

Session 4

Receiving the Sacrament of Confirmation

Preparing Your Heart

Is your heart at peace?

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

—John 14:27

We read these words of Jesus in John's Gospel immediately after he promises the Holy Spirit. This peace he leaves with us is his Spirit of peace, which he breathes into the Apostles on Easter Sunday (John 20:19–22) and into each of us in the Sacrament of Confirmation.

Take some time to pray with Jesus's words in John 14:27 along with the following passages:

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

—Philippians 4:6–7

"...To set the mind on the Spirit is life and peace."

—Romans 8:6b

Is your heart at peace?

At a Glance – Session Overview

Section	Activity	Purpose	Supplies	Key Words
Connect Activity (as students arrive)	Peace Be With You Place stickers on a coloring sheet showing Jesus breathing the Holy Spirit upon the Apostles.	To encourage the students to think about how Jesus will send the Holy Spirit upon them in Confirmation.	• Student Activity Book	
Let's Pray and Introduction (5 minutes)	Read the Opening Prayer and Introduction to the session.	To relate to the idea of the signs used in the Sacrament of Confirmation.	• Student Guide	
Let's Watch (10 minutes)	A Walk-Through Confirmation (X:XX min) INFO TO COME	Info to come.	• A device to show the video segment	
Let's Read God's Word (10–15 minutes)	Jesus Breathes the Holy Spirit on the Apostles (John 20:19–22) Have someone read aloud this passage summary, and then discuss the questions in the Teacher Guide.	To learn about Jesus giving the Holy Spirit to his Apostles for a special mission.	• Student Guide	
Let's Learn About Our Faith (10–20 minutes)	Receiving the Sacrament of Confirmation Read this section together, and then discuss the questions in the Teacher Guide.	To better understand the actions, materials, and words used in the Sacrament of Confirmation.	• Student Guide	• Anoint • Consecrate • Minister • Rite • Sacred • Chrism
Did You Know? (as time permits)	Sacred Chrism Anointing Additional information for the student to read.	An explanation of the oil used in the Sacrament of Confirmation. An explanation of the significance of the act of anointing.	• Student Guide	• Christ • Messiah
Let's Do Activities (10 minutes)	I Spy the Signs of Confirmation! Do an "I Spy" activity to find the signs of Confirmation. I Profess My Faith Learn and practice the renewal of our baptismal promises and profession of faith.	To help students to identify the signs of the Sacrament of Confirmation. To help students to prepare to renew their baptismal promises and profess their faith at their Confirmation.	• Student Guide • Pencils	

Section	Activity	Purpose	Supplies	Key Words
Let's Recall and Reflect (5–10 minutes)	Discuss questions to make connections with what students learned.	To help students remember the main points and to go over key points from the session.	• Student Guide	
Story of a Saint (5–10 minutes, as time permits)	Saint Katharine Drexel Read a brief story about a saint and discuss the questions.	To show how God is present in the lives of the saints.	• Student Guide	
Let's Pray (5 minutes)	Practice the Memory Verse together, and then close in prayer.	To encourage students to ponder God's Word in their hearts.	• Student Guide	
Let's Read a Story (as time allows, or take-home)	A Great Race Read a modern story that follows the theme of running the race of our faith and then discuss, using questions from the Teacher Guide.	To connect the lesson to modern life.	• Student Guide	
Student Take-Home Page: Let's Live It!	Sealed With the Spirit! Match key words about Confirmation with their meaning. Prayer to the Holy Spirit Write a meaningful prayer to the Holy Spirit.	To help students remember key points from the lesson and connect what they have learned to their own lives.	• Student Activity Book	
Family Take-Home Page	Parents can read and discuss the Scriptures with their children, pray together, and learn about the oils used in the sacraments.	To equip parents with tools for family faith building and involvement with the lesson.	• Student Activity Book	
If-You-Have-Time Activities	Signs of the Sacraments Play a game matching the signs of the Seven Sacraments. Peace Be With You Skit Do a skit of Jesus breathing the Holy Spirit on the Apostles. Sacrament of Confirmation Practice receiving the Sacrament of Confirmation.	To reinforce the lesson objectives to meet a variety of learning styles.	• Seven Sacraments See pg. 93 and XX • Peace Be With You Skit See pg. 93 • Confirmation Practice See pg. 94 and XX	

Main Objectives

After this session, students should recognize that:

- Jesus breathed the Holy Spirit on his Apostles on Easter Sunday.
- In Confirmation we receive the same Spirit of peace that Jesus gave to his Apostles.
- The actions, materials, and words that make up the Rite of Confirmation are signs that reveal to us the grace that is given in the sacrament.
- The laying on of hands is a sign of calling down the Holy Spirit and his Seven Gifts on a person.
- The anointing with Sacred Chrism is a sign of the permanent seal of the Holy Spirit and his presence and power in our souls.

Connect — Opening Activity

Peace Be With You

This activity and the stickers are in the Student Activity Book. Direct students to start on this as they enter and wait for others to arrive and get settled.

As the students work, ask them to share what they remember about the last session. Next, ask them the following questions. What do they think of when they hear the word “peace”? What does it mean that Jesus gives us the Holy Spirit of peace?

Review Memory Verse

As students are working, inquire if they remember the memory verse from the last session.

