

# Confirmation Study Guide



**Bring this study guide with you to every class.**

**Name** \_\_\_\_\_ **Class** \_\_\_\_\_

# SACRAMENT OF CONFIRMATION

*Revised April 2019*

*These questions and answers are provided as a supplement to other catechetical resources to assist parents, guardians, sponsors and catechists as they prepare candidates for the Sacrament of Confirmation.*

*Candidates for the Sacrament of Confirmation should be guided in the study of this information. Although memorization is a helpful tool for learning, it is more important that the candidates understand both the questions and answers beyond what is stated. Questions and answers numbers 1, 3, 12, 14 and 15 would be a great benefit to the candidate if they are memorized.*

1. *What is a Sacrament?*

A Sacrament is a visible and effective sign instituted by Christ and entrusted to the Church through which we share in God's grace. (cf. *Catechism of the Catholic Church* [hereafter CCC] CCC 1211)

2. *What is God's grace?*

God, the Father, Son and Holy Spirit, give sanctifying grace—God's very life—with the reception of the Sacraments. This grace helps the baptized person to grow in faith, hope and love; to live fully the gifts of the Holy Spirit, to grow in goodness and Christian morality. (CCC 1266)

3. *How many Sacraments are there?*

There are seven Sacraments. They include the Sacraments of Christian Initiation: Baptism, Confirmation and the Eucharist; the Sacraments of Healing: Penance and the Anointing of the Sick; the Sacraments at the Service of Communion and the Mission of the Faithful: Holy Orders and Matrimony. (CCC 1210-1211)

4. *How do the Sacraments of Baptism, Confirmation and the Holy Eucharist lay the foundation for living a Christian Life?*

Christians are born anew into Christ Jesus with Baptism, strengthened with his Holy Spirit with Confirmation, and nourished with the divine food of eternal life with the Holy Eucharist. (CCC 1212)

5. *What is the Sacrament of Baptism?*

The Sacrament of Baptism is the door to all the other Sacraments. With the Sacrament of Baptism, a person is freed from Original Sin, reborn as a child of God, becomes a member of Christ's Body, the Church, and is given the promise of Eternal Life. (CCC 1213)

6. *How does the Church carry out the Sacrament of Baptism?*

The sacred minister—Bishop, priest or deacon—immerses the candidate in water three times or pours water over the head of the candidate three times. At the same time he says, "N., I baptize you in the name of the Father, and of the Son, and of the Holy Spirit." (cf. CCC 1239-1240) In case of emergency, anyone, even a non-baptized person, with the intention of the Church, baptizes in the same way. (CCC 1256).

7. *Does the Sacrament of Baptism impart an indelible mark on the soul?*

Baptism seals the new Christian with the indelible spiritual mark (character) of belonging to Christ. No sin can ever erase this indelible mark. This is why the Sacrament of Baptism can never be repeated. (CCC 1272)

8. *What is the Sacrament of Confirmation?*

- The Sacrament of Confirmation completes the grace of Baptism.
- With this Sacrament, a baptized person is more perfectly bound to the Church and receives a special strength of God, the Holy Spirit.
- With Confirmation, a person becomes a true witness to Christ, especially by spreading and defending the faith by word and deed. (CCC 1285)

9. *Who is to receive the Sacrament of Confirmation?*

Every baptized person should receive the Sacrament of Confirmation. The Sacrament of Confirmation forms a unity with the Sacrament of Baptism and the Eucharist. (CCC 1306)

10. *How does a person prepare for the Sacrament of Confirmation?*

- A person prepares for the Sacrament of Confirmation through prayer, study and a new commitment to the promises made at Baptism.
- This preparation aims to assist the candidate to have a more intimate union with Jesus Christ and the Church, to be even more ready to witness to the Gospel in every circumstance.
- This preparation also includes living in the state of grace, living without serious sin. So, the reception of the Sacrament of Penance is a part of this preparation.

