



Sacred Heart Catholic Church

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Heart & Soul

Monthly Catechetical Resource

Confirmation

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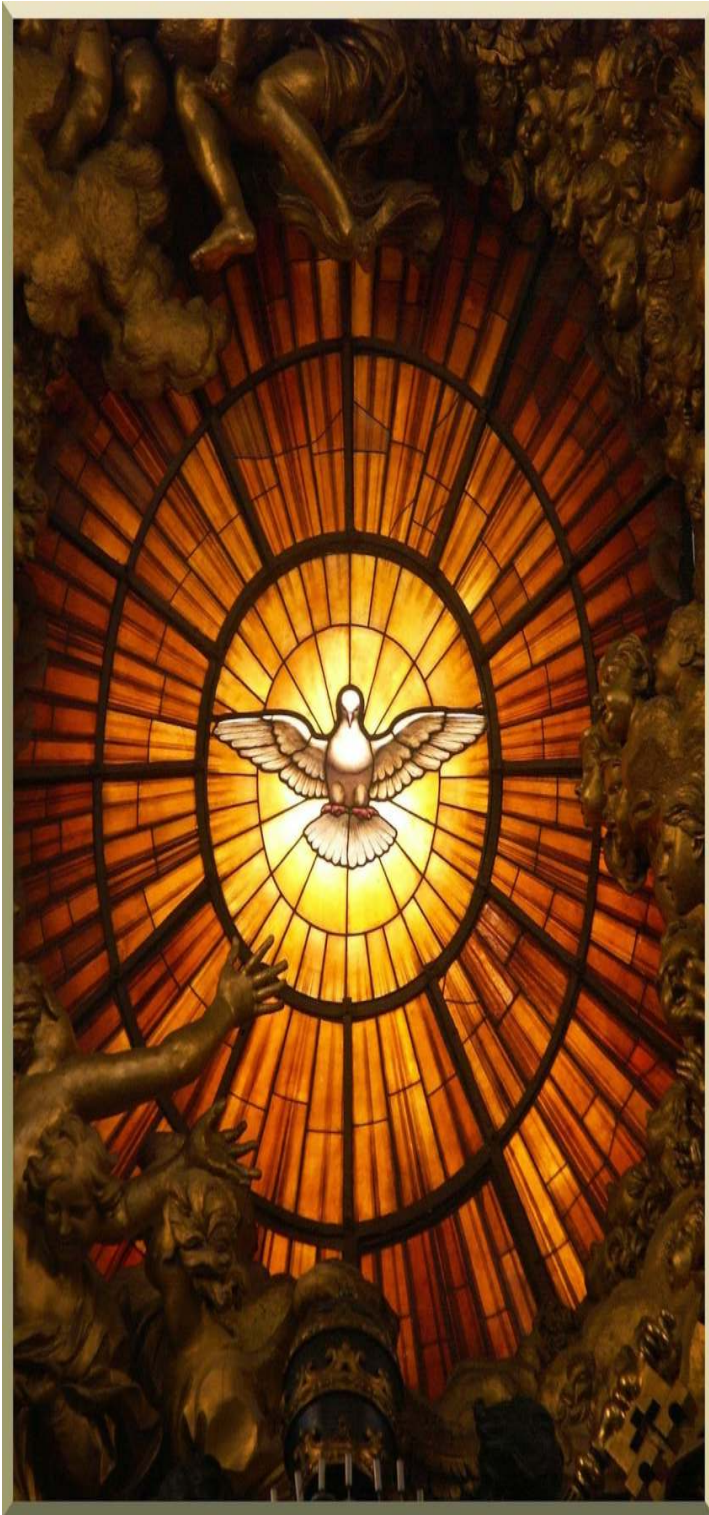


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Introduction

Welcome to the third issue of *Heart and Soul: Catechetical Resource*. In this issue, we will learn more about the Sacrament of Confirmation. This will be a very important topic for those who are preparing to receive the Sacrament of Confirmation. In our endeavor to learn about the Sacrament of Confirmation, we will go over what Confirmation is, what the saints have to say about Confirmation, what is involved in the service of Confirmation, what is the significance of choosing a saint and sponsor, and much more. As always, resources will be provided in order to help you further understand the Sacrament of Confirmation as well as explain it to your children. Likewise, feast days and how to celebrate them will be located on page 11. Lastly, if you need any help or have any questions please reach out to your SAP or EJ Cerdeiras (the Director of Evangelization) and they will be happy to help.





What is Confirmation?