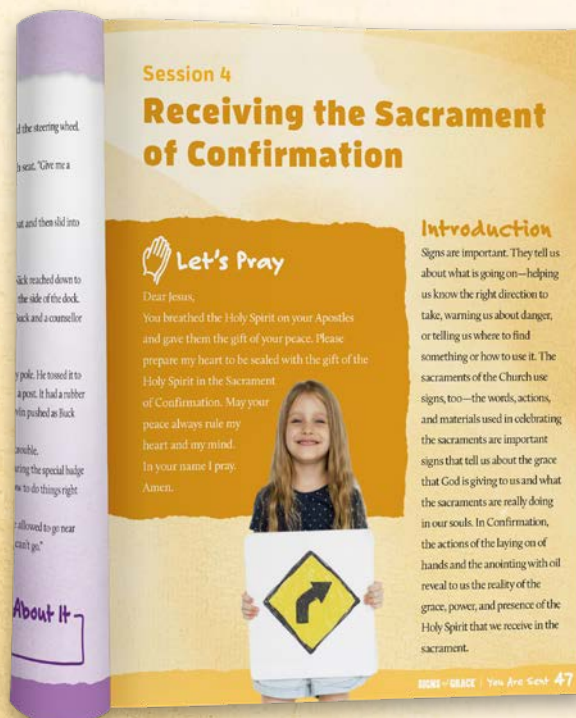
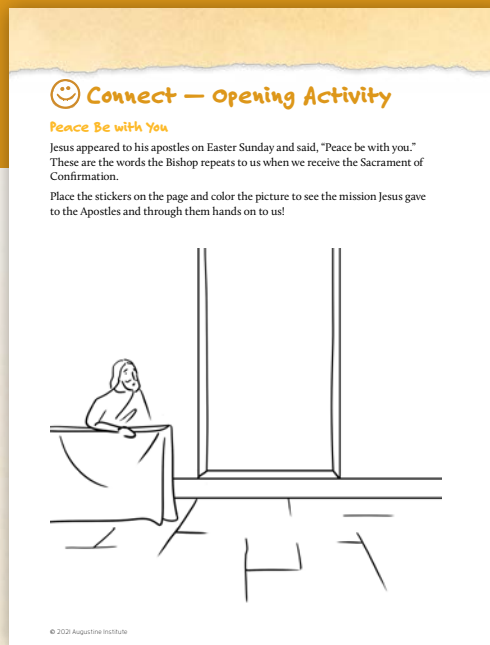
“In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit.”

—Ephesians 1:13

Let's Pray



Begin the session with a prayer. Have students turn to page XX of the Student Guide and read the LET'S PRAY section along with you. Then read aloud the INTRODUCTION from the Student Guide.



Digging Deeper: Teacher Prep

Read the following background information as you prepare for this session.

"A sacramental celebration is woven from signs and symbols" (CCC 1145).

God created us body and soul, and he saves us body and soul. He reveals himself through both words and actions, and we worship him through both our words and our actions. The liturgy of the Church—"the participation of the People of God in 'the work of God'" (CCC 1069)—requires our whole selves: memory, intellect, and will, along with our senses of smell, touch, taste, hearing, and sight.

The "stuff" or matter of the sacraments—water and oil, bread and wine, along with the words spoken and the actions performed—are the physical, tangible signs that direct our attention to the spiritual realities of the sacrament. These signs not only efficaciously communicate grace to our souls, but they also teach us about faith and "nourish, strengthen, and express" it (CCC 1123). In order to better understand what the Sacrament of Confirmation does in the soul of the one who receives it, we must look carefully at the signs of the sacrament and their background in Scripture. With a deeper understanding of the effects of the sacrament communicated through the signs of the sacrament, we can be more open to and cooperative with the grace of the Holy Spirit in the Sacrament of Confirmation.

Let's Watch

A Walk-Through Confirmation (X:XX minutes)

The video segment can be viewed at any time during the session. Here are the main teaching points in this session's video:

- **Bullet point 1, sentence.**
- **Bullet point 2, sentence.**
- **Bullet point 3, sentence.**

Discussion Questions

1. Who does the Bishop represent at Confirmation? Who actually celebrates the sacrament?

The Bishop represents Jesus. Jesus is really present and working through the Bishop so Jesus is truly the one who celebrates the sacrament.

2. How will the seal of the Holy Spirit make you different after Confirmation?

The seal of the Holy Spirit is the mark of the Holy Spirit on your soul. This mark is a treasure that can never be erased or lost. With this mark, you become an adult member of the Church and a witness to Jesus in the world.

3. Bishop Jorge says he is joyful when he is able to confer the sacrament of Confirmation. Why will you be joyful when you receive the sacrament of Confirmation?

Answers will vary. Answers could include that God is going to give you many gifts in Confirmation and it will be exciting to see how he will increase them and use them throughout your life. Receiving the mark of the Holy Spirit on your soul should make you so happy because it means that you belong to God and he dwells within you!



Digging Deeper: Teacher Prep

Read the following background information in preparation for this session.

The connection between breath and the Spirit is profound. At the beginning of Scripture, we are told that God “formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature” (Genesis 2:7). The Church has always read this passage as affirming not only that God gave Adam physical life, but that he also breathed into Adam spiritual life, creating him in a state of original holiness or harmony with God (see CCC 362, 374–379). In fact, the Hebrew word that is usually translated “breath” in Genesis 2:7, *ruah*, also means spirit and wind. So, when Scripture says that God breathed the breath (or spirit) of life into Adam’s nostrils, there is at least an allusion to the gift and work of the Holy Spirit in the life of our first parents.

John highlights this connection because he uses the same phrase from the Greek translation of Genesis to describe Jesus breathing the Holy Spirit into the Apostles. This is a new and even greater “breath of life” than we find in creation as Jesus seals those who follow him with the gift of his Holy Spirit. With this gift he consecrates his Apostles—and each of us in the Sacrament of Confirmation—for a mission. But the gift of the Holy Spirit is not just a tool for accomplishing a particular mission. This gift is truly the breath of life for us, animating (from the Latin *anima*, “soul”) every aspect of our lives so that in all things we can “live by the Spirit” and “also keep in step with the Spirit” (Galatians 5:25).

