

Confirmation Booklet



Come Holy Spirit, fill the hearts of your Faithful, and kindle in them the fire of your Love!

St. Benedict Catholic Church
11045 Parsons Rd. Johns Creek, GA 30097

www.stbenedict.net

Dear Confirmation Candidate,

Welcome to St. Benedict's Confirmation program. Take this year to challenge yourself to be the person that God wants you to be. Discern why you hesitate to make good decisions or choices. Consider God's mission for your life, God's desire for you is beyond your greatest dream if only you follow His path.

*This document is a brief review of the sacrament of Confirmation and a summary of expectations. You are responsible for answering every **Review Question assigned at the end of each unit (due date: 2/25/18)**. The Review Questions can be found on the parish website. In addition, you are responsible for completing the **Confirmation Final Paper (due date: 2/25/18)**. **Note:** If you are entering our Confirmation program this year (per Confirmation Coordinator approval), please note that you will need to complete all requirements needed.*

Please be advised that all assignments must be typed and Hand delivered. (Not emailed).

Follow the guidelines on page 4. This booklet is also on our website for your convenience and use.

If you have any questions or concerns please contact the Youth Minister, Rita Anderson at randerson@stbenedict.net or 678 992-2519

May the Holy Spirit be with you in this endeavor.

God Bless!

Confirmation Timeline

Important Confirmation Information & Deadlines

Items:	Due Date:
• Attend Parent meeting:	August 28
• Saint name & Saint Report	turned in 9th grade
• Sponsor Name, Sponsor's Pastor Verification Letter, Sponsor Agreement Form (<u>signed and completed</u>)	turned in 9th grade
• Parents' Affirmation Letters and photos of candidate (early & current)	3 weeks prior to retreat (Oct. 13&14th, or Nov. 10&11th)
• Service Hour Log Sheet- at least 10 hours served <i>only turn in sheet once <u>all</u> hours are served and documented</i>	
• Completed Confirmation Review Questions (booklet)	February 25
• Completed Confirmation Final Paper	February 25
• Completed Service Hour Log Sheet- all 10 hours served	April 8
• Confirmation Practice - Confirmation candidate and Sponsor (or proxy) must be present	April 28
• Confirmation 9:00am Ceremony 8:00am Candidates arrive 8:30am Sponsors arrive 9:00am Mass begins	May 5th

Please be advised that all papers will be read and reviewed for completeness. We will be looking for whether the assignment shows effort, reflects personal insight and denotes personal maturity of a deeper understanding of what is expected in the sacrament of Confirmation. *Use your own words and thoughts, **Do not plagiarize!***

Due to the Confirmation schedule this year, candidates may have only **three absences**. A note must be provided upon return to class.

REFERENCES IN THIS BOOKLET WILL BE MARKED AS FOLLOWS

Abbreviations-

CCC CATECHISM of the CATHOLIC CHURCH
(2nd Edition) Pub. by Libreria Editrice Vaticana
Article 2: The Sacrament of Confirmation (1285-1321)

COC Code of Canon Law by The Canon Law Society of America
Written by Coriden, Green, Heintschel

Sample reference-

“In Confirmation, you will be anointed with Chrism, which both signifies and imprints the spiritual seal placed on your soul (CCC 1293).”

*content was derived from Catechism of the Catholic Church, Item 1293

The Sacrament of Confirmation

Confirmation is a difficult sacrament to explain. It's not about getting confirmed, but about developing a relationship with the Third Person of the Trinity. It's not about receiving the Holy Spirit, because you already received Him in Baptism. Confirmation, however, completes the Baptismal graces (CCC 1285). It is a Sacrament of Christian maturity (CCC 1308). This is the start of your "Christian adulthood." You will grow in maturity during your entire faith life, but this Sacrament recognizes you as responsible for your faith.

