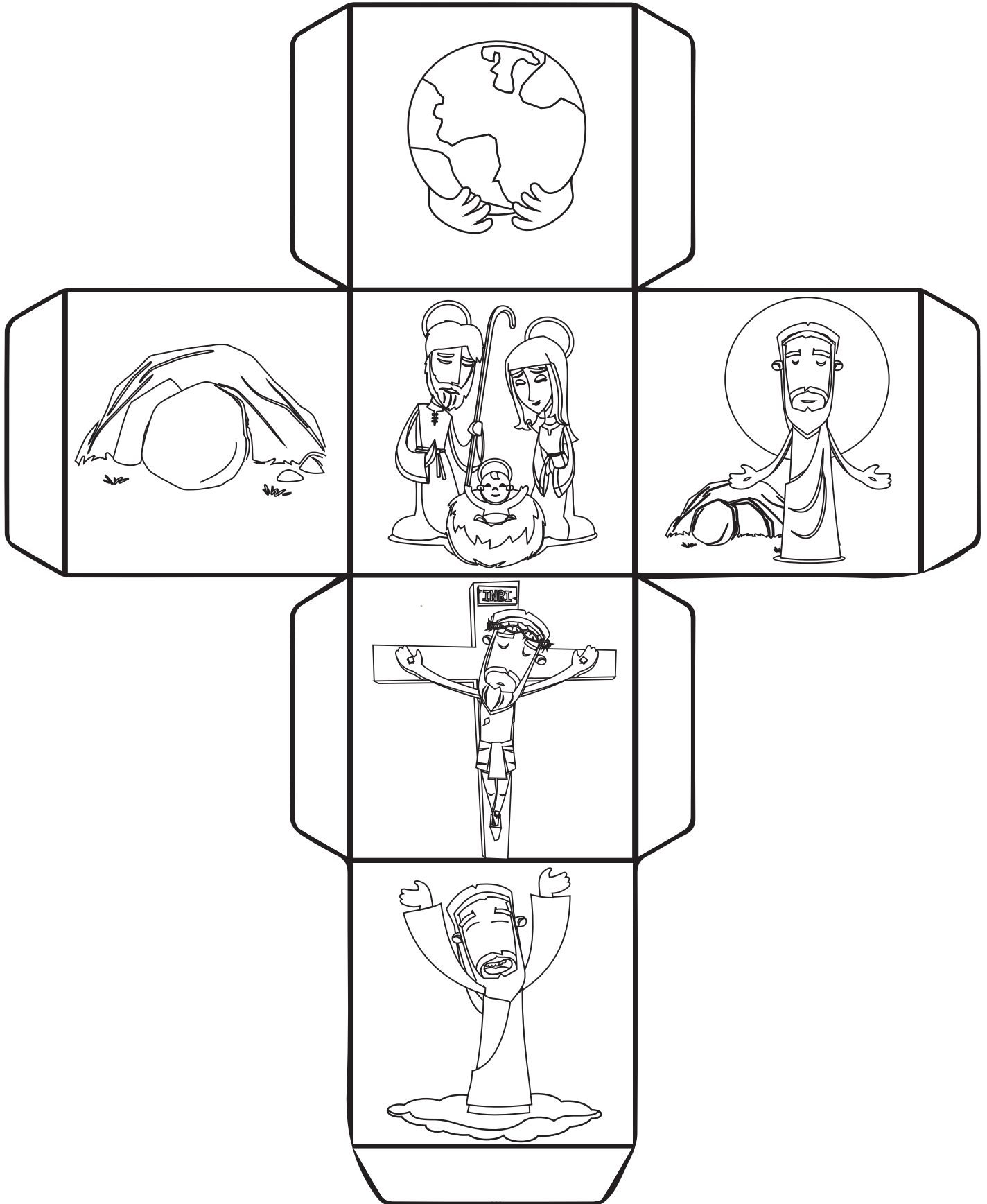
Use Some Of All Of These Images To Create A Confirmation Poster



# GOD THE SON CUBE SHEET

Confirmation, Lesson 3

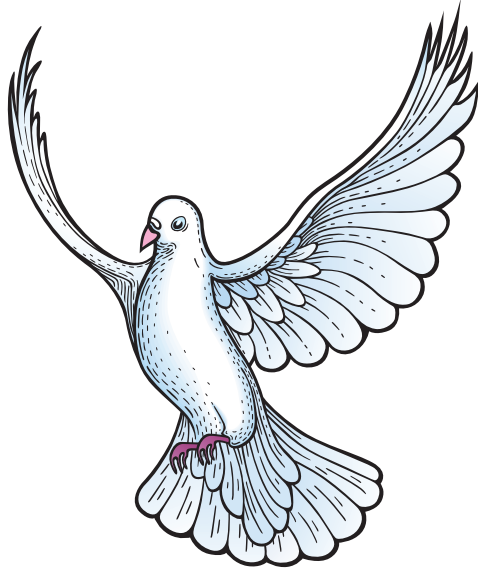
(Print in cardstock)



# GIFTS OF THE HOLY SPIRIT ACTIVITY

Confirmation, Lesson 5

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# CRUCIFIX IMAGE

Confirmation, Lesson 8

To print image below on 11x17 paper use the PDF file found at: [saintsdenvr.com](http://saintsdenvr.com)



# GIFTS OF THE HOLY SPIRIT PUZZLE SHEETS

Confirmation, Lesson 8

Note: Print In Cardstock Recommended

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**WISDOM**

Seeing the thoughts and ways of God.

**UNDERSTANDING**

Growing in formation of faith.

**KNOWLEDGE**

Growing to know God and  
deepen your relationship with him.

**FORTITUDE**

Courage to live your faith in the world.

**COUNSEL**

Listening to God to make right decisions;  
choosing good and avoiding evil.

**PIETY**

Reverance for God

**FEAR OF  
THE LORD**

Being in awe and wonder of the Lord  
and His greatness and beauty

# FRUITS OF THE SPIRIT - FOR FRUITS OF THE SPIRIT TREE

Confirmation, Lesson 9

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# FRUITS OF THE SPIRIT REVIEW CUE CARDS

Confirmation, Lesson 9

Note: Print on Cardstock Recommended

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**LOVE**

**JOY**

**PATIENCE**

**KINDNESS**

# FRUITS OF THE SPIRIT REVIEW CUE CARDS

Confirmation, Lesson 9

Note: Print on Cardstock Recommended

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**GOODNESS**

**FAITHFULNESS**

**PEACE**

**SELF-CONTROL**

# FRUITS OF THE SPIRIT REVIEW CUE CARDS

Confirmation, Lesson 9

Note: Print on Cardstock Recommended

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**GENEROSITY**

**CHASTITY**

**MODESTY**

**GENTLENESS**

# RITE OF CONFIRMATION ACTIVITY SHEET

Confirmation, Lesson 10

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Presentation of the Confirmandi

Renewal of Baptismal Promises

Laying on of Hands

Anointing with Chrism

# NOTES:



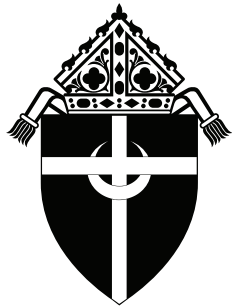
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# NOTES:



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'Saints Among Us' originally developed by Hanna Muldowney, PhD  
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