

Sacrament
of
Confirmation



Our Confirmation Prayer

*All loving God,
Father of our Lord, Jesus Christ,
by the water and the Holy Spirit you have
freed us of all sin, and given us new life.
Send your Holy Spirit to be our help and guide to our
lives.*

*Give us this Spirit of Wisdom, and understanding,
this Spirit of right judgement and courage,
this spirit of knowledge and reverence.
Fill us with this Spirit of wonder and awe in God's
presence.*

*With the help of the Holy Spirit,
may we live faithfully as followers of Jesus.*

*This we ask through Christ our Lord.
Amen.*

Created to Share in the Loving Life of God

God

There are some very wonderful and important things that we know about God. If we look around us at the good things of our world and the people who love us we can see God as Creator and Father. But our God loves us and, like a good friend, wants to tell us more about his life.



Exercise: Word Map

What words come to mind when you here the word "God". Name some things you know about God.

We know that God is a **Spirit**, someone we cannot see or touch but who is very real and close to us. In trying to understand this, we can think of the wind. You can't see the wind or tell where it is going, but you know it is there because of what it does.



Jesus had a special name for God that helps us to know more about God's love for us: *Abba* which means *Father* or even *Daddy*.



Everything God's Son Jesus did in his life showed us his loving Father. As Jesus promised, the **Holy Spirit** of love is still present today in his followers. So, although we know that there is only One God, Jesus shows that our God is a loving community of three Persons: **Father, Son and Holy Spirit**. We call this the mystery of the **Blessed Trinity**.



At Baptism the priest poured water on your head and said these words, "I baptise you in the name of the **Father**, and of the **Son** and of the **Holy Spirit**".

We share in the **life and love** of the Blessed Trinity because of our Baptism. We call this gift of life from God **grace**. The Holy Spirit stays with us and lives in us, like a spring of water giving us more and more of God's life and love.

Exercise:

Represent the Holy Trinity as a symbol to represent "three persons in one God".

From the Scriptures (Bible)

There are a number of passages in the bible that speak about the Trinity. One famous story is taken from the book of Mark.

John who people called "the Baptist", was baptising many people in the Jordan River. It was at this time that Jesus came from his home town to also be baptised by John. No sooner had he come out of the water than he saw the heavens torn apart and the spirit, like a Dove, descended on him. And a voice came from heaven, "You are my Son the Beloved; my favour rests on you".



Our Prayer

Glory be to the Father
and to the Son
and to the Holy Spirit
as it was in the beginning,
is now and ever shall be,
world without end,
Amen.

Jesus

God is with us all the time, helping us to grow to be the best people we can be.

A long time ago, God was not very happy with the way people were living. People were not doing what God wanted. Instead they were hurting one another and acting selfishly.



Although the people were acting in this way, God still loved them very much and wanted to give them another chance to change their ways and be good people once again.

God showed that he loved the people so much by sending his special son, Jesus. Jesus, who came from God, was a very good and kind man. Jesus was sent by God to:

- ◆ Speak to us about who God is.
- ◆ Speak and show us how God wants us to live.
- ◆ Teach and show us how to be good people.
- ◆ Teach us how to pray.
- ◆ Teach us the importance of loving one another.
- ◆ Help people.
- ◆ Start the Church (God's Family).

To help him with His work on earth, Jesus chose twelve close friends called apostles.

Before he died, he left us a very special gift called Eucharist.

Many people followed Jesus and believed in him. There were some however that did not believe and tried to hurt and kill Jesus.

Dying on the cross to make up for all the bad things the people had done, Jesus came back to life 3 days later. This proved to everyone that Jesus was an extra special person. A short time later, he went back to Heaven to be with his Father.

The Sacraments – Our Faith Journey

The sacraments are specific signs of God's special relationship with us.

Sacraments are both a gift from God and a call to serve God and others.

Each Sacrament reflects Jesus' own life and ministry. Each is a unique moment in Church life when we celebrate Jesus alive with us today.

The Sacraments celebrate important steps of people's lives.

The Sacraments are visible ways through which the Holy Spirit acts.

By participating in and receiving the sacraments we come closer to Jesus, who is present in all of them.

Through the Sacraments, we allow Jesus to enter our lives in an extraordinary way. The Sacraments welcome and heal us and help us to live in service to our community.

Each Sacrament focuses on important times in our lives when we celebrate our relationship with God. At these times, we open ourselves to receive God's grace (or blessing) and to recognise it working within our lives.

The Church celebrates seven sacraments:

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Marriage
6. Holy Orders
7. The Anointing of the Sick

Three of these are Sacraments of Initiation, helping Christians to develop and grow to full members of the Church. These are:

1. Baptism
2. Eucharist
3. Confirmation.

In our celebration of the Sacraments, familiar symbols and gestures are used to help us to understand more about ourselves, other people, and our world – and to know how God is at work in all of these. Some familiar symbols and gestures are:



Light



Oil



Laying on of Hands



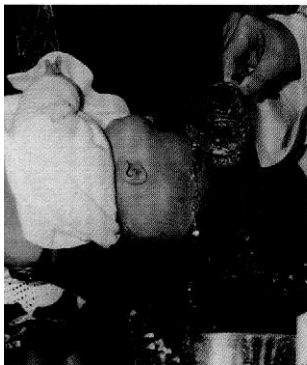
Bread & Wine



Sign of the Cross



Sacraments of Initiation are Baptism, Confirmation and the Eucharist.



In Baptism, God our Father welcomes us into the Church community.



At Confirmation, we are sealed with the Holy Spirit, who strengthens and guides our Christian life.

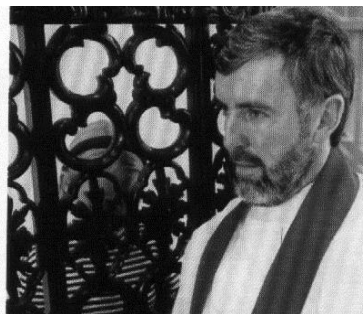


In the Eucharist, Jesus gives himself completely to his Father and to us. Jesus, the Son of God, becomes the spiritual food we need for our life's journey.

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



Penance enables us to receive God's forgiveness of our sins when we are truly sorry.

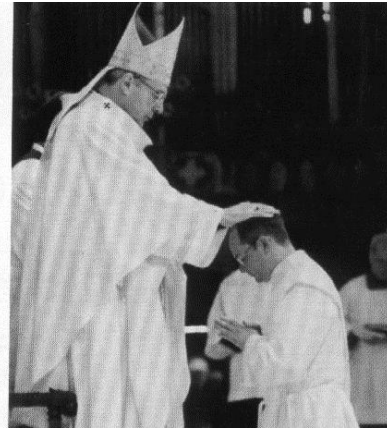


The Anointing of the Sick brings God's love and care to those who are ill or dying.

Sacraments in the Service of Community are Holy Orders and Marriage.



Marriage celebrates God's uniting of man and women forever, forming a family and living together in faithful love.



Holy Orders celebrates God's call to some men to be ordained deacons, priests and bishops who will lead and serve the Church.

Activity: The Seven Sacraments

Match the sacrament with its action in our lives.

