

# **THE SACRAMENT OF CONFIRMATION**

**A Catechetical DVD Series**

**With**

**Bishop David A. Zubik**

**Bishop of Pittsburgh**



**Student Lessons**

**Secretariat for Catholic Education**

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CONFIRMATION LESSON I  
*BEING CATHOLIC*

Video 1



Student Lesson Packet





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**Lesson I: Being Catholic**

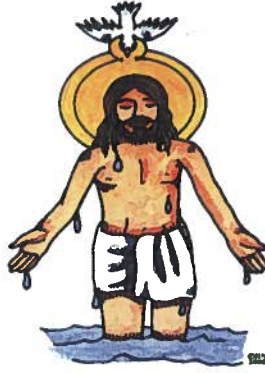
**I Lesson Overview**

During this lesson you will:

1. Relate that we enter into the Church through Baptism, the fundamental sacrament, and are fully initiated through Confirmation and Eucharist.
2. Reflect on the meaning of key passages from scripture which unfold the foundation and meaning of the sacraments of Baptism and Confirmation.
3. Learn the specific concepts about the Sacrament of Confirmation.

**II DVD Presentation**

1. As you view the video, watch for the key points concerning the sacraments of Baptism and Confirmation.
2. Fill in your response to the Confirmation Review Questions as directed by your catechist.
3. Correct the response as necessary following review by the whole group as led by your catechist.
4. Complete the Faith and Life Experience questions as your catechist directs.
5. At the direction of your catechist, complete the Confirmation Reflection, My Favorite Aspect of Being Catholic.



## OPENING PRAYER

### Sign of the Cross

**Leader:** The God of power and Father of our Lord, Jesus Christ has freed us from sin and brought us to new life through water and the Holy Spirit.

**All:** God has given us a new birth by water and the Spirit.

**Leader:** We pray that through the power of this compelling Spirit we might know the unity that is ours—sisters and brothers of a common family, called to witness God's unconditional love.

**All:** As children of one God, with this shared hope and faith, may we work together to bring the healing presence of Christ to our world.

**1<sup>st</sup> Reading:** Matthew 3:11, 13-17

*I (John the Baptist) am baptizing you with water, for repentance, but the one who is coming after me is mightier than I. I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire...*

*Then Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, "I need to be baptized by you, and yet you are coming to me?" Jesus said to him in reply, "Allow it now, for thus it is fitting for us to fulfill all righteousness." Then he allowed him. 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."*

**Reflection:** Jesus insisted on being baptized by John in front of the crowd of people who had gathered there. Why do you think Jesus did this? What message was Jesus trying to relate to those who witnessed his baptism?

**2<sup>nd</sup> Reading:**

**Isaiah 61:1-3**

*The spirit of the Lord God has been given to me, for God has anointed me; He has sent me to bring good news to the poor, to bind up hearts that are broken; to proclaim liberty to captives, freedom to those in prison; to proclaim a year of favor from God, a day of vengeance for our God, to comfort all those who mourn and to give them a garland for ashes; to give them oil of gladness in place of mourning, a glorious mantle instead of a listless spirit. They will be called oaks of justice, planted by the Lord to show his glory.*

**Reflection:** read the above passage once again to yourself. Think about how this reading might help you better understand the Sacrament of Confirmation.

**Leader:** Let us pray together:

**All:** We stand before you, Holy Spirit  
conscious of our sinfulness,  
but aware that we gather in your name.

Come to us, remain with us,  
and enlighten our hearts.

Give us light and strength  
to know your will,  
to make it our own  
and to live it in our lives.

Guide us by your wisdom.  
Support us by your power,  
for you are God,  
sharing the glory of the Father and the Son.

Unite us to your self in the bond of love  
and keep us faithful to all that is true.

We ask this through Jesus Christ  
our Lord and Brother. Amen.





## Scriptural Reflections



*Below is a selection of key scriptural prayers that proclaim and reflect upon the focus of lesson I. Follow the directions given by your catechist.*

Reflect upon the following question for each passage as assigned or selected:

**Question:** What do you think the passage says about the effects of Baptism and Confirmation in your own life as you work to become a better Catholic and grow closer to Jesus?