Let's Read God's Word

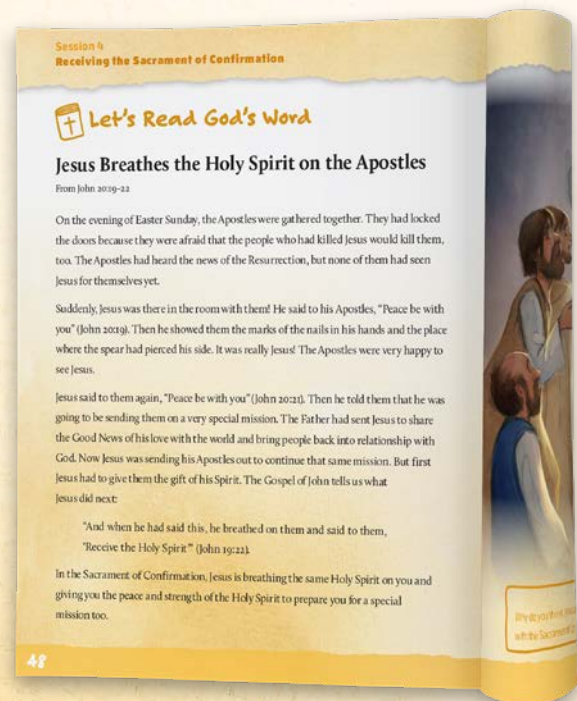
Jesus Breathes the Holy Spirit on the Apostles

From John 20:19–22

Have someone read aloud the LET’S READ GOD’S WORD passage in the Student Guide on page **xx**. Pause as necessary to help students understand the key words as they are introduced throughout the session. Definitions are in the Student Guide.

After reading the Scripture section, students should recognize that...

- Jesus breathed the Holy Spirit into the Apostles on the evening of Easter Sunday.
- Jesus gave his Apostles a share in his mission to share God’s love with everyone and bring them back into relationship with God.
- In Confirmation, Jesus breathes the same Holy Spirit into us and gives us the peace and strength of the Holy Spirit that prepares us for a special mission.



Let's Talk About It

Discussion Questions

The following are questions you can ask your students to help them understand the LET'S READ GOD'S WORD material in more depth, as time allows. The first question is also found in the Student Guide.

1. Why do you think Jesus told his Apostles "Peace be with you"? What does this have to do with the Sacrament of Confirmation?

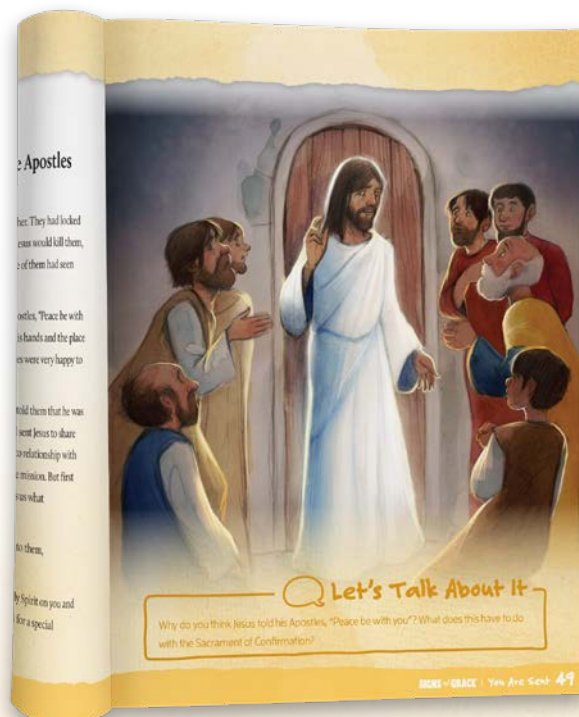
Jesus told his Apostles "Peace be with you" because they were afraid and he wanted them to have his peace in their hearts. He also said this because he was giving them his Spirit of peace. This relates to Confirmation because in that sacrament we receive the same Spirit of peace that Jesus breathed on his Apostles.

2. The Apostles were afraid at first, but Jesus comforted them by showing them his hands and side and by telling them "Peace be with you." What comforts you when you are afraid?

Answers will vary. Some possible answers: prayer, being with a friend or family member, talking with someone about my fear, etc.

3. What mission did Jesus have for his Apostles? Why did they need to receive the Holy Spirit before they could fulfill the mission Jesus had for them?

Jesus was sharing his own mission with his Apostles—to bring God's love to everyone and help them come back into relationship with God. The Apostles needed the Holy Spirit before they could fulfill this mission because it was more than any human person could do by themselves. Only God can accomplish this mission, and so the Apostles needed the Holy Spirit to give them power and strength for this mission.



4. What do you think would happen if you tried to fulfill Jesus's mission for you without the help of the Holy Spirit?

None of us can fulfill Jesus's mission for us without the help of the Holy Spirit. If we try to do any of it without the Holy Spirit, we will fail.

Digging Deeper: Teacher Prep

Read the following background information as you prepare for the session.

Laying On of Hands

In Scripture, the laying on of hands is a sign that someone or something is being consecrated. The ordination of priests in the Old Testament (as well as in the Sacrament of Holy Orders, see CCC 1573) involved the laying on of hands. In fact, the Hebrew word for "ordination" literally means "handed"—to be ordained meant to have been set apart by the laying on of hands.

Another key reason for laying hands on something was to set it apart for sacrifice. For example, in Exodus 29 as God

describes the ceremony for ordaining Aaron and his sons as priests, he tells Moses to bring each of the animals for sacrifice before Aaron and his sons and for them to lay their hands on the animal before it is sacrificed. So, the laying on of hands in Scripture designates something being done as a sacrifice to God.

The laying on of hands also signified the passing on of spiritual authority. Before Moses died, he appointed Joshua as his successor and laid his hands on him as a sign that he was passing his authority to him (see Numbers 27:18–23).