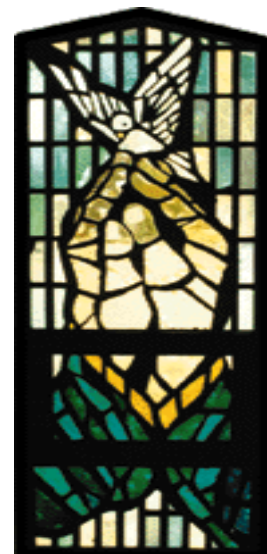
1. This Sacrament is the first step in welcoming us into the Church Community.

2. This Sacrament celebrates the healing and wholeness through God's forgiving love and the suffering and death of Jesus. _____
3. In this Sacrament we give thanks with the believing community for the life, death and resurrection of Jesus Christ and we are nourished through our intimate encounter with Jesus. _____
4. This Sacrament celebrates the life and gifts of the Holy Spirit in each of us and in the community. _____
5. This Sacrament celebrates a couple's life together, enabling and strengthening them in their relationship with God and with each other. _____
6. This Sacrament celebrates the special service priests and religious give to the Church. _____
7. This Sacrament shows the Church's concern for the healing of people in body and spirit. In our care and concern for the sick we participate in this Sacrament.

Introduction to the Sacrament of Confirmation

Sacrament of Confirmation

- ◆ Confirmation is the Sacrament of full membership of the Church.
- ◆ The sacrament of Confirmation completes the sacrament of baptism. As baptism is the sacrament of re-birth, Confirmation is the sacrament of maturity and coming of age.
- ◆ In the sacrament of Confirmation, the Holy Spirit, given to us at Baptism, is strengthening and challenging us to live as true followers of Jesus.
- ◆ Confirmation is a true sacrament given to us by Jesus. It is administered by laying-on of hands and anointing with chrism accompanied by prayer. The oil of chrism is blessed by the bishop.
- ◆ The Bishop administers the sacrament of Confirmation. All baptised persons can and should be confirmed.
- ◆ The effect of the sacrament of confirmation is to give strength in faith in God.



History and Background of Confirmation

From the earliest times in the Church, people have been made Christians by the Sacraments of Initiation. People were given Baptism first, the Confirmation, followed by Eucharist.

When adults were received into the early Church they had to show that they wanted to become Christians and that they were capable of leading a good Christian life. They proved these things by spending three years being taught and tested by a person who was already a member of the Church.

Those who had to prove themselves were baptised during Easter which is the celebration of Jesus' resurrection. They were then confirmed with the oil of chrism. Finally, dressed in white and carrying a lightened candle, they went in procession to take part in their first Eucharist.

Slowly, as centuries past, the practice of receiving all three sacraments of initiation together changed. Today, as it has been the last thousand years, the Sacrament of Confirmation is received separately from Baptism and Eucharist.

Confirmation will be given to you by the Bishop, further unfolding the presence of the Holy Spirit that was present in your Baptism and Eucharist. Your Christian life through the Sacrament of Confirmation will become a challenge and sign of hope for others.

My Confirmation Name

Choosing a Confirmation Name

- ◆ We are first named when we are baptised by our parents.
- ◆ At the sacrament of Confirmation, you have the opportunity to make a choice.
- ◆ You may reaffirm the name chosen for you by your parents at Baptism.
- ◆ You may also choose another name because you want to model yourself on a person of faith whom you have studied.
- ◆ The Church has many Saints who can be models of faith for us.
- ◆ There are many people alive today that can also be models of faith for us.

Who is a Saint?

- ◆ A Saint is a person who is devoted to serving God and others.
- ◆ Some Saints lived many centuries ago. Others lived in this and the last century.
- ◆ Some Saints lived to be old and wise, while others died in the prime of their life.
- ◆ All Saints enjoyed one important achievement – their lives gave proof of special service and love of God and neighbour. By doing this, they achieved Heaven when they died.

Examples of Holy Women & Men

Holy Women

Agatha	Louise
Agnes	Lucy
Angela	Margret
Ann	Maria
Bernadette	Mary
Bridget	Mary Magdalene
Catherine	Mary MacKillop
Cecilia	Monica
Clare	Rita
Elizabeth	Rose
Frances	Teresa
Helen	Therese
Julie	
Katherine	

Holy Men

Andrew	Lawrence
Anthony	Luke
Bernard	Mark
Charles	Matthew
Damian	Michael
Dominic	Patrick
Francis	Paul
George	Peter
Gregory	Phillip
Henry	Raymond
James	Stephen
John (the Apostle)	Sebastian
Joseph	Thomas
Justin	Vincent

My Confirmation Sponsor

Choosing a Confirmation Sponsor

- ◆ Your sponsor's role is to provide a model of Christian living and to help you live a life of faith.
- ◆ Your choice of a Confirmation sponsor is very personal.
- ◆ It is important to choose someone whom you like and feel close to and who practices the Catholic faith.
- ◆ The sponsor must be sufficiently mature for the role (should at least be 16 years of age)
- ◆ The sponsor must belong to the Catholic Church and has been initiated in the three sacraments of Baptism, Confirmation and Eucharist.

You might choose:

- ◆ Your Baptismal godparents (this links the initial Sacrament of Baptism with Confirmation and re-affirms the role the godparents accepted at Baptism).
- ◆ A relative or close friend (you have a friend whose attitude to God and to life you particularly admire).

Choosing a Confirmation Sponsor

- ◆ The sponsor is beside you at all times during the ceremony.
- ◆ They accompany you to the Bishop / Priest and place their right hand on your shoulder at the time of anointing.



Confirmation Project

Choosing a Confirmation Name

- ◆ Choose a Saint's name for your Confirmation.
- ◆ Obtain a picture of your chosen saint.
- ◆ Research the life of your chosen Saint.
- ◆ On the work sheet (see the following page), paste the colour picture of the Saint given and write a 100-200 word essay on his/her life. You may type it on computer if you wish and paste it in however it must be your work.
- ◆ You will be asked to present it to the class, and you will be asked questions about the Saint you have chosen.
- ◆ Websites you may wish to visit to research your chosen Confirmation saint name are:
<http://www.catholic.org/saints/>
<http://www.catholic-forum.com/saints/>
<http://www.catholic-pages.com/dir/saints.asp>
<http://www.catholic-forum.com/saints/golden000.htm>
- ◆ Alternatively search for your chosen Confirmation saint name using an internet search engine such as:
<http://www.google.com>
<http://yahoo.com>

If you need help, please ask. START NOW.

Date Due: _____

Choosing a Confirmation Sponsor

- ◆ Based on the guidelines given, choose a person that you would like as a Confirmation person.
- ◆ Ask this person if they would like to be your Confirmation Sponsor.
- ◆ On acceptance, have the Confirmation Sponsor work sheet completed and presented to the teacher.

You are asked to have a Confirmation Sponsor chosen and the Confirmation Sponsor work sheet completed by _____.

There will be a preparation night for Confirmation Candidates, Parents and Sponsors.

My Confirmation Sponsor

Sponsor's Name: _____

Relation

Relative

Friend

Is your Sponsor a Catholic and does your sponsor practice the Catholic faith?

Yes

No

Has your Sponsor Received the Sacraments of:

Baptism

Eucharist

Confirmation

Why did you choose this person as your Sponsor?



The Holy Spirit. Our Help & Guide

The Holy Spirit strengthens us in the sacrament of Confirmation. By our Confirmation, the Holy Spirit strengthens us to live a holy life, to love and respect others, to proclaim the gospel, and serve others as Jesus did.

However, what or who is the Holy Spirit? How can we describe the Holy Spirit? Let us look at this and learn how the Holy Spirit is our help and guide.