† Isaiah 11:1-3

*But a 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.*

† 1 Peter 1:3-9

*Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you who by the power of God are safeguarded through faith to a salvation that is ready to be revealed in the final time. In this you rejoice, although now for a little while you may have to suffer through various trials, so that the genuineness of your faith, more precious than gold that is perishable even though tested by fire, may prove to be for praise, glory, and honor at the revelation of Jesus Christ.*

*Although you have not seen him you love him; even though you do not see him now yet believe in him, you rejoice with an indescribable and glorious joy, as you attain the goal of (your) faith, the salvation of your souls.*

(Handout 1)

**Scriptural Reflections Continued:**

† Acts 2:36-47

***Therefore let the whole house of Israel know for certain that God has made him both Lord and Messiah, this Jesus whom you crucified.***

***Now when they heard this, they were cut to the heart, and they asked Peter and the other apostles, "What are we to do, my brothers?" Peter said to them, "repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit. For the promise is made to you and to your children and to all those far off, whomever the Lord our God will call." He testified with many other arguments and was exhorting them, "Save yourselves from this corrupt generation." Those who accepted his message were baptized, and about three thousand persons were added that day.***

***They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone, and many wonders and signs were done through the apostles. All who believed were together and had all things in common, they would sell their property and possessions and divide them among all according to each one's need. Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.***



# CONFIRMATION REVIEW QUESTIONS



1. What is a sacrament?
2. Which Sacrament makes us members of the Church?
3. What does it mean to be initiated?
4. What are the three sacraments of initiation?
5. Why are learning, praying, and service a big part of preparing for Confirmation?
6. Who is the “usual” or ordinary minister of Confirmation?
7. Which Person of the Trinity is again received at Confirmation?
8. Why is a sponsor important? What is the role of the sponsor?
9. What is chrism? What does it symbolize? How is chrism used in the sacrament of Confirmation?



## FAITH AND LIFE EXPERIENCE



**Think about each question below and fill in your response as your catechist directs.**

- 1. What are some things you have learned about your faith in this year prior to celebrating the Sacrament of Confirmation?**
- 2. What are some ways by which you have met Jesus in your life since you were baptized?**
- 3. What are some practical ways you can help to build up God's kingdom?**
- 4. How can understanding the ceremony and symbols of Confirmation help you to appreciate the challenge of living a full life as a public witness to Christ and his Gospel message?**



Handout 4



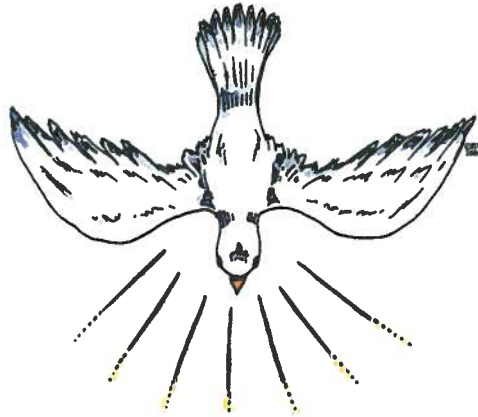
# **CONFIRMATION REFLECTION**

## **My Favorite Aspect of Being Catholic**





# COME HOLY SPIRIT



## Closing Prayer

### Sign of the Cross

**All:** COME HOLY SPIRIT  
FILL THE HEARTS OF YOUR FAITHFUL  
AND ENKINDLE IN THEM  
THE FIRE OF YOUR LOVE

**Leader:** SEND FORTH YOUR SPIRIT, AND THEY SHALL  
BE CREATED.

**All:** AND YOU SHALL RENEW THE FACE OF THE EARTH.

**Leader:** LET US PRAY. O GOD, WHO BY THE LIGHT OF THE HOLY  
SPIRIT, DID INSTRUCT THE HEARTS OF YOUR FAITHFUL,  
GRANT THAT BY THAT SAME HOLY SPIRIT, WE MAY BE  
TRULY WISE, AND EVER REJOICE IN YOUR CONSOLATION.  
THROUGH CHRIST OUR LORD.