Confirmation more perfectly unites you to Christ (CCC 1309), and prepares you for a familiarity with the Holy Spirit, His actions, gifts, and bidding (CCC 1309). The Sacrament of Confirmation more perfectly binds you with Christ's Church as well (CCC 1309) and all Her members throughout the ages. By your Confirmation, you will become a Christian witness (CCC 1304, 1317), and will be responsible for preaching and defending the true faith (CCC 1295). You will also accept for yourself the responsibility of continuing your education in the faith and practicing your religion (CCC 1295).

In Confirmation, you will receive the fullness of the Holy Spirit and His gifts, preparing you for your ministry and renewed commitment to Christ and His Church. This Holy Spirit is the Counselor promised to us by Christ Himself when He said, "If you love me, you will keep my Commandment. And I will pray to the Father, and He will give you another Counselor, to be with you forever, even the Spirit of Truth, whom the world cannot receive, because it neither sees him nor knows him; you know him, for He dwells with you, and will be in you" (Jn 14:16-17).

Jesus gave the Apostles His Holy Spirit after His Resurrection when He breathed on them and said, "Receive the Holy Spirit" (Jn 20:22). We receive the Holy Spirit in Baptism when we are Baptized "In the name of the Father, and of the Son, and of the Holy Spirit."

Confirmation is the outpouring of this same Spirit, and all His gifts in their fullness, as when the Holy Spirit anointed Jesus after His Baptism in the Jordan, leading Him into His public ministry (Mt 3:13-17). At Pentecost the Apostles received the fullness of the Holy Spirit enabling them to evangelize and serve

God in their public ministry (Acts 2). Through Confirmation, you too will be prepared for your public ministry (CCC 1296. You will receive all the gifts and graces necessary to bear the mark of Christ's witness (CCC 1304). You will be sealed with the gift of the Holy Spirit.

Review Questions

*The answers to these questions are all contained in "The Sacrament of Confirmation" pages. **Questions can be found on the parish website.** (Note: Resources include: information covered in class, Youcat, Holy Bible and the CCC book.*

1. What is the Sacrament of Confirmation all about? (CCC1285)
2. What does Confirmation do? (CCC303)
3. What you are commissioned to do when you receive the Sacrament of Confirmation?
4. a. When did Jesus give His Apostles the Holy Spirit? (John 20, Acts 2)
b. When did you receive the Holy Spirit? (CCC1229, 1238 & 1241)
5. Where in the Bible do we see the "Outpouring of the Holy Spirit"? (Please include brief descriptions as well as Bible passage references.)
6. Once you are confirmed, what responsibilities do you accept for yourself? (Please list at least 4.)

Effects of Confirmation



“Be sealed with the Gift of the Holy Spirit”



In Confirmation, you will be anointed with Chrism, which both signifies and imprints the spiritual seal placed on your soul (CCC 1293). This mark or seal is permanent. It marks you as a witness of Christ (CCC 1304). This mark gives your soul more nobility before the eyes of God.

Seals were often used to close letters. Wax was dripped on a page, then a stamp would mark the wax showing the identity of the author. A seal on your soul would mark Christ's identity onto your soul, so you will share more fully in God's image.

Sometimes seals were used to bind agreements or covenants. They would be broken in two, and one half would belong to each party. It was a symbol of unity. In Confirmation, you recommit yourself to your baptismal promises and your covenant with God. You publicly declare yourself God's servant and family.

Seals were also used to mark identity; for example, branding cows to mark ownership. Your seal marks you as Christ's witness; you belong to Him and are His soldier. You will speak and defend the faith based on the Authority of Christ.

Review Questions

*The answers to these questions are all contained in "Effects of Confirmation" pages. **Questions can be found on the parish website.***

1. What does "Divine Filiations" mean?
2. What are seals used for? (Please explain all three) (CCC1295)
3. What does the seal of Confirmation mark on your soul? (CCC1304 & 1317)
4. What tangible, physical seal that signifies and imprints the spiritual seal on your soul will you receive in Confirmation? (CCC1293)

Chrism Oil



Chrism is consecrated oil. It is consecrated by the bishop on Holy Thursday at the Chrism Mass (CCC 1297). Chrism is made up of balsam and olive oil (CCC 1289). Balsam is fragrant; a sign of the scent and sweetness of holiness. Olive oil is a sign of eternal life because olive trees do not die.