God the Holy Spirit

God the Holy Spirit :

- ◆ Gives life and help to all of creation
- ◆ Creates and inspires all human beings
- ◆ Is the power of God who inspires good works in people
- ◆ Is the Spirit of life, love and truth, to be freely shared with others
- ◆ Is the third Person of the Blessed Trinity

“Spirit” in Hebrew means “breath of God” or “wind”. Every time you “bless yourself” with the Sign of the Cross, you are affirming that the Holy Spirit is alive and active in your own life.

To be a fully initiated Christian through the Sacrament of Confirmation means that we are called to live our lives as Spirit filled people. The gifts of the Holy Spirit strengthen us to do this. These are qualities that enable us to live a Spirit filled life. The Church Community encourages us in our efforts to increasingly grow as people of God. We hope always to see the evidence of the Spirit of Jesus at work within us.

The Holy Spirit in Scripture

Scripture uses many symbols to describe the presence of the Holy Spirit:

A Bird: “As soon as Jesus came up out of the water he saw heaven opening and the Spirit coming down on him like a dove”. (Mark 1:10)

Wind: “Suddenly there was a noise from the sky which sounded like a strong wind blowing”. (Acts 2:2)

Fire: “They saw what looked like tongues of fire which spread out and touched each person there”. (Acts 2:3)

Wisdom: “The spirit of the Lord will give him wisdom”. (Isaiah 11:2)

Other symbols and characteristics of the Holy Spirit are:

- ◆ **Paraclete** meaning “someone called in to help”
- ◆ **Advocate** meaning “some to support and plead for another”
- ◆ **Strengthener** meaning “to make someone grow stronger”
- ◆ **Leader** meaning “someone who leads”
- ◆ **Friend** meaning “someone who knows you well and likes you”

In the Gospel of John, Jesus spoke many times about who the Holy Spirit is. Read the passage “Jesus Speaks to Us about the Holy Spirit” and then complete the sentences given.

Jesus Speaks to Us about the Holy Spirit

Jesus said to his disciples:

‘I will ask the Father, and he will give you another Advocate, who will be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you’.

'Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me. I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid'.

'Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you. And when he comes, he will prove the world wrong about sin and righteousness and judgment. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you'.

Activity

1. I will ask the Father and he will give you another _____ who will _____.
2. This is the Spirit of _____.
3. You know the Spirit, because he _____ with you, and he will be _____.
4. The Holy Spirit, whom the Father will send in my name, will _____, and remind you of all that I have said to you.
5. When he comes, he will prove the world wrong about _____ and _____ and _____.
6. When the Spirit of _____ comes, he will _____ you into all the truth.
7. He will _____ me, because he will take what is mine and declare it to you.

Even Jesus needed the help of the Holy Spirit. Look at what happened to Jesus when he was about to begin his ministry.....

Jesus left his home in Nazareth and went to live in the countryside of Galilee. On one of his last days in Nazareth he went into the synagogue to pray (*Synagogue was the name Jews gave to the smaller temples where they met to offer prayers to God and hear God's words explained to them by the wise men who were called Rabbis*). Someone handed Jesus the scroll of the prophet Isaiah and he began to read from it:

“The spirit of God is in me because he has anointed me; he has sent me to bring good news to the poor, to make the blind see and free people from captivity.”

Jesus turned to the people and said. “Today, in this synagogue the words of the people have come true!” (Luke 4; 17-19)

Reflections from this Passage

- ◆ This verse from Scripture shows that Jesus was inspired by the Holy Spirit.
- ◆ The Holy Spirit is the spirit of God that was at work in Jesus and today is at work in all of us.
- ◆ It helps us in the same way as it helped Jesus. HOW?

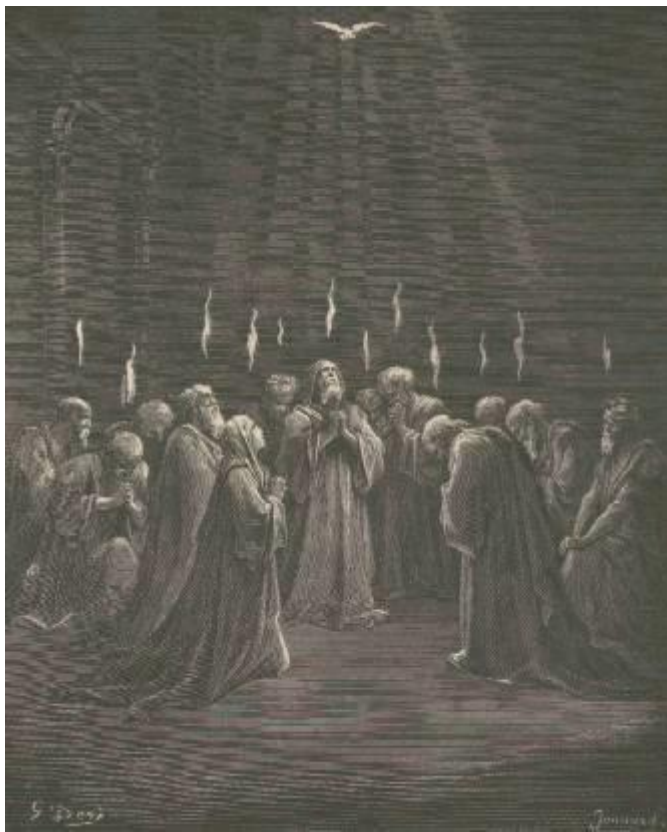
Can you list 2 ways the Holy Spirit helps you today?

1. _____

2. _____



The Father Sends the Holy Spirit



At the Last Supper, Jesus said goodbye to His Apostles. He was going home to the Father. He told the Apostles, "I will ask the Father, and he will give you another helper the Holy spirit, whom the Father will send in my name, will teach you everything." (John 14:16,26)

Forty days after Jesus rose from the dead, Jesus told His disciples, "You will be filled with power when the Holy Spirit comes on you." After saying this, he was taken up to heaven as they watched him. (Acts 1:8-9) This is called Jesus' Ascension into heaven.

Ten days later, the Apostles were all together in a room. 'Suddenly there was a noise from the sky which sounded like a strong wind blowing, and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire spreading out; and each person there was touched by a tongue. **THEY WERE ALL FILLED WITH THE HOLY SPIRIT!**' (Acts 2:2-4) This happened on Pentecost Sunday.

After the Spirit filled them, the Apostles went outside. They began to tell people about Jesus. That day, there were many people in Jerusalem who had come from other countries. These people spoke foreign languages. When the Apostles talked, the crowd was stunned. Each person heard the Apostles talking in his own language! The Spirit was here at last. Now they could tell the whole world about Jesus!

The Coming of the Holy Spirit

Characters: Matthew, Thomas, Peter, Philip, John, Man #1, Man #2, Women

Scene: A room where the disciples are waiting with a surrounding area outside.

Narrator: When the day of Pentecost came, all the believers were gathered together in one place.

Matthew: We have been waiting here for more than a week. When is the Holy Spirit going to come?

Thomas: Sometimes I think we should go about our work again.

Peter: No, Jesus said he would come. He said we should wait for him.

Philip: I do not have the courage to go out and preach the Good News, anyhow.

Peter: Jesus is with us. He promised to send the Holy Spirit. I know he will not fail us. Let us bow our heads and pray with all our hearts.