**All:** AMEN.





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**Lesson II: Confirmed in the Spirit**

**I Lesson Overview**

During this lesson you will:

1. Relate God's plan for life and how we are to live out our faith through the gifts of the Holy Spirit.
2. Reflect on the meaning of key passages from scripture that relate how life is to be lived as Jesus plans and teaches.
3. Learn the meaning of the seven gifts of the Holy Spirit and their practical connection to us as we live out our faith.

**II DVD Presentation**

1. As you view the video, watch for the key points concerning the sacrament of Confirmation.
2. Fill in your response to the Confirmation Review Questions as directed by your catechist.
3. Correct the response as necessary following review by the whole group as led by your catechist.
4. Complete the Faith and Life Experience questions as your catechist directs.
5. At the direction of your catechist, complete the Confirmation Reflection, *How the Gifts of the Holy Spirit will Help Me to Live My Life as a Good Catholic.*



## OPENING PRAYER

### Sign of the Cross

**Leader:** Christ Jesus, before ascending into heaven you promised to send the Holy Spirit to your apostles and disciples. Grant that the same Spirit may perfect in our lives the work of your grace and love.

**All:** Breathe on me, Breath of God  
My soul with grace refine  
Until this earthly part of me  
Grows with your fire divine.

**Leader:** Lord, fill us with your Spirit of grace, mercy and peace.

**All:** That we may be vessels of your truth and love.

**Leader:** Keep us alive to your presence among us.

**All:** And strengthen us for the task of sharing the gospel message with people who are searching for you.

**1<sup>st</sup> Reading:** Isaiah 32:15-20

*The spirit from on high will be poured out on us. Then will the desert become an orchard and the orchard be regarded as a forest. Right will dwell in the desert and justice abide in the orchard. Justice will bring about peace; right will produce calm and security. My people will live in a peaceful country, in secure dwellings and quiet resting place.*

**Reflection:** What meaning do you think this passage has for the world today?



**2<sup>nd</sup> Reading:                      Acts 1:6-11**

***When they had gathered together they asked him, “Lord, are you at this time going to restore the kingdom to Israel?” He answered them, “It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.”***

***When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, “Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.”***

**3<sup>rd</sup> Reading:                      Acts 2:1-12**

***When the time for Pentecost was fulfilled, they were all in one place together. And 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.***

***Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. They were astounded, and in amazement they asked, “Are not all these people who are speaking Galileans? Then how does each of us hear them in his own native language?...we hear them speaking in our own tongues of the mighty acts of God. They were all astounded and bewildered, and said to one another, “What does this mean?”***

**Reflection: In what way is the statement “you will be my witnesses” in the 2<sup>nd</sup> reading fulfilled in the 3<sup>rd</sup> reading? How does the Holy Spirit help you become a witness for Christ? Why do you think Pentecost is referred to as the Birthday of the Church?**



**Leader:** Let us pray together:

**All:** † Lord, send us the Spirit of *Fear of the Lord* that we may be filled with a loving reverence toward you.

† Send us the Spirit of *Piety* that we may find peace and fulfillment in the service of God while serving others.

† Send us the Spirit of *Fortitude* that we may bear our cross with you and, with courage, overcome the obstacles that interfere with our salvation.

† Send us the Spirit of *Knowledge* that we may know you and know ourselves and grow in holiness.

† Send us the Spirit of *Understanding* to enlighten our minds with the light of your truth.

† Send us the Spirit of *Counsel* that we may choose the surest way of doing your will, seeking first the kingdom.

† Send us the Spirit of *Wisdom* that we may aspire to the things that last forever.

† Teach us to be your faithful disciples and animate us in every way with your Spirit.

**Leader:** Come, Holy Spirit, fill the hearts of your faithful,

**All:** and enkindle in them the fire of your love.

**Leader:** Send forth your spirit and they shall be created,

**All:** and you shall renew the face of the earth.

**Leader:** O God, who by the light of the Holy Spirit instructed the hearts of the faithful, grant, that by the same Spirit we may be truly wise and ever rejoice in his consolation. We ask this through Christ Our Lord.

**All:** Amen.

## Scriptural Reflections



*Below is a selection of key scriptural prayers that proclaim and reflect upon the focus of lesson II. Follow the directions given by your catechist.*

Reflect upon the following question for each passage as assigned or selected:

### Questions:

1. What does the passage teach about life in Christ?
2. What do you think the passage says to you about trying to live as Christ wishes you to live in the fully initiated community of the Church right now?