All of these meanings from Scripture are fulfilled in the Sacrament of Confirmation—our baptismal priesthood is

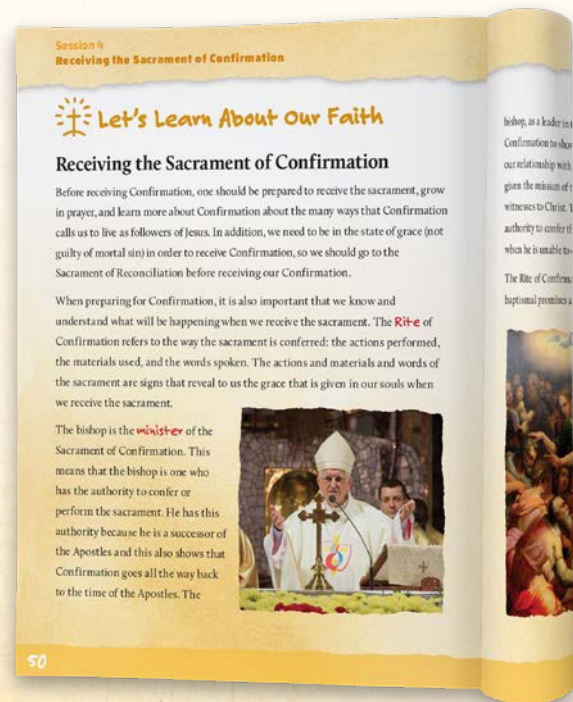
Let's Learn about Our Faith

Receiving the Sacrament of Confirmation

Have student volunteers read aloud the LET'S LEARN ABOUT OUR FAITH section in the Student Guide on pages xx. Pause as necessary to help students understand the key words as they are introduced throughout the session. Definitions are in the Student Guide.

After reading the LET'S LEARN ABOUT OUR FAITH section, students should recognize that...

- The signs of Confirmation include the actions, materials, and words used in the Sacrament.
- The signs of Confirmation reveal the grace that is given in our souls when we receive the sacrament.
- The bishop is the minister of Confirmation; he can give priests the authority to confer Confirmation when he is unable to do so himself.
- The laying on of hands is a sign of calling down the presence, power, and Seven Gifts of the Holy Spirit.
- The anointing with Sacred Chrism is a sign of the permanent seal of the Holy Spirit and being consecrated for a mission.
- The bishop repeats Jesus's words, "Peace be with you," because we are receiving the same Spirit of peace Jesus breathed into his Apostles.



perfected (CCC 1305), we are set apart for our lives to be a sacrifice to God, and we receive spiritual authority to bear witness to Christ and “profess faith in Christ publicly and as it were officially” (CCC 1305, quoting Saint Thomas Aquinas).

Anointing with Oil

In paragraph I293, the *Catechism* lists the various symbolic meanings of oil in the sacraments: abundance, joy, cleansing, limbering, healing, and beautifying. The anointing with Sacred Chrism in Confirmation is a sign of the abundance of the Holy Spirit and the joy of his gift. It also signifies the limbering and strengthening of our souls in being clothed in his power and the beautifying of our souls in being conformed more closely to Christ.

In Scripture, the act of anointing is a sign of God’s power and presence coming down on someone. For example, when the prophet Samuel anointed David as God’s choice for king, “the Spirit of the LORD rushed upon David from that day forward” (1 Samuel 16:13). In addition to kings, we find priests (e.g., Exodus 29:1–9) and prophets (see Isaiah 61:1) being anointed with oil in the Old Testament. Our anointing in Confirmation shows that we are being more perfectly conformed to Christ, the Anointed One, and receiving power to share more fully in his mission as Priest, Prophet, and King.

Let’s Talk About It

Discussion Questions

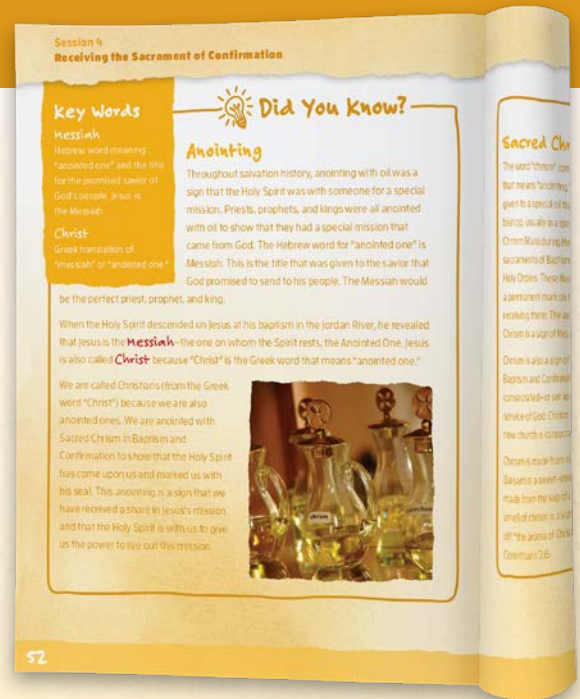
Following are questions you can ask your students to help them understand the LET’S LEARN ABOUT OUR FAITH material in more depth, as time allows. The first question is also found in the Student Guide.

1. What is the meaning of the laying on of hands?

The laying on of hands is a sign that the bishop is calling down the presence and the power of the Holy Spirit on the one being confirmed. This is what this action has always meant in salvation history. It also means that the person receiving the Holy Spirit is being consecrated or set apart for a special mission.

2. The sweet smell of Sacred Chrism is a reminder that we are called to give off the “aroma of Christ” in the world. What do you think it means for us to do this?

Answers may vary. To give off the aroma of Christ means that we make people think of Jesus—our words and our actions should remind people of Jesus and his love. Also, a sweet smell can be a source of comfort or joy. So, our lives should help bring people God’s comfort and his joy. It also means that we should always remember that we are on a mission for Christ and try very hard not to do or say anything that goes against this mission of God’s love.