Oil is significant for many reasons:

- Oil is a sign of abundance and joy.
- Oil was used to limber athletes. This shows how, as soldiers of Christ, we must be prepared at all times.
- Oil was used for healing wounds. Confirmation gives us the graces we need to overcome our wounded nature due to sin.

- Oil was used for nourishment in cooking. Confirmation nourishes our soul with sacramental grace.
- Oil was used for cleansing, to make something beautiful, healthy and strong. Confirmation does all these things to our souls! (CCC 1293)

Oil was used throughout the Scriptures for prophets, priests, and kings (CCC 436). In Baptism we came to share in this threefold ministry of Christ (CCC 1241). We are prophets in that we speak the truth. We are priests, that is the common priesthood of the faithful (CCC 1305) by our worshipping God. We are kings by our inheritance to the Kingdom of God. By Confirmation – specifically the anointing – we share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which He was filled (CCC 1294), and we are strengthened in these ministries.

Review Questions

*The answers to these questions are all contained in “Confirmation the Sacrament” unit. **Questions can be found on the parish website, Youcat.***

1. What are the Matter and the Form of a Sacrament?
2. a. What is the name of the oil mixture used in Confirmation? (CCC1289)
 - b. Of what two parts is it composed?
 - c. What do the two parts of this oil signify?

Gifts of the Holy Spirit

In Confirmation, you will receive the fullness of the gifts of the Holy Spirit. These gifts help us to be holy. **The Seven Gifts of the Holy Spirit** are:

WISDOM – infused gift to give a delight for the things of God and to direct our whole life and all our actions to His honor and glory. Also makes the soul responsive to God in the contemplation of divine things; goes beyond simple knowledge of the beliefs to a certain divine penetration of the truths themselves.

UNDERSTANDING – infused gift to allow the mind to grasp revealed truths easily and profoundly with insight into the meaning of these truths.

KNOWLEDGE – infused gift to give a person the ability to judge everything from a supernatural viewpoint. As a result, a person can 1. see the providential purpose of whatever enters his/her life, 2. put creatures to the right use according to God's will for themselves and others, and 3. discern easily and effectively between the impulses of temptation and the inspirations of grace.

COUNSEL – infused gift to enable a person to determine promptly and rightly what should be done, especially in difficult situations. This primarily refers to one's own choices/behavior.

FORTITUDE – infused gift to give a person unusual courage and a special strength of will, including an extraordinary readiness to undergo trials for love of God.

PIETY – infused gift to give a person ready loyalty to God and the things of God; also enables a person to see God as a loving Father and act toward Him with generous love and affectionate obedience.

FEAR OF THE LORD – infused gift to inspire a person with profound respect for the majesty of God.

Prayer for the Seven Gifts of the Holy Spirit

“Lord Jesus Christ, before ascending into heaven, You promised to send the Holy Spirit to Your apostles and disciples. Grant that the same Spirit may perfect in my life the work of Your grace and love. Grant me the *Spirit of Wisdom* that I may aspire only after the things that are eternal; the *Spirit of Understanding* to enlighten my mind with the light of Your divine truth; the *Spirit of Knowledge* that I may know You and know myself, and grow perfect in the science of the saints; the *Spirit of Counsel* that I may choose the surest way of doing Your will, seeking first the Kingdom of Heaven; the *Spirit of Fortitude* that I may bear my cross with You and, with courage, overcome the obstacles that interfere with my salvation; the *Spirit of Piety* that I may find peace and fulfillment in the service of God; Grant me the *Spirit of Fear of the Lord* that I may be filled with a loving reverence toward You, and may dread in any way to displease You. Mark me, dear Lord, with the sign of your true disciples and animate me in every way with Your Spirit. Amen.”