Confirmation is a Sacrament where one receives the Holy Spirit who strengthens the individual in their Christian mission (which is to be disciples of Christ and spread His Word throughout the world). This does not mean that one does not receive the Holy Spirit at Baptism, rather, Confirmation completes the graces received at Baptism in order to take on a more active role in the Body of Christ (the Church). *The Catechism of the Catholic Church* states that, “by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.” Those who receive Confirmation are choosing to take on a greater role in the Church as soldiers who defend and spread the truth’s of the Catholic faith. In doing so, the Holy Spirit is bestowed upon the

individual in order to provide the strength needed to fulfill this task.

What the Saints Have to Say About Confirmation

“Remember, then, that you received a spiritual seal, the spirit of wisdom and understanding, the spirit of knowledge and reverence, the spirit of holy fear. Keep safe what you received. God the Father sealed you, Christ the Lord strengthened you and sent the Spirit into your hearts as the pledge of what is to come.”-St. Ambrose

“O Holy Spirit, descend plentifully into my heart. Enlighten the dark corners of this neglected dwelling and scatter there Thy cheerful beams.”- St. Augustine

“It is necessary for him that has been baptized also to be anointed, so that by his having received chrism, that is, the anointing, he can be the anointed of God and have in him the grace of Christ”- Cyprian of Carthage

“Are you unwilling to be anointed with the oil of God? It is on this account that we are called Christians: because we are anointed with the oil of God.” - Theophilus of Antioch

7 Gifts of the Holy Spirit

In receiving the Sacrament of Confirmation, one opens themselves up to the gifts of the Holy Spirit. These gifts enable one to be strengthened in order to become soldiers of the Catholic faith and defend the truths of the Church. Likewise, the gifts of the Holy Spirit sustain us throughout our lives. There are seven gifts of the Holy Spirit. These gifts are identified in Isaiah 11:1-3, and they are as follows: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of God .



Aquinas' (Summarized) Explanation of the 7 Gifts

- 1) Wisdom - Knowledge and judgement of Divine things.
- 2) Understanding - insight into the very heart of things, especially those higher truths that are necessary for our eternal salvation
- 3) Counsel - allows God to direct our life especially in manners of salvation.
- 4) Fortitude - Choosing good over evil especially in difficult situations.
- 5) Knowledge - is the ability to judge correctly about matters of faith and right action
- 6) Piety - worshiping God in a way that is owed to Him.
- 7) Fear of the Lord - “filial” or chaste fear whereby we revere God and avoid separating ourselves from him—as opposed to “servile” fear, whereby we fear punishment.

(See article [here](#) for more details)

Confirmation in Scripture

Scripture contains several passages about Confirmation. Below we will address three passages and provide a brief explanation for each.

Acts 8:14-17

“Now when the apostles at Jerusalem heard that Samar’ia had received the word of God, they sent to them Peter and John, who came down and prayed for them that they might receive the Holy Spirit; for it had not yet fallen on any of them, but they had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit.”

Explanation:

In the passage above we see how Baptism and Confirmation are connected to each other. Peter and John were sent to lay their hands on those who were Baptized but had not yet received the Holy Spirit. It is here that we see that Baptism is completed by Confirmation which opens one up to fully accept the gift of the Holy Spirit.

Acts 19:1-6

While Apollos was at Corinth, Paul passed through the upper country and came to Ephesus. There he found some disciples. And he said to them, “Did you receive the Holy Spirit when you believed?” And they said, “No, we have never even heard

that there is a Holy Spirit.” And he said, “Into what then were you baptized?” They said, “Into John’s baptism.” And Paul said, “John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, Jesus.” On hearing this, they were baptized in the name of the Lord Jesus. And when Paul had laid his hands upon them, the Holy Spirit came on them; and they spoke with tongues and prophesied.

Explanation:

Similar to the previous passage, we see that Paul is offering to bestow the gift of the Holy Spirit on those who have already been Baptized. Thus, Confirmation is a separate Sacrament than Baptism, but is united to Baptism in that it completes it.

Hebrews 6:1-2

Therefore let us leave the elementary doctrines of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, with instruction about ablutions, the laying on of hands, the resurrection of the dead, and eternal judgment.

Explanation

In the Passage to the Hebrews we see that Confirmation (laying on of hands) is a gift that brings maturity in the faith. This does not mean a physical maturity, but a sacramental maturity. It strengthens and elevates ones faith when accepted with a heart open to the grace of God.

Signs and Symbols in Confirmation

Like in every Sacrament, signs and symbols are important. Signs and symbols reveal to us the spiritual realities of what is occurring in the Sacrament. That is, symbols allow us as humans to understand what is happening spiritually during the Sacrament. There are three main signs and symbols occurring during the Sacrament of Confirmation.