- A Sponsor, often a godparent at Baptism, accompanies the candidate during preparation and the celebration of the Sacrament of Confirmation. (CCC 1309-1311)

11. *How does the Church carry out the Sacrament of Confirmation?*

- The Bishop is the original minister of the Sacrament of Confirmation. However, at times, a priest may be delegated by the Bishop to administer the Sacrament.
- For the conferral of Confirmation, the candidates are presented to the Bishop, the Word of God is explained for a deeper understanding of the Sacrament of Confirmation, the candidates renew their baptismal promises, the Bishop lays hands on the candidates calling upon God, the Holy Spirit, they are anointed with Sacred Chrism, and the rite concludes with the Universal Prayer (CCC 1297-1301, cf. *The Order of Confirmation*)

12. *What is Sacred Chrism?*

Sacred Chrism is a mixture of olive oil and balsam consecrated by the Bishop at the Chrism Mass which is typically celebrated on Holy Thursday morning. (cf. *The Rite for the Blessing of Oils and the Consecration of Chrism*)

13. *What is the essential rite of Confirmation?*

The Bishop anoints the forehead of the baptized candidate with Sacred Chrism. He does this with the laying on of the hand and the words, "N., be sealed with the Gift of the Holy Spirit." The newly confirmed responds, "Amen." In addition, the Bishop says, "Peace be with you." The newly confirmed responds, "And with your spirit." (CCC 1300, *The Order of Confirmation*)

14. *What is the special strength of God the Holy Spirit?*

The Holy Spirit is received with the celebration of every Sacrament. With the celebration of Confirmation, there is a unique outpouring of God, the Holy Spirit, the Third Person of the Blessed Trinity. This is the same Holy Spirit that God, the Father, with God, the Son, poured upon the Apostles on Pentecost.

This outpouring of the Holy Spirit has a real effect upon the person confirmed.

- There is an increase and deepening of all the effects of Baptism, especially the grace of Baptism;
- the newly confirmed is more profoundly a child of God, the Father, and more firmly united to God, the Son.
- The gifts of the Holy Spirit are more fully given.

- The union with the Church and all her members is more completely realized.
- There is the new strength to witness to Christ and his Church and to never be ashamed of the Cross. (CCC 1302-1303).

15. *What are the gifts of the Holy Spirit?*

The Gifts of the Holy Spirit are: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and Fear of the Lord. (CCC 1831, cf. *The Order of Confirmation*)

16. *What are the Fruits of the Holy Spirit?*

The Fruits of the Holy Spirit are: Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control and Chastity. (CCC 1831)

17. *Does the Sacrament of Confirmation impart an indelible mark on the soul?*

Confirmation, like Baptism, seals the Christian with the indelible spiritual mark (character) which identifies the Christian as someone with the seal of Christ's Holy Spirit as empowered to be his witness. This same mark indicates a completeness in the share in the common priesthood of Jesus to offer oneself and all things with Christ to his Father, especially in the celebration of Mass. (CCC 1304-1305).

18. *What is the Sacrament of the Holy Eucharist?*

The Sacrament of the Holy Eucharist is the Sacrifice of the Body and Blood of Jesus on the Cross that takes place on the altar at every Mass. It is the divine event of the very death and resurrection of Christ that happened in history and in every age for the redemption and salvation of all. (CCC 1323)

The Sacrament of the Holy Eucharist completes Christian Initiation. With the Sacrament of Baptism, a person receives a share in the common priesthood of Jesus. With the Sacrament of Confirmation, a person is more completely united to this common priesthood. Now with participation in the Holy Eucharist, a person joins with the other members of the Church celebrating Christ's own Sacrifice and receiving his Body and Blood from this Sacrifice actually taking place. (CCC 1322)

19. *How are the Sacrament of Baptism and Confirmation renewed?*

The Sacraments of Baptism and Confirmation are only received once. However, their effects in our Christian lives are renewed every Sunday with participation at Mass and the reception of Holy Communion. This is part of our obligation and duty to go to Mass every Sunday.

### Gifts of the Holy Spirit

1. **Wisdom:** the supernatural gift of the Holy Spirit which helps us to discover the meaning of the truths of our Catholic faith
2. **Understanding:** the supernatural gift of the Holy Spirit which helps us put the thought of God first in our lives so that we can judge persons and situations accordingly
3. **Knowledge:** the supernatural gift of the Holy Spirit which helps us to use the works of creation according to God's plan and for his glory
4. **Fortitude (Courage):** the supernatural gift of the Holy Spirit which helps us to undertake challenging tasks in the service of God and to suffer patiently the difficulties we meet in that service
5. **Counsel (Right Judgement):** the supernatural gift of the Holy Spirit which helps us to act as we know God would want us to act and to help others do the same
6. **Piety (Reverence):** the supernatural gift of the Holy Spirit which urges us to an affectionate and childlike worship of God, our heavenly Father
7. **Fear of the Lord (Wonder and Awe):** the supernatural gift of the Holy Spirit which enables us to respect and to serve God as a loved child who does not want to offend his Divine Parent