3. When the bishop anoints your forehead with Sacred Chrism, what mark will he make? Why do you think this is important?

The bishop will make the Sign of the Cross with the Sacred Chrism. This mark is important because it shows that we are united more closely to Jesus as one of the effects of Confirmation. It also reminds us that we are consecrated specifically to share in Jesus’ mission and to be witnesses to him.

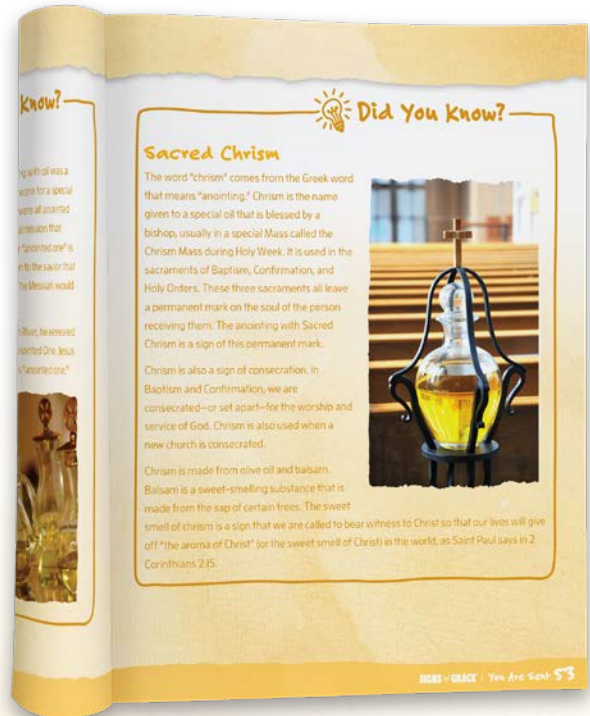
4. Why does the bishop say “Peace be with you” after anointing you with Sacred Chrism?

The bishop says “Peace be with you” because this is what Jesus said to his Apostles. When the bishop repeats Jesus’s words it reminds us that we are receiving the same Spirit of peace.

Did You Know?



Go over the DID YOU KNOW? section on page XX, then ask a student to read aloud the DID YOU KNOW? section on page XX in the Student Guide.



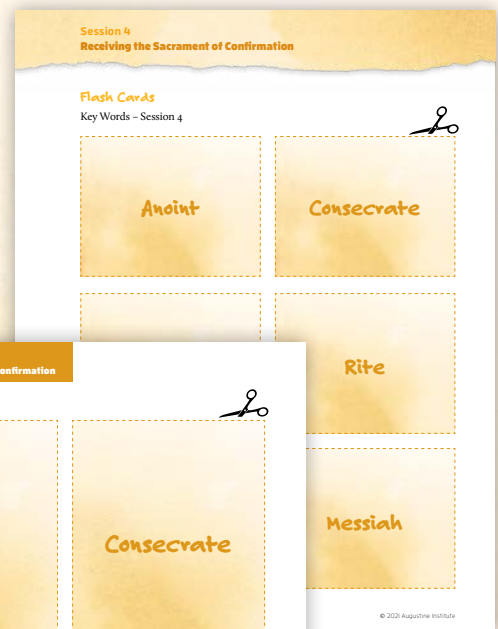
Flash Cards

Flash Cards for this session can be found starting on page XX. You can also find these cards in the Student Activity Book for your students to use.

Use the master Flash Cards with the definitions on the back for the Key Words in this session. These cards can be used along with the cards from other sessions in order to review important concepts, to help students to learn and understand important Catholic terms, and to know the language of the Faith.

Materials Needed:

- Copies of the Flash Cards on cardstock



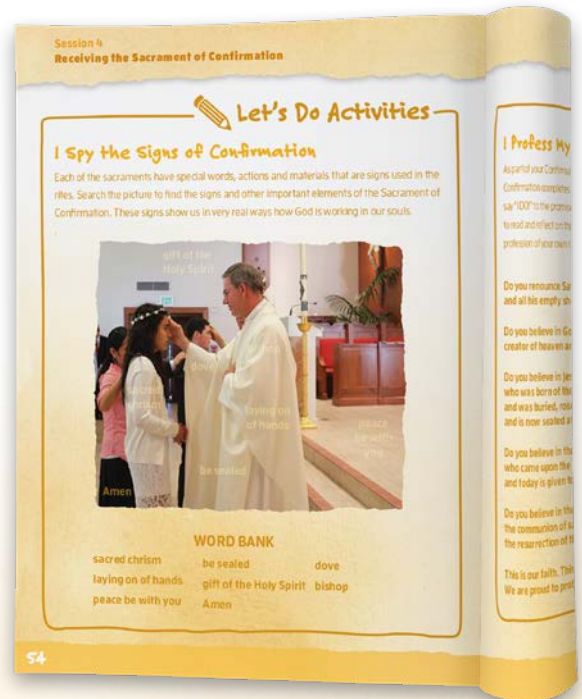
Let's Do Activities

I Spy the Signs of Confirmation

Read aloud the instructions for this activity from page xx of the Student Guide. If time permits, let students work alone or in pairs before going through this activity together.

Through this activity, the students should...

- Identify the signs: words, actions, and materials used in the rite of Confirmation.
- Begin to understand the spiritual significance of each of the elements used in the rite of Confirmation.