1) **Chrism Oil** - As mentioned in the previous issue of *Heart and Soul*, Chrism oil is a sign of anointing (as well as strength and healing). During Confirmation, one is being anointed as a defender of the faith. The *Catechism of the Catholic Church* states that, “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’” (1294). The Bishop, who is the administrator of the Confirmation (unless a priest is given permission to do so), anoints the one being confirmed by making the sign of the cross on the forehead of the individual while saying, “Be sealed with the gift of the Holy Spirit.” In doing so, one is now called to preach Christ crucified to the world.

2) **Laying on of Hands**—As we saw in the Scripture passages on page 6, the laying on of hands is necessary for the Sacrament of Confirmation to occur. The laying on of hands is when the Bishop invokes the Holy Spirit upon the individual by placing his hands over their head. In doing so, the Holy Spirit enters the individual in a complete way and fills the individual with grace which strengthens them to defend and teach the faith with their words and actions.

3) **Sign of Peace** - The service of Confirmation ends with the sign of peace. The Bishop at the end of the service will say on behalf of the community, “Peace be with you,” which is a welcoming of the one being confirmed into the Church as a full practicing member. The confirmed individual, at this point, is now fully part of the Mystical Body of Christ (The Church).

(Read more about symbols in Confirmation [here](#))



Confirmation Sponsors

In the Roman Catholic Church, those who are receiving the Sacrament of Confirmation are to select a sponsor to help guide them in their faith journey. Canon Law states that, “the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament” (Cann. 892). As such, the sponsor must be willing to commit to accepting the following responsibilities:

- Be a practicing Catholic in good standing with the Church
- Pray with and for the one being confirmed. Likewise, help them grow and nurture their prayer life after Confirmation
- Become aware of the faith life of the one being confirmed in order to help them grow deeper in the faith
- Continue teaching the one confirmed about the faith even after they have been confirmed
- Encourage the one confirmed to continue to receive the Sacraments after they have been confirmed



Confirmation Saint

One of the traditions that comes with being confirmed is the choosing of a patron saint. In choosing a saint, one is desiring to mimic that saint and ask for their intercession so that they may grow in holiness.

However, in choosing a saint at Confirmation, one is also choosing to accept their name. That is, the saint's name becomes their new name. In the Christian tradition, when one has a deep experience of God or is taking on a great role in the Church, they take on a new name. For instance, Simon takes on the name Peter when Christ makes him the “Rock of the Church” (Matt. 16:18). In receiving Confirmation, one is

experiencing God in a deep way by receiving the third Person of the Trinity, the Holy Spirit. Likewise, one is taking on a greater role in the Church when confirmed because they now become defenders and teachers of the faith. For these reasons, one takes on a new name to indicate their spiritual growth and new role in the Church. By choosing a saint name, the saint can then be a special intercessor for the one being confirmed. The saint, by their life, can also motivate the one being confirmed to persevere and strive for holiness.

It would be a good idea to start reading the lives of saints to your kids. You can find the lives of the saints [here](#).

(See resource page for advice on choosing a Confirmation saint)



Resources for Confirmation

Resources on what Confirmation is (For teens and adults)

- [Life Teen- "8 Things you Need to Know About Confirmation"](#)
- [In depth explanation of Confirmation \(Catholic Answers\)](#)
- [FORMED: Three part Series on Confirmation](#)
- [Bishop Barron on the Sacrament of Confirmation](#)
- [Catholic Central– Confirmation Explanation \(good for teens\).](#)
- [Fr. Mike Schmitz Podcast on Confirmation](#)
- [FORMED– Receiving Sacrament of Confirmation](#)

Confirmation for Young kids to Understand

- [Book on Sacraments for kids](#)
- [Brother Francis DVD on Confirmation](#)
- [Brother Francis Coloring Book on Confirmation](#)
- [Brother Francis on Gift of the Holy Spirit](#)
- [Confirmation Coloring Pages](#)
- [Self Portrait Project](#)
- [Come Holy Spirit coloring page](#)
- [Pentecost/Confirmation Lapbook](#)
- [Light of the World Candle Paper Craft Baptism Confirmation](#)

Confirmation for Middle School ages Kids

- [Catholic Central– Confirmation](#)
- [Confirmation Explained](#)
- [Sophia Institute on Confirmation](#)
- [Saint Pennant Project](#)
- [My Confirmation Book](#)
- [Loyola Press': God's Gift– Primary Confirmation](#)
- [Light of the World Candle Paper Craft Baptism Confirmation](#)
- [Reviewing Confirmation, "Notebook Activity."](#)
- [Pentecost/Confirmation Lapbook](#)

Activities for the family

- [Family Jeopardy Game on Baptism/Confirmation \(FUN FOR EVERYONE!\)](#)

- [TO DO AS A FAMILY– Lectio Divina on Holy Spirit \(Dominican Sisters of Mary\)](#)
- [Confirmation "Family Retreat" to prepare for Confirmation](#)