### Fruits of the Spirit

1. **Charity (Love):** the highest form of Christian love, directed toward God and our neighbors
2. **Joy:** the confident happiness and hope resulting from charity
3. **Peace:** the inner harmony that comes from living in charity
4. **Patience:** the ability to cope with trying circumstances without becoming bitter
5. **Kindness:** the sympathy and affection we show towards others
6. **Goodness:** the desire for virtue and not evil
7. **Faithfulness:** the loyalty paid to our relationships and beliefs, and first of all to God
8. **Modesty:** respectful dress, speech, and conduct toward others and ourselves
9. **Chastity:** living God's gift of sexuality appropriately according to your state in life (according to your vocation)
10. **Gentleness:** the ability to act tenderly
11. **Generosity:** the opposite of selfishness; giving freely
12. **Self-Control:** the discipline to use our human freedom responsibly

## CONFIRMATION STUDY SHEET

Confirmation Candidates should know: Spiritual Works of Mercy, Corporal Works of Mercy, Ten Commandments, Seven Precepts of the Church, Apostle or Nicene Creed.

**1. What does anointing signify?**

The anointing of the forehead with Chrism in the form of a cross signifies that the Catholic who is confirmed must always be ready to profess his faith openly and to practice it fearlessly.

**2. What is Chrism?**

A mixture of olive oil and balm, blessed by the bishop at a special Chrism Mass during Holy Week.

**3. What are the conditions required for receiving Confirmation?**

- a. Baptized Catholic
- b. State of Sanctifying Grace
- c. Well-instructed in the Doctrines of the Faith

**4. What is required of sponsors in Confirmation?**

- a. They must be practicing Catholic
- b. They must be already Confirmed and able to fulfill their duties

**5. What is a sacrament?**

A sacrament is a holy act in which we meet God and God meets us. In other words, a sacrament is an outward sign instituted by Christ to give grace.

**6. What is Confirmation?**

Confirmation is the sacrament of maturity that completes Baptism. In Confirmation the Holy Spirit comes to us in a special way ;the abundance of His gifts and enables us to become witnesses and soldiers of Jesus Christ.

**7. What are the outward signs of Confirmation?**

- a. Inposition of hands
- b. Signing of the Cross
- c. The anointing with holy oil

**8. What does the word "Confirmation" mean?**

Confirmation means "making strong" or "strengthening". The work began by our baptism and now is strengthened or completed by Confirmation.

**9. What does the sign of the Cross mean in Confirmation?**

The sign of the Cross means that we must not hide the fact we belong to Christ ,but should proclaim in openly to all.

**10. What are the effects of Confirmation on our soul?**

Confirmation increases sanctifying grace, leaves its special sacramental graces, and imprints a lasting character or mark on our soul.

**11. Why do you take a new name in Confirmation?**

That I may have another patron saint to honor, and one more person in heaven to help and inspire me.

**12. What are some of the ways in which you can promote the faith?**

I can promote my faith by praying for all, by giving good examples, by suffering courageously if I have to, by doing works of mercy, by helping the missions, by encouraging vocations, and above all by receiving the other sacraments as often as possible.

**13. What is Baptism?**

Baptism is the sacrament that gives our souls the new life of grace by which we become children of God. Our souls are cleansed of original sin, the sin of our first parents.

**14. How many sacraments are there? Name them.**

There are seven sacraments: Baptism, Penance, Holy Eucharist, Confirmation, Holy Orders, Matrimony and Anointing of the Sick.

**15. When do you receive the Holy Spirit for the first time?**

We receive the Holy Spirit for the first time at Baptism.

Sacraments are signs in which Jesus meets with us to share God's life with us. The sacraments help us to live holy lives.

**BAPTISM**: is a sacrament in which we are born to new life as children of God and are welcomed into the Christian Community.

**CONFIRMATION**: is a sacrament in which God sends us the Holy Spirit to help us to be responsible for serving others, by our good deeds, words, and prayers.