Narrator: Suddenly there was a noise from the sky which sounded like a strong wind blowing, and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire which spread out and touched each person there. They were filled with the Holy Spirit.

All: What is it? What is happening? What is that sound?

John: It is the Spirit of Jesus. The Holy Spirit is coming into our hearts.

Peter: The Spirit feels like fire inside of me.

Philip: I feel strong. I want to go now and tell others the Good News.

Narrator: There were Jews living in Jerusalem, religious men who had come from every country in the world. Some of these people were outside the house.

Man #1: What is happening in there?

Women #1: Why is the wind blowing so hard?

Narrator: The disciples go to the window to talk to the people.

Man #2: What is going on?

Peter: We want to tell you about Jesus. We want to tell you how Jesus healed the sick and helped the deaf to hear.

Philip: We want to tell you how Jesus cured the lepers and brought the dead to life.

Matthew: We want to tell you how Jesus died on the Cross and then rose to life. He wants you to live forever with him in heaven.

John: That is the Good News we bring you.

Man #1: Those men are speaking my language. But they are from Galilee. How can this be?

Women #1: They are speaking in my language too!

Man #2: I understand them, for they speak in my tongue!

Thomas: We are followers of Jesus. We are witnesses of his life and work among you.

Peter: We have Good News to tell you.

Lets Think

Describe how the Holy Spirit helped the Apostles?

The Gifts of the Holy Spirit

In the Sacrament of Confirmation, the Holy Spirit gives us the strength and courage to follow Jesus. This means living according to the teachings of Jesus. It also means that we do what Jesus would do in any given situation.

In Confirmation, we receive like the Apostles did at Pentecost, the **Gifts of the Holy Spirit**. These are:

Wisdom

Understanding

Right Judgment

Courage

Knowledge

Reverence (Respect)

Wonder & Awe

Wisdom - This gift is knowing what Jesus wants us to do. It helps us decide good from bad. Do you remember the last time you prayed or did something for God because you really wanted to? When you did that, the Spirit helped you to be wise.

Understanding – This gift helps us to know God and Jesus. It helps us to see the point of view of others. Do you remember the last time something from the Bible or from religion class really impressed you. When that happened, the Spirit helped you to understand.

Right Judgment – This gift helps us to make correct decisions and use the good advice and guidance which others give us. Do you remember the last time you decided to be a better Christian? When you did this, the Spirit counseled and guided you in your heart .

Courage – This gift helps us to overcome fear or accept the strength of God in our every day life. Do you remember the last time you had the courage to do something difficult? When you did this, the Spirit helped you to be strong and have courage.

Knowledge – This gift helps us to appreciate the created world and to do our duty to know God more. What is the most important truth you know about life – or about God or your parents or others? You see that truth so well because the Spirit helps you to know.

Reverence (Respect) – God, parents, teachers and all people we meet. This gift helps us to show appreciation for the wonderful things we have been given and enjoy. Who are the people in your life you love the most? You love these people so much because the Spirit helps you to respect others.

Wonder & Awe - The gift helps us to see the power of God in our life and to see God as a loving, merciful parent. Do you remember the last time you told God how great He is – or told Him how happy you are to be alive? When you did that, the spirit helped you to praise and see the power of God.



Fruits of the Holy Spirit

The Gifts of the Holy Spirit are the permanent character which help us to live the Christian life and follow the ways of the Holy Spirit. They complete and perfect the virtues of those who receive them.

The Gifts of the Holy Spirit are important for us because they help us to:

- ◆ make **wise** decisions about important matters
- ◆ **understand** the real meaning of life
- ◆ **advise and help** others to make the right decisions
- ◆ be **strong** to uphold and do what is right and to resist and avoid what is wrong
- ◆ to **know** the teaching of God and our true destiny
- ◆ to give **true worship and praise** to God
- ◆ to **respect** God who is our loving Father

When we exercise the Gifts of the Holy Spirit, we produce in our lives through our actions and the choices we make the Fruits of the Holy Spirit. These are particular virtues or good habits.

There are nine Fruits of the Holy Spirit. These are Love, Joy, Peace, Patience, Kindness, Goodness (Honesty), Faithfulness, Humility, and Self-Discipline (Self Control).

We will know we are producing these Fruits in our lives when we are **loving, joyful, peaceful, patient, kind, good, faithful, humble** and when we **exercise self-discipline**.



Love

“

Thou shalt not take vengeance, nor bear any grudge against the children of thy people, but thou shalt love thy neighbor as thyself...

The Holy Scriptures, Leviticus 19:18

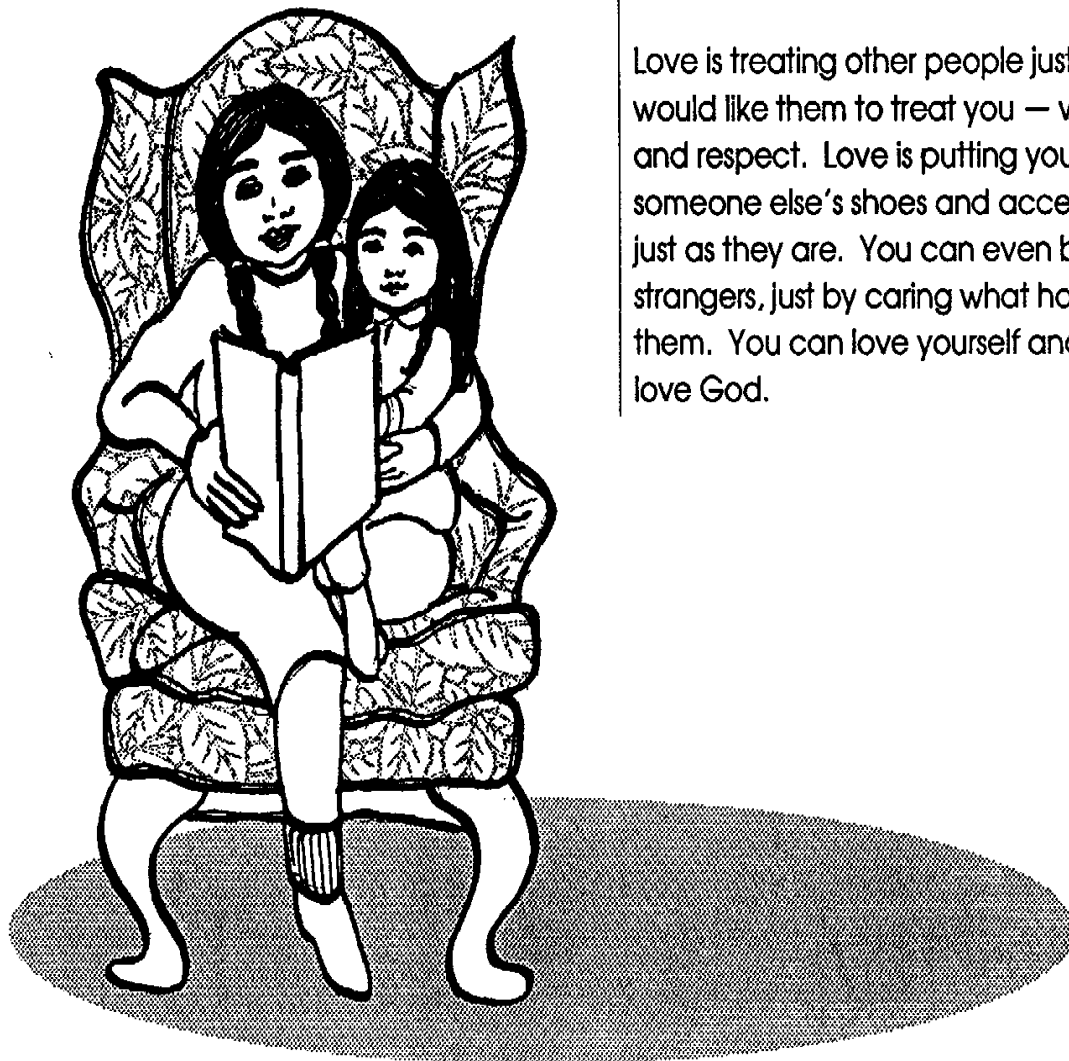
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What is Love?