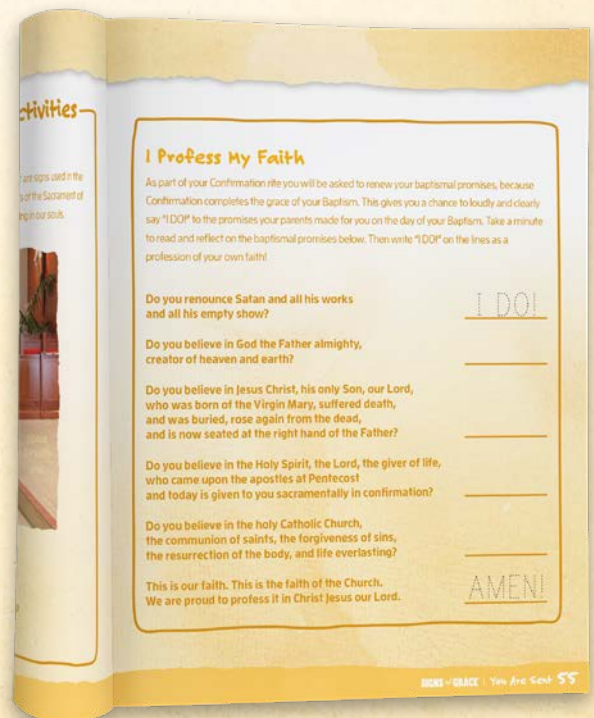
Let's Do Activities

I Profess My Faith

Read aloud the instructions for this activity from page xx of the Student Guide. If time permits, let students work alone or in pairs before going through this activity together.

Through this activity, the students should...

- Reflect upon the renewal of baptismal promises in the Rite of Confirmation
- Practice the responses to the baptismal promises in the Rite of Confirmation



Let's Recall and Reflect

Reinforce students' knowledge of the main points of this session by encouraging them to make personal connections.

1. What are the signs of the Rite of Confirmation (the actions, materials, and words)? What do these signs reveal about what is happening in our souls at this sacrament?

The actions are the laying on of hands and the material used is the anointing with Sacred Chrism. The bishop says, "Be sealed with the gift of the Holy Spirit," and the person being confirmed responds, "Amen." Then the bishop says, "Peace be with you," and the one who has been confirmed responds, "And with your spirit." These signs reveal that in Confirmation the Holy Spirit is being called down on us as a permanent seal and we are being consecrated or set apart for a special mission.

2. What does it mean to be consecrated? What does this have to do with Confirmation?

To be consecrated means to be set apart. In Confirmation we are set apart for a special mission—to continue the mission that Jesus received from his Father of sharing God's love with everyone and helping people come back into relationship with God.

If time permits, review these key points with your students:

3. Who is the minister of Confirmation?

The bishop is the minister of Confirmation. The bishop may delegate the authority for the sacrament to a priest.

4. What actions does the bishop do during Confirmation?

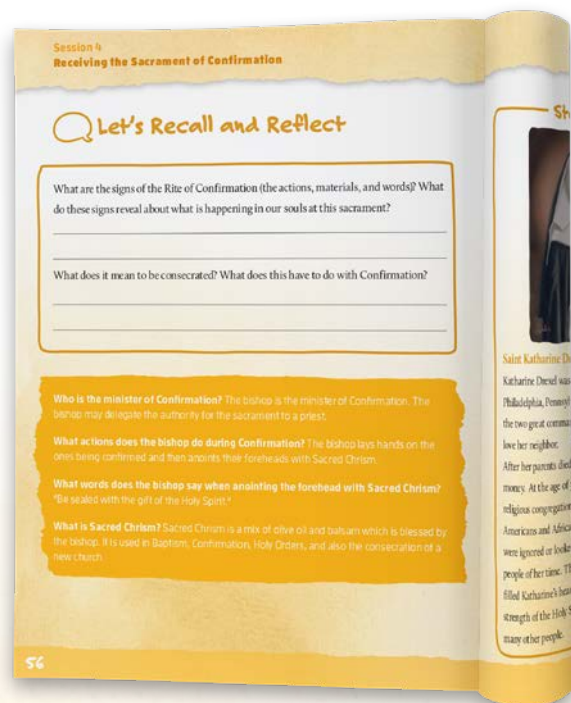
The bishop lays hands on the ones being confirmed and then anoints their foreheads with Sacred Chrism.

5. What words does the bishop say when anointing the forehead with the Sacred Chrism?

"Be sealed with the gift of the Holy Spirit."

6. What is Sacred Chrism?

Sacred Chrism is a mix of olive oil and balsam which is blessed by the bishop. It is used in Baptism, Confirmation, Holy Orders, and also the consecration of a new church.



Story of a Saint

Saint Katharine Drexel

Have one of your students read aloud the STORY OF A SAINT on page XX of the Student Guide. Following are questions you can ask your students.

Discussion Questions

1. How did Saint Katharine Drexel fulfill the mission we receive in Confirmation to be the sweet “aroma of Christ” in the world?

She devoted her life to helping other people, especially the poorest and most neglected people. She took care of their physical needs as well as their spiritual needs, both showing and telling them how much God loved them.

2. Saint Katharine used her good education and her family’s wealth to help people who were in need. What blessings—physical and spiritual—have you received that you can use to help other people?

Answers will vary. Some examples of blessings we have received that can be put at the service of other people are using our talents to help others—for example, helping a friend understand their homework better or teaching a younger sibling to play a sport. We can also use the physical blessings of health and strength to help others, such as doing yardwork for an elderly neighbor. We can use the blessing of an education in our faith to share God’s love with others and pray for others.

3. Saint Katharine’s parents taught her to understand the importance of faith, prayer, and care for the poor. What is one thing you can do to grow in one of these areas right now?

Answers will vary. Working hard to prepare for Confirmation is one way of growing in faith. Memorizing a new prayer, making a daily commitment to prayer, going to daily Mass, or committing to praying for someone are all ways of growing in prayer. Volunteering with one’s family to serve the poor at a soup kitchen, donating some extra clothes or toys, or helping out with a parish outreach program are ways to care for the poor.