Review Questions

The answers to these questions are all contained in “The Gifts of the Holy Spirit” pages. Or The Holy Bible.

1. Name the seven gifts of the Holy Spirit
2. Pick 2 gifts of the Holy Spirit and explain how you use/apply in your own life.

Theological Virtues

At Baptism, we receive the Theological Virtues. They come from God and help us to live in a way that is pleasing to God. These give God great glory and by living these virtues, we begin Heaven here on earth!

There are 3 Theological Virtues: Faith, Hope and Charity.

FAITH – infused theological virtue that enables a person to believe in God and in all that He has said and revealed, and believe all that the Holy Church teaches (CCC 1814); we believe this “[simply] because...God reveals it [who] can neither deceive nor be deceived” (First Vatican Council, Benzinger 3008).

HOPE – infused theological virtue that enables a person to desire heaven as ultimate happiness and to place trust in Christ’s promises and on the help of the grace of the Holy Spirit (CCC 1817). Also gives a person the confidence of receiving the grace necessary to reach heaven. This confidence is based on the omnipotence (all-powerful attribute) of God, His goodness, and His fidelity (faithfulness) to what He promised.

CHARITY – infused theological virtue that enables a person to love God above all things for His own sake, and love others for God’s sake (CCC 1822); it can be conferred only by divine grace. It is frequently identified with the state of grace because it is infused along with sanctifying grace.

The Four Cardinal Virtues

There are also four Cardinal Virtues. They are called “cardinal” because they are the chief or head virtues. All other virtues (primarily the twelve Fruits of the Holy Spirit) come from these. For example, if we live the virtue of prudence, we will also live the virtue of modesty. The Holy Spirit will help us to live the Cardinal Virtues as well. These virtues are “habits of doing good.” We need lots of practice and prayer to live these virtues. To live a virtue well, we need to also desire the virtue. So, if we make a good decision, but don’t really want to do this decision, it is not fully virtuous. For example, if I decide to say my Rosary everyday, but I don’t want to, there is only a little virtue in this act. But it is important to continue the practice, because once it becomes a habit, it will become easier; soon I will desire to practice this virtue, and I will truly and fully be living the virtue!

The 4 Cardinal Virtues are:

PRUDENCE – enables a person to recognize our true good in every circumstance and to choose the right means of achieving it; “the prudent man looks where he is going” (Prov 14:15). It guides the judgment of conscience (CCC 1806).

TEMPERANCE – moral virtue that moderates the attraction of pleasures and provides balance when using created goods or material items (CCC 1809). “Do not follow your base desires but restrain your appetites”(Sir 18:30).

JUSTICE – moral virtue that recognizes, respects, and strives to fulfill the proper rights due to God and each person (CCC 1807).

FORTITUDE – moral virtue that ensures firmness of will in doing good even when faced with difficulties, temptations, and obstacles; enables a person to conquer fear (CCC 1808).

Ask the Holy Spirit to help you to grow in virtue, and to help you with each virtue, especially those you find hard to master.

Review Questions

*The answers to these questions are all contained in “The Virtues” unit.
Questions can be found in the Youcat or your Chosen Book.*

1. What is a spiritual gift?
2. What is a Theological Virtue?
3. What is a Cardinal Virtue?
4. What is the difference between a Cardinal Virtue and a Theological Virtue?
5. Consider the Cardinal Virtues, Temperance and Fortitude. In 2 short paragraphs, explain why you need them in your life.

Who is the Holy Spirit?

The Holy Spirit is God, the Third Person of the Holy Trinity (CCC 683,686). We know this from the Bible, where Jesus commands His Apostles to baptize people “in the name of the Father, and of the Son, and of the Holy Spirit” (Acts 28:19). But who is this Spirit of God?