Love is caring for someone, wanting to be near them, and wanting to share with them. Love is a special feeling that makes you want to do nice things for people. It means treating them with special care and kindness because they mean so much to you.

Being loving is being affectionate. You can show love in a smile, a pleasant way of speaking or a hug.

Love is treating other people just like you would like them to treat you — with care and respect. Love is putting yourself in someone else's shoes and accepting them just as they are. You can even be loving to strangers, just by caring what happens to them. You can love yourself and you can love God.



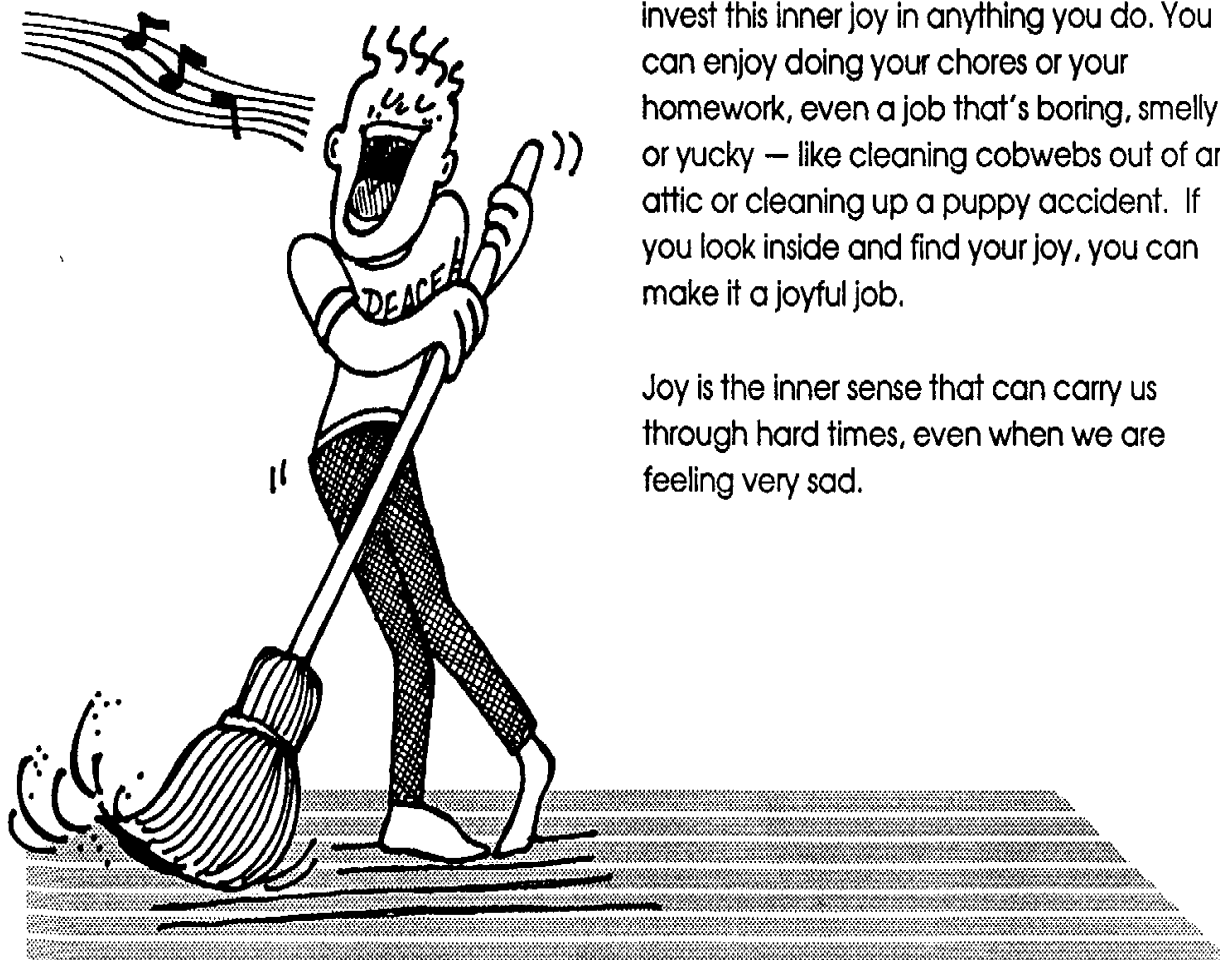
Joyfulness

“

Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of influence.

Abdu'l-Baha, Paris Talks, p. 109

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What is Joyfulness?

Joyfulness is being filled with happiness, peace, love, and a sense of well-being. Joy is inside us all. It comes from a sense of being loved. It comes from an appreciation for the gift of life. It comes when we are doing what we know is right. Joy is related to fun but is not exactly the same thing. Fun comes from what is happening outside — having a good time. Joy comes from what is happening inside.

Joyfulness is always there regardless of what is happening on the outside. You can invest this inner joy in anything you do. You can enjoy doing your chores or your homework, even a job that's boring, smelly or yucky — like cleaning cobwebs out of an attic or cleaning up a puppy accident. If you look inside and find your joy, you can make it a joyful job.

Joy is the inner sense that can carry us through hard times, even when we are feeling very sad.

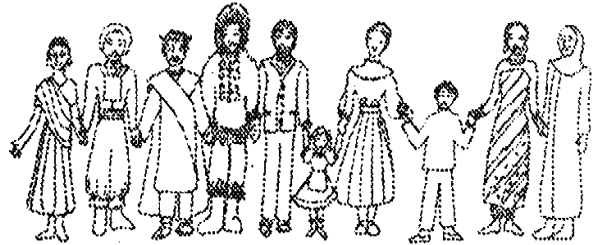
Peacefulness

“

Blessed are the peacemakers: for they shall be called the children of God.