† Isaiah 11:1-3

*“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.”*

1.

2.

† Matthew 5:13-16

*“You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”*

1.

2.

Handout 1 (Scriptural Reflections continued)



† Matthew 10:27-33

*“What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father.”*

1.

2.

† Luke 11:1-4

*He was praying in a certain place, and when he had finished, one of his disciples said to him, “Lord, teach us to pray just as John taught his disciples.” He said to them, “When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread and forgive us our sins. For we ourselves forgive everyone in debt to us, and do not subject us to the final test.”*

1.

2.

† John 6:28-29

*So they said to him, “What can we do to accomplish the works of God?” Jesus answered and said to them, “This is the work of God, that you believe in the one he sent.”*

1.

2.



# CONFIRMATION REVIEW QUESTIONS



1. What are some things you need to know as you prepare for Confirmation?

2. In what ways is Confirmation more than a one-day event?

3. Name and define each of the seven gifts of the Holy Spirit.

1)

2)

3)

4)

5)

6)

7)



## FAITH AND LIFE EXPERIENCE



*Think about each question below and fill in your response as your catechist directs.*

1. How do you see Jesus and the Holy Spirit alive in your own life?
2. In what ways can you strive to have the same attitude as Jesus?
3. How can you be a witness or example of your faith to others at home, at school, in your neighborhood?
4. What teachings of the Church challenge you as you prepare for Confirmation?  
What will help you to overcome those challenges?



Handout 4



## CONFIRMATION REFLECTION

**HOW THE GIFTS OF THE HOLY SPIRIT WILL HELP ME  
TO LIVE MY LIFE AS A GOOD CATHOLIC**





## **CLOSING PRAYER**

# YOU ARE A WITNESS

### **Sign of the Cross**

**Leader:** The Holy Spirit came down upon the Apostles and set their hearts on fire—ready to live Christ’s Gospel, eager to do His will. You will be renewed with the same Holy Spirit, a temple of His glory, and will go forth as a witness to build up His Church in holiness and joy.

The Spirit’s special, inexpressible strength will be given to you. That gift will bind you to the holy Church and empower you to spread and defend the faith by what you say, how you act, and how you treat others.

Whatever you do will succeed and be perfected with the help of the Holy Spirit, for there are many different gifts, but the same God who accomplishes them in everyone.

**All:** Nothing is impossible with God.

**Reader 1:** When we are confirmed we will have chosen God’s side and not Satan’s.

**All:** Nothing is impossible with God.

**Reader 2:** We will receive light and the power to spread light to others, so that all may praise God.

**All:** Nothing is impossible with God.

**Reader 3:** We will be a witness to Christ crucified and risen, and we will not accept this limited world as our everlasting home.

**All:** Nothing is impossible with God.

**Reader 4:** We will strive to live the Gospel and do God's will.

**All:** Nothing is impossible with God.

**Reader 5:** Whether we study, work, or worship, we will try to offer all as holy service, and never be ashamed to proclaim to all the world, Christ reigning forever.

**All:** Nothing is impossible with God.

**Reader 6:** Whatever we do, we will strive to be like Christ—forgiving, serving, gentle, obedient.

**All:** Nothing is impossible with God.

**Reader 7:** We will give witness when it is easy and when it is hard.

**All:** Nothing is impossible with God.

**Reader 8:** We will do all for the love of God, who promises us rewards beyond all our dreams.

**All:** Nothing is impossible with God.

**Leader:** Let us pray together:

**All:** Father, from whom all good gifts come, you send us your Spirit with the power of a mighty wind. Keep open the windows of our minds, and the doors of our hearts, so that we reflect your light upon our world.

As we seek knowledge, give us understanding as well, and as we work and play, teach us fairness and moderation. Make us more like Christ in bearing witness to you in the world. Protect us with your love and keep us close to you.

You promised that the Spirit of Truth would be with your Church forever. Bless us with the courage to be witnesses of faith always and everywhere.

**Leader:** We ask these things through your Son, our Lord, Jesus Christ.

**All:** Amen.



Confirmation Student – Lesson II