The Trinity is like a family; as a matter of fact, the family “father, mother, and children” is a sign and image of the Father and the Son and the Holy Spirit (CCC 2205). The Father generates the Son (CCC 246); the Son is “only-begotten of the Father” (CCC 242); and the Holy Spirit proceeds from the Father and the Son (CCC 245,254). By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so that their lives may give off “the aroma of Christ.” (CCC1294)

The Father begets the Son. We know the Father from the Old Testament and from what Jesus tells us about Him. God the Father is the father of Jesus (Mt. 1:27). Also, just like a son resembles his human father “in image and likeness” (Gen. 5:3), God created human beings “males and female” in His image and likeness (Gen. 1:26-27). This shows God’s intention to be the Father of the People of God in the covenants of the Old Testament with Adam, Noah, Abraham, Moses, and David (CCC 238; Deut. 32:6, Mal. 2:10, Ex. 4:22); God is revealed as Father by Jesus Himself in the Gospels (CCC 240; Mt. 11:27, Jn. 1:18, Jn. 20:17). In the New Covenant, Jesus fulfills the promises of the Old Testament and reveals God as father (CCC 652, Mt. 6:8-9, 14-15).

The Son, “only-begotten of the Father” (CCC 246; Nicene Creed), became Man in the Divine Person of Jesus (CCC 430, 432). We know much about Him through the Gospels and the New Testament.

The People of the Old Testament were preparing for His Coming (CCC 711). We know Jesus is God the Son because He tells us about His Father, God.

We learn about the Holy Spirit from Jesus; He said that another Advocate (Jn. 14:16) will be sent after He is gone. This Advocate is the Spirit of Truth (Jn. 14:17, CCC 692) promised of old. The Holy Spirit is the Paraclete (CCC 692). Paraclete is commonly translated “consoler” but also means “Advocate” (CCC 692). As Advocate, the Holy Spirit is at our side, interceding for us to God the Father (CCC 519,2634). The Holy Spirit is the Sanctifier (CCC 14); He will make us Holy.

Review Questions

The answers to these questions are all contained in “Who is the Holy Spirit” unit.

1. Who is the Holy Spirit? Why is the Holy Spirit so important in our lives?
(CCC687-693)
2. What actions can you take to enhance your relationship with the Holy Spirit?

Service

1. Which of your service projects made the most impact on you and why?

Baptismal Promises

At Confirmation, you must renew your Baptismal promises, and make a profession of faith (CCC 1298). Confirmation seals your baptismal commitment and covenant with God (CCC 1298, 1304, 1305, 1316, 1321). Your sponsor is a witness to these promises and your profession of faith.

Do you reject Satan? **I do.**

And all his works? **I do.**

And all his empty promises? **I do.**

Do you reject sin so as to live in the freedom of God's children?

I do.

Do you reject the glamour of evil and refuse to be mastered by sin?

I do.

Do you reject Satan, the father of sin and prince of darkness? **I do.**

Do you believe in God the Father almighty, creator of heaven and earth? **I do**

Believe.

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?

I do Believe.

Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the Apostles at Pentecost and today is given to you through the sacrament of confirmation?

I do Believe.

Do you believe in the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

I do Believe.

This is our faith. This is the faith of the Church.

We are proud to profess it in Christ Jesus our Lord. **Amen.**

Who Can Be Confirmed?

To be confirmed, three criteria must be met:

1. A person must be baptized, but not yet confirmed (CCC1306).
2. A person must be at the age of discretion (CCC 1307). This means that they must be ready and able to accept the responsibilities that come with Confirmation.
3. A person must also be in the state of grace. It is good to go to Confession before receiving the Sacrament of Confirmation (CCC 1310).

Who Can Be a Sponsor?

1. A sponsor is usually and preferably a baptism godparent (CCC 1311).

§1. To perform the function of sponsor, a person must fulfill the conditions mentioned in canon 874.

§2. It is desirable to choose as sponsor the one who undertook the same function in baptism. (COC 893 §1, §2)

2. The sponsor must have received the sacraments of Baptism, Holy Communion, and Confirmation and be a practicing Catholic in good standing. If married, they must be married by a Catholic Priest or Deacon.