The Gospel According to Matthew, 5:9

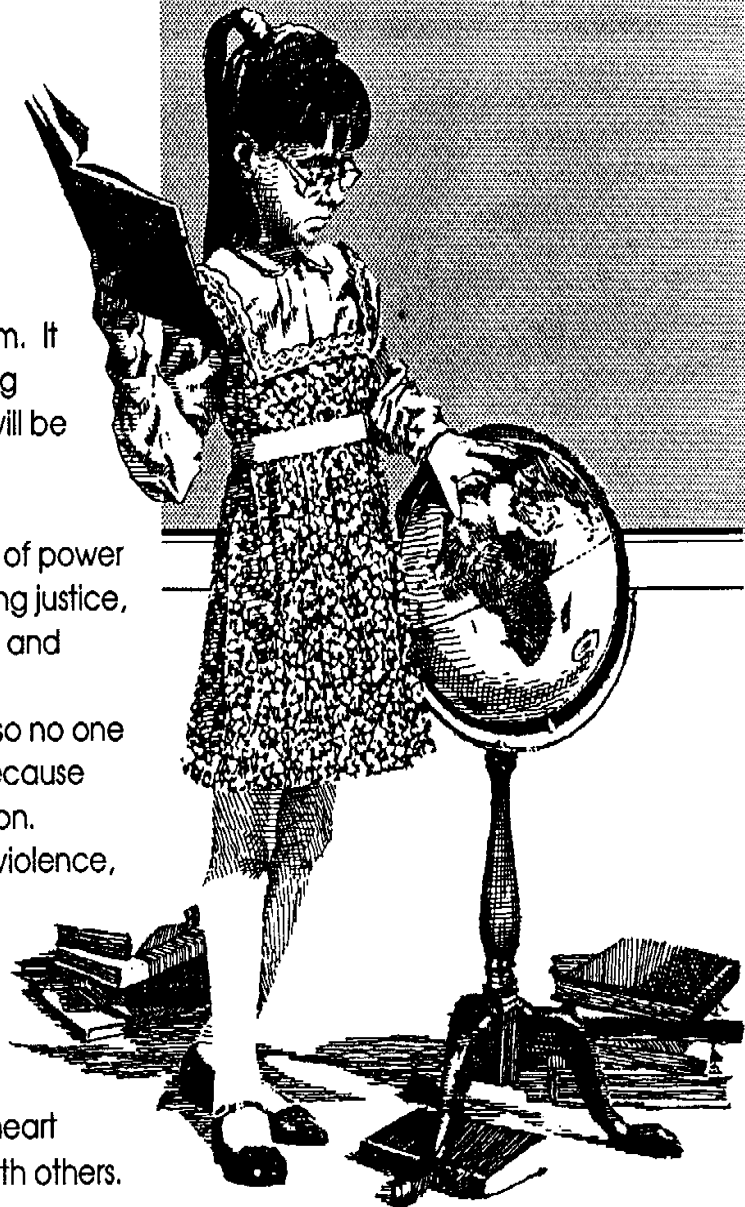
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What is Peacefulness?

Peacefulness is to feel peaceful. It is an inner sense of calm that can come in moments of silent gratitude or prayer. It is a way of getting very quiet and looking at things so you can understand them. It is facing your fears and then letting them go. It is trusting that things will be all right.

Peacefulness is giving up the love of power for the power of love. It is practicing justice, which means to be fair to yourself and others. Peacefulness is a way of approaching conflict with others so no one is made wrong. Everyone wins, because you work to find a peaceful solution. Peace comes when you give up violence, prejudice and thinking of others as enemies. Peacefulness comes from an awareness that all human beings are part of one human family. Peace in the world begins with peace in your heart and peace in your interactions with others.



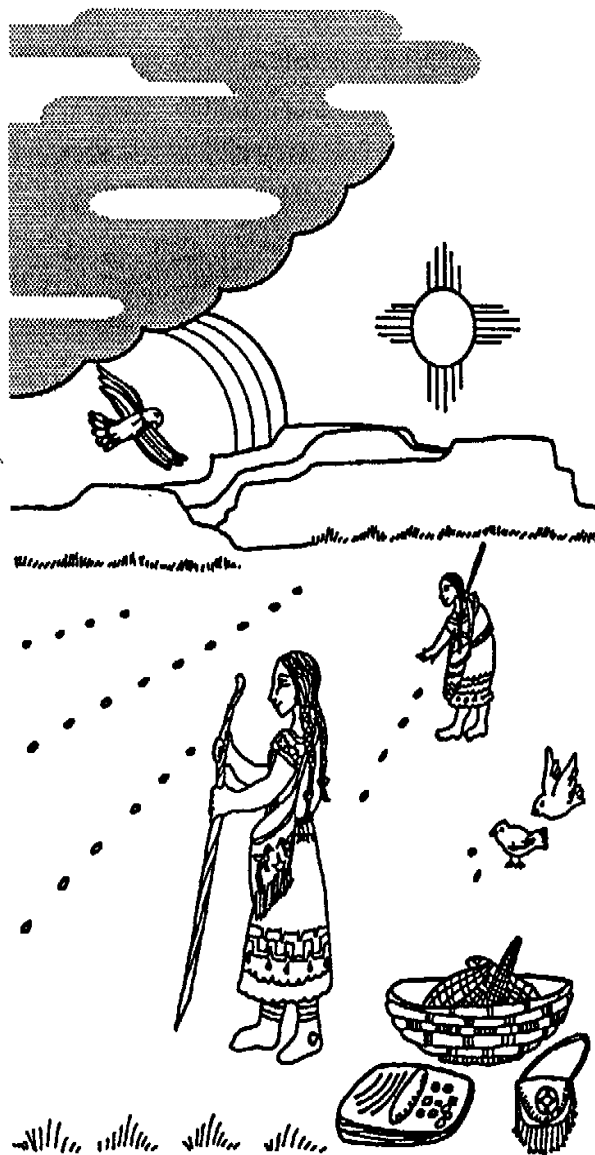
Patience

“

O you who believe, seek courage in fortitude and prayer, for God is with those who are patient and persevere.

Al-Qur'an, 2:153

”



What is Patience?

Patience is quiet hope and expectation based on trust that, in the end, everything will be all right. Patience means waiting. It is enduring a delay or troublesome situation without complaining.

It means having self-control because you can't control the way someone else is acting or when things don't go as you'd like. Patience is being calm and tolerant when difficult things happen.

Patience is persevering — sticking with something for as long as it takes to finish it. When you are patient, you know that things take time, just like a seed you plant will someday grow into a flower or a fruit-bearing tree. Patience is a commitment to the future. It is doing something now so that later something good will happen. It is also putting up with all of the things necessary to make it happen. Patience is seeing the end in the beginning — doing what you can and then calmly waiting, with trust that the results will come.

Kindness

“

Be ye sincerely kind, not in appearance only. Let each one of God's loved ones center his attention on this: to be the Lord's mercy to man; to be the Lord's grace. Let him do some good to every person whose path he crosseth, and be of some benefit to him.

Selections of the
Writings of Abdu'l-Baha, p. 3

”

What is Kindness?

Kindness is being concerned about the welfare of others. Kindness is showing you care about anyone or anything that crosses your path, knowing that everything is a part of God's creation. You can be kind to people, to animals, and to the environment. Kindness means to care for others and the earth as much or more than you care about yourself.

Kindness is shown in small gestures that brighten peoples lives, times you care for an animal, daily ways you show concern for the earth. Kindness is showing love to someone who is sad or needs your help.



Honesty (Goodness)

“

Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty. Beware, O people, that ye deal not treacherously with anyone.

Writings of Baha'u'llah, p. 517

”



What is Honesty?

Being honest is being sincere, open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat or steal. If they tell you they like you, you know they really mean it, because they would not say anything just to get their way or to make an impression.

If something is advertised honestly, you can count on it to be the way it is described. If you buy a quarter pounder, you get a quarter pounder. If someone seems nice and friendly, honesty means they really are nice and friendly, just because they want to be friends, not for any hidden reasons. With honesty, you can trust things to be as they appear.

Honesty is telling the truth no matter what. It is being truthful even when admitting the truth could make someone disappointed. Honesty means not exaggerating something just to impress others but telling it like it really truly is.