If time permits, review these key points with students:

- Sacred Chrism is made of olive oil and balsam.
- The sweet smell of Sacred Chrism is a sign that we are called to be the “aroma of Christ” in the world.
- *Messiah* and *Christ* both mean “anointed one.”
- Our anointing with Sacred Chrism is a sign that we are set apart to share in Jesus’s mission as priest, prophet, and king.

Let's Pray



Direct students to this session’s MEMORY VERSE on page XX in their Study Guides, and read it together. Then end the session with LET’S PRAY the closing prayer. You can ask a student to say the prayer or have the class read along with you.

Let's Read a Story

If time permits, read this story to the class or ask students to read it. Then discuss the questions on the next page, which relate to the content of the session, before closing in prayer.

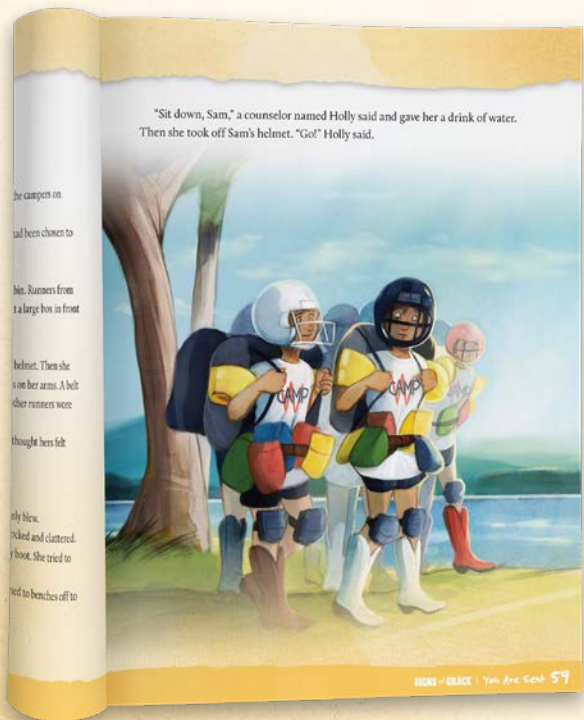
Otherwise, point out the story, which begins on page XX of the Student Guide, and have students read it during the week with their families.

A Great Race

This is an engaging fictional story that illustrates a content point from the session in a relatable and applicable way.

Theme:

St. Paul compares the Christian life to a race, in which the goal is union with God in heaven. Living in sin makes the goal of crossing the finish line much harder, so God wants to take sin from us and offer us grace as we run the race of faith. Yet we do not compete against each other in this race. God wants everyone to cross the finish line, and he wants us to help each other do so.



Let's Talk About It

Discussion Questions

The following are questions you can ask your students to help them understand the LET'S READ A STORY material in more depth.

1. What would happen if you were trying to run a long race, but you had the wrong equipment? (Extra bulky clothing, heavy bag, no water, etc.)

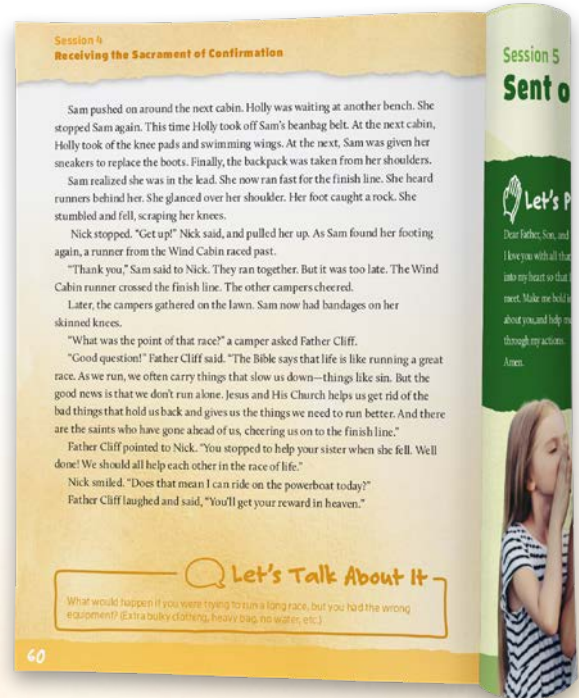
We would get tired and want to stop. We would not be able to keep going because of the burden of extra weight and the danger of running without water. We would give up and never cross the finish line.

2. How is a life of sin like running a race with all the wrong equipment and no water?

The Bible compares life to a race in which God calls everyone to cross the finish line by going to heaven. By sinning, we give ourselves obstacles to running the race. These obstacles weigh us down as we try to fulfill our purpose of closeness with God in heaven. Sin even makes it harder for us to receive the grace we do need to "keep running" in the Christian life.

3. How can Confirmation help us run the race of life with the right "equipment," and without bad things weighing us down?

The "equipment" needed to run the race can be compared to the graces and gifts we receive in prayer and sacraments, including Confirmation. Confirmation strengthens the gifts of the Holy Spirit given to us at Baptism and offers us the grace we need to participate in Christ's mission in the Church. These graces and gifts help us avoid sin so that we do not add unnecessary weight to ourselves during our race, and the sacrament of Penance removes all of our sin and gives us grace to keep running our race to heaven.



Remind the students to do their Take-Home Pages. These are found in the Student Activity Book.

Student Take-Home Page

Send students home with the Student Take-Home Page, which provides activities for students to complete before the next session. These will reinforce the objectives of the lesson and allow students to continue to process and apply them throughout the week.

Answer Key:

1. D
2. I
3. B
4. G
5. F
6. C
7. E
8. A
9. J
10. H

Family Take-Home Pages

Also, send students home with the Family Take-Home Pages for students to complete with their families. These sheets help equip parents to reinforce the lesson in the context of the domestic church and provides opportunities for families to grow in their faith.

Session 4
Receiving the Sacrament of Confirmation Student Take-Home Page

Let's Live It
Sealed with the Spirit!

Write the letter in the blank that best matches the statement.

