

# What is Confirmation?

## Praying together

### Come Holy Spirit

We say together the prayer to the Holy Spirit at the start of each of our meetings. This prayer has been used by Catholics for centuries and reminds us of our links with the Church throughout the world and with all the saints in heaven.

### Listening to the word

We listen to the words of Jesus to the apostles just before his passion. He promised to send them the Holy Spirit to be their comforter and advocate and to lead them to the fullness of the truth.

### Intercessions

There are many people who ask us for our prayers and many intentions for which we wish to pray. We also pray for each other and ask the Holy Spirit to help us to prepare to celebrate the sacrament of Confirmation.

## A traditional prayer

Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth your spirit and they shall be created

R. And you shall renew the face of the earth.

Let us pray.

O God who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit, we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord. Amen.

## A sacrament with many levels

“Confirmation is a when you get a new name.”, “Confirmation is a time when you are growing up.”, “You have to be confirmed if you want to get married.” People think of Confirmation in these ways and in others. But what *is* Confirmation?

We can use the following definition:

**Confirmation is a sacrament in which we receive the Holy Spirit, we are joined more closely to the Church and we are made strong to bear witness to Jesus Christ.**

Each of these things needs to be understood.

### A Sacrament

This is one of the ways in which we receive God’s grace. An outward sign shows us what is really happening. A sacrament is an action of Jesus Christ in the Church.

### We receive the Holy Spirit

The Holy Spirit is a person. He is the third person of the Blessed Trinity and is truly God, equal with the Father and the Son.



### We are joined more closely to the Church

The Church is the whole people of God, founded by Jesus Christ to continue his teaching and his saving work on earth. We become members of the Church by our Baptism and we are joined more closely by Confirmation

### We are made strong to bear witness

A Christian is meant to show in daily life what Jesus taught us. We should also be able to tell others about Jesus. This is sometimes difficult and needs strength and courage. The Holy Spirit gives us the strength we need.

### To Jesus Christ

Jesus Christ is the second person of the Blessed Trinity, truly God and truly man. He came to bring us the fullness of life and he redeemed us from our sins. We bear witness to him and to his wonderful work that continues through the Church.

# Lord send the Holy Spirit on us as you sent him upon the apostles

## Activity 1 – a starter quiz

*See how you get on with this quiz. The questions ask about things that we will be learning about during the Confirmation programme.*

1. Confirmation is one of the seven sacraments. Can you name the other six?
2. The Holy Spirit is the third person of the Blessed Trinity. What do we call the other persons?
3. A parish priest is asked to serve and to look after a parish. What does a Bishop serve and look after?
4. What are the three most important things that happen to you at Confirmation? (You can find the answer on this sheet.)
5. What is the name for the oil used at confirmation?  
a) Sanctifying b) Christening c) Chrism
6. Which one of these is *not* one of the seven gifts of the Holy Spirit?  
a) Light b) Courage c) Right Judgement
7. One of the sacraments is often called "Confession". Do you know its other two names?
8. How old do you have to be to receive the sacrament of Confirmation? (A trick question!)

*If you got them all right, congratulations! If you got some wrong, don't worry—you will be able to learn a lot in the Confirmation classes.*

## Scripture

In your bible, look up the following passage: Acts of the Apostles 2.1-4. (To find out who "they" were, look up Acts 1.12-14.)

How do you think that this episode might be shown if a blockbuster film were made of it?

Imagine you are Mary or one of the apostles. Describe what you feel when the tongues of fire come down.

What does this passage tell us about how we should prepare for Confirmation?

## At Sunday Mass

When we go to Mass, many of the prayers are the same week by week. If we try to listen to them carefully, we can discover more and more of the riches of the Mass each time we go.

This week, listen carefully to the prayer the priest says after the Our Father, especially the part where he says:

Lord Jesus Christ, you said to your apostles 'I leave you peace, my peace I give you.' Look not on our sins but on the faith of your Church and grant us the peace and unity of your kingdom where you live for ever and ever.

Jesus said those words "I leave you peace, my peace I give you." just before he asked the Holy Spirit to come down upon the apostles.

When you hear this prayer at Mass, listen to it carefully and answer "Amen" from your heart. Then receive Holy Communion asking for the grace to welcome the Holy Spirit into your heart.

## Follow up

- Learn the Prayer to the Holy Spirit off by heart. This is easy if you say the prayer every day at your morning and night prayers.
- Read the scripture passage again quietly when nobody else is around. Ask Jesus to help you to receive the Holy Spirit with the same eagerness as Our Lady and the Apostles.