Being honest means you don't make false promises. You do what you said you would do. Your actions match your words. This is also called integrity.

Faithfulness

“

Be faithful till death, and I will give you the crown of life.

The Revelation of John, 2:10

”

What is Faithfulness?

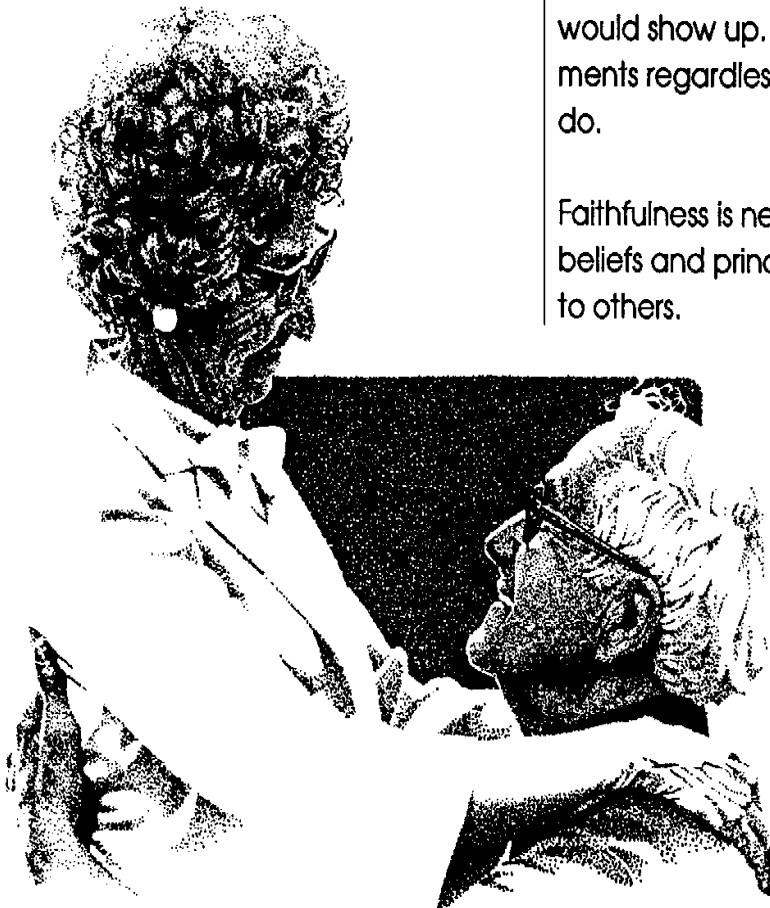
Faithfulness is being true to someone or something. It is holding to what you believe is important no matter what happens.

Faithfulness is belief that stands up to the test of time. It is starting out on a path and staying on it no matter how many times you stop or get distracted.

Faithfulness is being like a rock in the midst of rushing waters. You stand firm no matter what. It comes from really knowing and living what you believe. When you are faithful you can be counted on and trusted. You show up when you said you would show up. You keep your commitments regardless of what you would rather do.

Faithfulness is needed when you have beliefs and principles that can't be proven to others.

If you are faithful to your beliefs, such as belief in God, honesty, or friendship, people will see those things reflected in your actions. When you are faithful, you make your ideals real.



Humility

“

So he sat down, and called the Twelve, and said to them, 'If anyone wants to be first, he must make himself last of all and servant of all.'

Gospel According to St. Mark, 9:33

”

What is Humility?

Humility is to be humble.

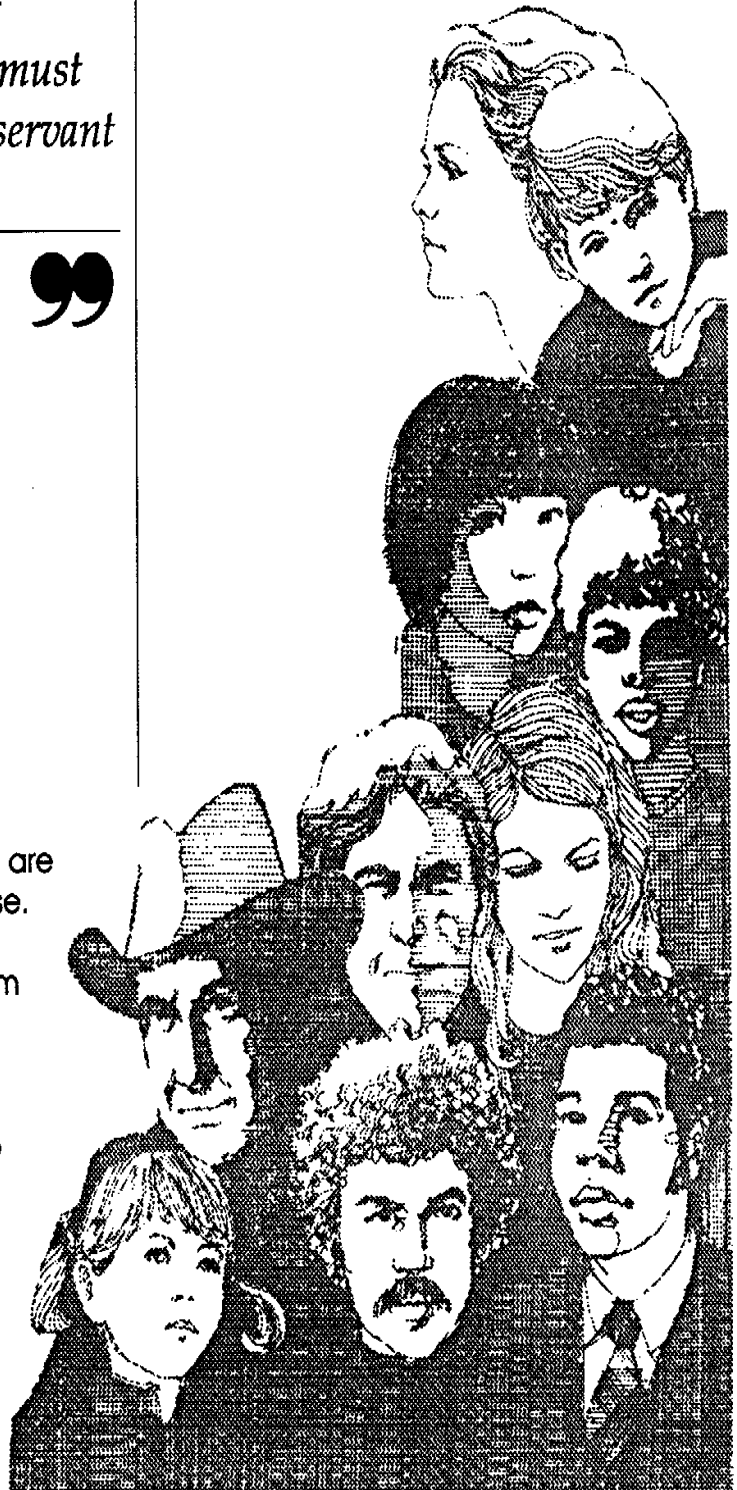
To be humble is to realize that you are no more important than anyone else.

It means you are willing to learn from your mistakes.

It means doing your best without attracting undue attention to yourself.

It means you pay attention to what you have to learn rather than what you have already done.

Humility is serving solely for the love of God, not to impress others.