COC 874 §1. To be permitted to take on the function of sponsor a person must:

1/ be designated ...by the parents,...pastor or minister and have the aptitude and intention of fulfilling this function;

2/ have completed the sixteenth year of age;

3/ be a Catholic who has been confirmed, received the Eucharist and who leads a life of faith in keeping with the function to be taken on;

4/ **NOT be** bound by any canonical penalty legitimately imposed or declared;

5/ **NOT be** the father or mother of the one to be baptized or confirmed.

COC 874 §2. A baptized person who belongs to a non-Catholic ecclesial community is not to participate except together with a Catholic sponsor and then only as a witness.

3. When deciding on a sponsor, choose someone to whom you can talk about the faith, who will also be a good role model for you to follow and who will take an active role as your sponsor in your life.

Confirmation: the Sacrament

Sacraments have two parts: the Matter and the Form. The Matter is the physical sign of the grace received; and the Form is the spoken word. In Confirmation, the Matter consists in the laying on of hands (CCC 1288) by the bishop (who is the ordinary minister and a sign of apostolic unity), or the priest (who is the extraordinary minister) (CCC 1290) and in the blessing or anointing with Chrism (CCC 1300). The Form is: “Be sealed with the gift of the Holy Spirit” (CCC 1300, 1320). “A vow is a deliberate and free promise made to God concerning a possible and better good which must be fulfilled by reason of the virtue of religion, A vow is an act of devotion in which the Christian dedicates himself to God or promises him some good work. (CCC 2102)

The Day of Your Confirmation

At your confirmation, you will renew your baptismal promises and make a profession of faith (CCC 1298), then the Bishop (or priest) extend his hands over the person or your confirmation class as a sign of the gift of the Holy Spirit (CCC 1299), and say:

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 (CCC 1299).

The bishop will then individually anoint each person’s forehead with Chrism Oil saying, “Be sealed with the gift of the Holy Spirit” (CCC 1300, 1320). He will then offer you the sign of peace as a sign of communion with both the bishop and the church (CCC 1301).

Questions the Archbishop may ask please be ready to answer these questions.

- What is the feast day of your saint? What is your Saint known (patron).
- Why did you choose that saint?
- Do you know the history of the saint? Where and when they lived?
Something that made them important?
- Who is your sponsor? Why did you choose them?
- What are Sacraments?
- Confirmation is one of the Sacraments of _____?
- How many Sacraments are there and what are their names?
- Who are the other bishops in Atlanta?
- Who is the Archbishop of Atlanta?
- What are the gifts of the Holy Spirit?
- What are the Holy days of Obligations?

Confirmation Final Paper

At Baptism, based upon the promises of your parents and Godparents, you were anointed “priest, prophet and king or queen”. Research the attributes that are expected of these roles. Consider how you have applied or have failed to apply them in your life. Reflect on your good and bad choices and how they affect others. Reflect on the gifts and fruits of the Holy Spirit. Reflect upon the definition of a virtue and what it means to be virtuous. Reflect on your readiness to make a “vow.” This 250 to 300 word report should be typed. This assignment should not be taken lightly as it is a summary of your experience and growth during your preparation for confirmation.

During the ceremony of Confirmation, you will be taking on the responsibilities of the promises that were made by your parents and godparents. What do these responsibilities entail? As a Confirmed Catholic, God will be holding you responsible for your choices and actions or lack of action. Reflect on Jesus’ words to The True Disciple,

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father in heaven.” (Matt 7:21)

Upon accepting the sacrament of Confirmation you will be accepting the spiritual attributes and responsibilities that come along with this sacrament. Are you ready to make this commitment? In this paper explain why you should be Confirmed. Convince me!

This assignment with the Review Questions is **Due** in the Youth Minister’s Office
Check the calendar for due dates!

PLEASE DO NOT EMAIL PAPERS