- D** 1. The sign of calling down the presence and power of God on someone.
- I** 2. To set someone or something apart for a special purpose or mission.
- B** 3. The one who ordinarily has authority to minister the sacrament of Confirmation.
- G** 4. The way the sacrament is celebrated, including the words, actions and materials used in the sacrament.
- F** 5. The perfumed oil that one is anointed with in the sacrament of Confirmation.
- C** 6. To put oil on someone as a sign of the power and presence of the Holy Spirit.
- E** 7. Christ is the "anointed one" and in Confirmation we are called to share in his mission.
- A** 8. The Person of the Trinity who marks us with his seal in the sacrament of Confirmation.
- J** 9. Jesus gave this to his Apostles and this is also given to us in the sacrament of Confirmation when the bishop says, "_____ be with you."
- H** 10. When the bishop seals us with the gift of the Holy Spirit, we respond, "_____" to show our faith.

WORD BANK

A. Holy Spirit	F. Sacred Chrism
B. Bishop	G. Consecrate
C. Anoint	H. Amen
D. Laying on of Hands	I. Rite
E. Messiah	J. Peace

Jesus Said,
Do you not know that you are God's temple and that God's Spirit dwells in you?
— 1 Corinthians 3:16

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Session 4
Receiving the Sacrament of Confirmation Family Take-Home Page

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Things We Learned This Week

1. Jesus breathed the Holy Spirit on his Apostles on Easter Sunday.
2. In Confirmation, we receive the same Spirit of peace that Jesus gave to his Apostles.
3. The actions, materials, and words that make up the Rite of Confirmation are signs that reveal to us the grace that is given in the sacrament.
4. The laying on of hands is a sign of calling down the presence, power, and Seven Gifts of the Holy Spirit on a person.
5. The anointing with Sacred Chrism is a sign of the permanent seal of the Holy Spirit.

Let's Talk About It

1. In Confirmation we are made more like Jesus and united more closely to his Church. What do these graces mean for your life together as a family?
2. In Confirmation we receive the same Spirit of peace that Jesus breathed on his Apostles. What is something that you can do as a family to share God's peace with one another?
3. This week, take some time to practice receiving the Sacrament of Confirmation. Parents, work with your child in practicing the renewal of their baptismal promises and the responses when they will receive Confirmation.

Let's Read God's Word
Receiving the Sacrament of Confirmation
The Scripture reading for this week's lesson was from John 20:19–22. Please take time to read and reflect on these passages as a family.

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If-You-Have-Time Activities

Signs of the Sacraments

Materials:

- Pattern from page xx
- Crayons or markers
- Scissors

This activity will help the students visualize that the sacraments of the Church use signs. These signs are the words, actions, and materials used in celebrating the sacraments. They tell us about the grace that God is giving to us in the sacraments.

Have the students cut out their circles. You will then write one of the seven Sacraments on the board, saving Confirmation for the end. Have the students raise their hands when they find the picture with the symbol that they think matches that Sacrament. Ask the students to explain what each of these outward signs in the picture represent and what is truly happening in our souls!

Remind the students that they will soon be receiving the sacrament of Confirmation. In Confirmation the action of the laying on of hands and the anointing with oil reveal to us the reality of the grace, power and presence of the Holy Spirit that we will receive!

Peace Be with You Skit

You and the students will be acting out John 20:19 - 22.

You will play the role of Jesus. The rest of the students will play the roles of the apostles. Explain to the students that the play will be acted out without words (mimed) except by "Jesus" which you will play.

The play will start with the "apostles" grouped together in fear, hiding. Have the "apostles" "mime" this.

Then you, "Jesus", will appear in front of them. Have the "apostles" act out even greater fear.

You will say, "Peace be with you" and act out showing them your hands and sides. Have the "apostles" show their great surprise!

Again say, "Peace be with you. As the Father has sent me, even so I send you." breathe on them and say, "Receive the Holy Spirit." Have the students act out their happiness!

Remind the students that this story tells us that it is through Jesus and the Holy Spirit that we get our courage and joy!

Sacrament of Confirmation

Materials:

- One pattern from page xx
- Copy of the Rite of Confirmation on page xx (this still needs to be made.)
- Scissors and Scotch Tape
- Oil

In this activity, you and the students will practice for receiving the Sacrament of Confirmation so that when it is time to go to the Church, they will know what to expect. Remember, the more practice the less nervousness and greater joy when receiving the actual Sacrament!

Before class, set up the classroom chairs in rows like pews. To make the Bishop's mitre, make a copy of the mitre pattern and cut it out. Then tape additional strips of paper to form the band. Place the oil on a desk in the front of the class. You will be playing the role of the bishop for this practice.

Have the students sit in the "pews". Explain to the students that the Sacrament will take place after the homily. The Bishop may ask questions that have been covered in class. Ask your students to be brave and raise their hand if they know the answer. Practice by asking some questions that have been covered in class, such as: "What are the Seven Gifts of the Holy Spirit and what does each one mean?"

Next, the Bishop will have you stand for the renewal of your Baptismal Promises. Make sure to loudly respond, "I DO!" to each of the promises. (See the Rite of Confirmation in the Appendix on page xx)

Then the Bishop will perform the laying on of hands and the prayer of the calling down of the Holy Spirit. (This is usually performed by the bishop over the whole group while the students are still at their pews.)

Each candidate will then line up with their sponsor and process forward to the bishop for the anointing with chrism. Have the students practice filing out of the "pews", remind them that they will be followed by their sponsors on the actual day. You will make the sign of the cross on their forehead with the oil.

As you do this, say "*Be sealed with the gift of the Holy Spirit*"

and they respond, "*Amen.*"

After the anointing, the bishop will say, "*Peace be with you,*"

to which they respond, "*And with your Spirit.*"

Then they will return to their seats filled with the Holy Spirit!