Self-discipline

“

Discipline, to be sure, is never pleasant; at times it seems painful, but afterwards those who have been trained by it reap the harvest of a peaceful and upright life.

The Letter of Paul to the Hebrews 12:11

”

What is Self-Discipline?

Discipline means control. Self-discipline is self-control. It means getting yourself to do what you really want to do rather than being a leaf in the wind of your thoughts or feelings. Self-discipline means choosing to do what you feel is right. It is bringing order and efficiency into your life.

With self-discipline, you can be moderate. You don't overdo things or let yourself become too lazy. You get things done. Feelings and thoughts come and go. You may not be able to control your thoughts and feelings, but you can control what you do with them. You don't lose control of yourself when you feel hurt or angry but decide how you are going to talk and what you are going to do.

When you are self-disciplined, you create structure in your life, like practicing the trumpet or brushing your teeth every single night. You don't procrastinate. You get things done. With self-discipline, you take charge of yourself.



Activity: Fruits of the Holy Spirit

How are the Fruits of the Holy Spirit alive in our life?

1. Love

2. Joy

3. Kindness

4. Faithfulness

5. Patience

6. Goodness / Honesty

7. Self-Discipline

8. Humility

9. Peace

Preparing to be Anointed

Celebrating the Sacrament of Confirmation

Celebrating Confirmation

As the time for celebrating the rite of Confirmation draws near, it might be helpful to spend a little time preparing yourself for what will actually happen.

When the parish family gathers with the Bishop to celebrate the sacrament of Confirmation, it is a special moment for the life of the local parish community. This is the time when the priests, other parish leaders, and the whole parish family gather with the leader of the Diocese, the Bishop. Such a gathering reminds us how important this celebration of Confirmation is for the life of the whole Church throughout the world.

This importance is brought out in what happens in the rite of Confirmation.

My Confirmation

The Sacrament of Confirmation is usually celebrated during the Eucharist after the Liturgy of the Word. There are six parts to the ceremony:

1. We are presented to the Bishop for Confirmation.
2. The Bishop speaks about the importance of Confirmation.
3. We renew our baptismal promises.
4. The Bishop or one of the priests lays hands on us.
5. The Bishop prays a special prayer over us.
6. We are anointed with chrism and given a sign of peace.

1. We are presented to the Bishop for Confirmation



One of the parish leaders calls those of us who are to be confirmed (called “the candidates”) to stand and we are presented to the Bishop.

We might be asked to come forward and stand with the other members of our Confirmation group. There are others who are called to receive the gifts of God’s Spirit.

2. The Bishop speaks to us about the importance of Confirmation.

We are reminded of what we have been taught and reflected on as we have prepared for this special moment. The Bishop sums up the teaching that our teachers (parents, class teacher or catechist) have been helping us with. The Bishop reminds us of the importance of the sacrament of Confirmation and the responsibility we assume through this Sacrament.

3. We renew our baptismal promises.

The Bishop invites us to renew our baptismal promises. This is important because this renewal connects the sacrament of baptism to the Sacrament of Confirmation. The Sacrament of Confirmation confirms and completes the action of God's spirit in us that began when we were baptised. When we were baptised, our godparents made our baptismal commitment to the Christian family on our behalf. Now that we are older, we are able to renew that commitment for ourselves.

There are two type of questions that the Bishop asks. The first is about our rejection of evil and our commitment to God. The second group of questions are about our belief in God, Jesus, the Holy Spirit and the Church. To all these questions we respond with "I do".

At the end of this renewal of our baptismal promises the Bishop will say, *"This is our faith, the faith of the Church, which we are proud to profess in Christ Jesus, our Lord"*. We all respond with *"Amen"*.



4. The Bishop or one of the priests lays hands on us.

This is a solemn moment of silence in which the whole Church asks God to pour out the Holy Spirit on to us, to strengthen and anoint us.

5. The Bishop prays a special prayer over us.

After a moment of silent prayer, the Bishop and priests extend their hands over us. The Bishop alone prays:

"All powerful God, Father of our Lord, Jesus Christ, by the water and the Holy Spirit you freed your sons and daughters from sin and gave them new life. Send your Holy Spirit upon them to be their Helper and Guide. Give them the spirit of wisdom and understanding, the spirit of right judgement and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence. We ask this through Christ, our Lord."

Everyone responds with *"Amen"*.

6. We are anointed with chrism and given a sign of peace.



We are then invited, one at a time, to come forward with our sponsor to the Bishop. We kneel before him. Our sponsors place their right hand on our shoulders as our Confirmation name is called out. The Bishop dips his thumb in the holy oil of chrism, looks at us, and as he anoints our forehead with the sign of the Cross says:

“ (our confirmation name)..... be sealed with the Gift of the Holy Spirit.”

We are anointed with oil to continue the work of Jesus that strengthens and heals.

We respond with *“Amen”*. Then the Bishop touches our cheek and says, *“Peace be with you”*. We answer, *“And also with you”*.

After everyone has been Confirmed, prayers of intercession are prayed and then the Liturgy of Eucharist continues as normal.

The celebration of Confirmation is an ancient rite. We are pleased to now have shared in it, to renew our baptismal commitment and to be renewed with the gift of God's Spirit. Together with Baptism and Eucharist, Confirmation completes our full initiation into the family of the Christian family.

Thoughts to Remember !

- ◆ “Spirit” in Hebrew means “breath of God” or “wind”.
- ◆ The laying of hands and signing with Chrism in the Confirmation ceremony is an outward sign of the Holy Spirit being given to the candidates, to strengthen their journey of faith.
- ◆ To be “commissioned” is to be chosen to carry on Jesus’ special work in the world.
- ◆ Every time you “bless yourself” with the Sign of the Cross, you are affirming that the Holy Spirit is alive and active in your own life.

Traditional Prayers

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Lord's Prayer: Our Father

Our Father, who art in heaven;
hallowed be Thy Name.
Thy kingdom come;
Thy will be done, on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation
but deliver us from evil. Amen.



Act of Sorrow

O my God, I am very sorry that I have sinned against you, because you are so good and with your help I will try not to sin again.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and ever shall be. World without end. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with you;
blessed are you among women and blessed is the
fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our
sweetness, and our hope to you do we cry, poor
banished children of Eve; to you do we send up our
sighs, mourning and weeping in this vale of tears;
turn, then most Gracious Advocate, your eyes of
mercy towards us, and after this, our exile, show
unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.



Prayer to the Guardian Angel

Angel sent by God to guide me, be my light and walk beside me;
be my guardian and protect me;
on the paths of life direct me. Amen.



Prayer before Meals

Bless us O Lord, and these your gifts, which we are about to receive from your goodness.
Through Christ our Lord. Amen.

Prayer after Meals

We give you thanks for all your gifts, almighty God, living and reigning now and for ever. Amen.



Morning Prayer

O my God, you love me; you're with me day and night.
I want to love you always in all I do and say.
I'll try to please you, Father.
Bless me through the day. Amen.

Night Prayer

God, our Father, I come to say thank you for your love today.
Thank you for my family and all the friends you give me.
Guard me in the dark of night and in the morning send your light. Amen.



Prepared by:
Society of Christian Doctrine
13 Lorna Crescent
Sunshine West, Victoria 3020
Telephone + 61 3 9363 4717
Facsimile+ 61 3 9363 4717
<http://www.sdcprecaoz.org>