Catholic Teachings on Confirmation

- [Catechism of the Catholic Church on Confirmation](#)
- [USCCB Explanation and Resources on Confirmation](#)
- [Pope Francis on Confirmation](#)
- [Pope John Paul II on Confirmation](#)
- [Short History and Theology of the Sacrament of Confirmation](#)

Church Fathers/ Scripture on Confirmation

- [Church Fathers on Confirmation- Catholic Answers](#)
- [Church Father's quotes on Confirmation](#)
- [Tim Staples on where Confirmations is in the Bible](#)

Connection Between Baptism and Confirmation

- [FORMED– Baptism and Confirmation](#)
- [Deacon Kurt Godfryd on relationship between Baptism and Confirmation](#)

Resources on Confirmation Sponsors

- [Fr. Mike Schmitz on Confirmation Sponsors](#)
- [Responsibility of Confirmation Sponsors](#)
- [Tips for choosing a Confirmation sponsor](#)

Resources on Choosing a Saint Name

- [Life Teen– List of Saints for Confirmation](#)
- [Catholic Company– How to choose a saint name](#)
- [Bishop Barron on Confirmation Name](#)

Resources on the Holy Spirit/Gifts of the Holy Spirit

- [Jimmy Akin on the Holy Spirit](#)
- [Tim Staples on the Holy Spirit](#)
- [Jackie and Bobby on the Holy Spirit/why people can still be bad after receiving the Holy Spirit](#)
- [The Church and 7 Gifts of Holy Spirit](#)

Feast Days in September

(The following feast days will be the same as the ones listed on the Baptism issue of *Heart and Soul*)

Not all saint days of this month will be listed, but if your patron saint is celebrated this month it is encouraged that you celebrate it. If you need assistance in knowing how to celebrate a saint day, contact the Director of Evangelization.

- **September 8-** Feast of the Nativity of the Blessed Virgin Mary
 - [About the Nativity of the Blessed Virgin Mary](#)
 - Celebrate Mother Mary's Birthday with "[Mary Cake](#)" (Explanation/recipe in hyperlink).
- **September 14-** Feast of the Exaltation of the Holy Cross
 - [About the Exaltation of the Holy Cross](#)
 - Celebrate by displaying a Crucifix in your house and decorating it with flowers.
- **September 21-** Feast of Matthew, Apostle
 - [Story of St. Matthew](#)
 - Make [Silver Dollar Pancakes](#) in honor of St. Matthew formerly being a tax collector
- **September 29-** Feast of Michael, Gabriel and Raphael, Archangels.
 - [About the Feast](#)
 - Make a Blackberry Crisp ([Read Legend/ Recipe Here](#))

Events in September

(The following events will be the same as the ones listed on the Baptism issue of *Heart and Soul*)

September 3rd

First Saturday

- First Saturday Rosary (7:25am)
- First Saturday Meditation (8:30am)

Wednesdays of September

Mass/Adoration/Confession

- Mass starts at 5:15, followed by adoration and confession

September 14th

Wednesday FIDE Night (6:30pm)

- *FIDE* gathering time. Meet with your SAPs, the Director of Evangelization (EJ), and/or other families during this time to discuss, share ideas, or just enjoy each other's company. This is an open door event, so come when you want and leave when you must.

September 5th and September 26th

Podcasts on Baptism (English on 5th and Spanish on 26th)

- Video podcasts on prayer will be released every other week starting on Aug. 1st. These podcasts can be found on YouTube and our Facebook page. All podcast will be directed toward adults, but will be kid friendly as well.

September 18th

Open Hour with Director of Evangelization (After 8am Mass)

- Talk to Director of Evangelization (EJ) about anything regarding theology, spirituality, or philosophy. Location will be in the cafeteria.

September 29th

Catechism Series (3:30pm)

- Fr. Eckert and Michael Becker discuss a section of the Catechism of the Catholic Church (live on FB and YouTube at 3:30pm)

What's Coming in October

Heart & Soul Topic for October: Eucharist

- What is the Eucharist?
- What is the transubstantiation?
- What does Scripture have to say about the Eucharist?
- What are the Eucharistic Miracles?
- Resources on the Eucharist
- And more!

Events in October

- First Saturday: October 1st
- First Friday Adoration: October 7th-8th
- Every Wednesday in September: Mass/Adoration/Confession starting with Mass at 5:15pm.
- Wednesday *FIDE* Night: October 19th @6:30pm
- Podcasts Discussing Eucharis: October 3rd and 24th
- Open Hour with Director of Evangelization: October 16th after 8am Mass
- Catechism Series: October 27th @3:30pm

For more information, and to access hyperlinks, scan the QR code on the bottom right, or follow the instructions below to get access on our website:

salisburycatholic.org → Sacraments → FIDE → Heart and Soul: Monthly Catechetical Resource



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