**EUCCHARIST**: is the Christian celebration of Christ's death and resurrection. The Eucharist is a sacrifice and a meal. It is a sacrifice because in it, Christ offers Himself to God and we offer ourselves with Him. The Eucharist is a meal because Jesus comes to us as our food, which we receive with the community.

**RECONCILIATION OR PENANCE**: is a sign of our sorrow and God's love and forgiveness. The priest forgives us in the name of Jesus and the community.

**HOLY ORDERS**: is the sacrament in which Jesus shares his special ministry of service with Bishops, priest and deacons, so that they can serve His church by helping people to become holy.

**MATRIMONY**: is a sacrament in which Jesus unites a man and a woman in a holy and lifelong marriage. Jesus helps them to be helpful and loyal to each other and their children.

**ANOINTING OF THE SICK**: is a sacrament in which Jesus comforts the sick members of His church, He gives them peace, He forgives their sins and often restores them to health.

**Sanctifying grace** is God's love and life in us.

All the Sacraments give grace, which helps us to carry on as Christians to serve one another.

Sacraments of Initiation are: Baptism, Eucharist, Confirmation

Sacraments of Service are: Holy Orders and Matrimony

Sacraments of Healing are: Reconciliation (Penance) and Anointing of the Sick

**16. What is meant by the Sacraments of Initiation? Service? Healing?**

- a. Through the sacraments of initiation, people become members of the Church and are welcomed into the community, in order that we may live as true followers of Christ. When we share in these sacraments, we show forth the unity of God's people.
- b. Holy Orders and Matrimony are sacraments of service because it is the giving of yourself to do God's work on earth.
- c. Reconciliation and Anointing of the Sick are healing sacraments because they show us that God is always willing to forgive and heal and love us, if we come to Him.



The Great Commandments	Corporal Works of Mercy (for the body)	Spiritual Works of Mercy
1. You shall love the Lord your God – With you whole heart, with your whole soul, and with all your mind. 6. You shall love your neighbor as yourself.	1. Feed the hungry. 2. Give drink to the thirsty. 3. Clothe the naked. 4. Visit those in prison. 5. Shelter the homeless. 6. Visit the sick 7. Bury the dead.	1. Correct sinners. 2. Teach the ignorant. 3. Give advice to the confused. 4. Comfort those who suffer. 5. Be patient with others. 6. Forgive others 7. Pray for the living and dead.

### The Ten Commandments

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

### 17. Name the Beatitudes

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

Blessed are they who mourn, for they will be comforted

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

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

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

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

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

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

### 18. What are the Beatitudes

The Beatitudes are guidelines for true happiness given to us by Jesus. They challenge us to live Jesus' way. Each one of them announces the spirit in which we are to live for God's kingdom, or the kingdom of heaven as it is called in Matthew's Gospel. When we depend on God's love and not on possessions, when we show compassion, humility, and mercy, we are working to build up the kingdom of God. This is also true when we choose to work for justice and peace despite challenges and difficulties.

19. In what ways can you live the spirit of the Beatitudes in your, family, school, or neighborhood?

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### Precepts of the Church

The Precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor:

1. To keep holy the day of the Lord's resurrection; to worship God by participating in Mass every Sunday and holy day of obligation.
2. To lead a sacramental life; to receive Holy Communion frequently and the sacrament of reconciliation regularly: minimally, to receive the sacrament of Reconciliation at least once a year. Minimally also to receive Holy Communion at least once a year.
3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the marriage laws of the Church; to give religious training, by example and word, to one's children; to use parish schools and Catechetical programs.
5. To strengthen and support the Church, one's own parish community and parish priests, the worldwide Church and the Pope.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the church.

### HOLY DAYS OF OBLIGATION IN THE UNITED STATES

**Solemnity of Mary, Mother of God:** January 1: We honor Mary, Mother of God.

**Ascension:** Forty days after Easter: On this day Jesus ascended into heaven.

**Assumption:** August 15: We celebrate the fact that Mary was taken into heaven body and soul.

**All Saints' Day:** November 1: We honor all the saints in heaven.

**Immaculate Conception:** December 8: Mary was free from sin from the first moment of her life.

**Christmas:** December 25: We celebrate the birth of Jesus.

### GIFTS OF THE HOLY SPIRIT

**Knowledge, Wisdom, Courage, Right Judgment, Understanding, Reverence, Wonder and Awe**