



## LITTLE FLOWER PARISH 2025

# CONFIRMATION REFERENCE GUIDE

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*Come, Holy Spirit, fill the hearts of your faithful  
and kindle in them the fire of your love.*

*Send forth your Spirit and they shall be created,  
and you shall renew the face of the earth.*

*Let us pray.*

*O God, who have taught the hearts of the faithful  
by the light of the Holy Spirit,  
grant that in the same Spirit we may be truly wise  
and ever rejoice in his consolation.*

*Through Christ our Lord. Amen.*

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*Bishop: "Peace be with you."*

*Response: "And with your spirit."*

*Bishop: "[Saint Name], Be sealed with the gift of the Holy Spirit."*

*Response: "Amen."*

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**Student Name:** \_\_\_\_\_

**To be properly prepared for Confirmation, the following  
sections should be studied and understood.**

## Section 1: The Sacrament of Confirmation & The Holy Spirit

### 1. What is Confirmation?

Confirmation is the sacrament of initiation that completes Baptism and gives us the Holy Spirit in the fullness of his gifts, thereby empowering us to witness to Jesus Christ and continue his mission.

### 2. What is the meaning of the word “Confirmation”?

Confirmation means “making strong or strengthening.” The work begun by our Baptism is strengthened or completed by Confirmation.

### 3. What are the signs of Confirmation, linked to grace?

- a) the imposition of hands
- b) the signing with the cross
- c) the anointing with holy oil

While making these signs, the **bishop** says,

**“(Name) be sealed with the Gift of the Holy Spirit.”**

### 4. What is the oil called and why an anointing?

The oil is called **Holy Chrism**. It is a mixture of olive oil and perfume called balm or balsam; it is blessed by the bishop during Holy Week.

*[History of anointing: In the Old Testament it was used in the consecration of a king. It signified that the anointed one was “set apart, marked or sealed” for God. In the New Testament it is used to strengthen and heal the body.]*

### 5. What is the symbolism of Anointing with Chrism?

The signing with chrism is an outward sign of the interior strengthening, setting apart, and sealing of the Christian for God. The action of the Holy Spirit begins in a special way to work in the lives of the confirmed. Oil is used for the anointing because it adheres to the skin and is not easily removed.

*[History: In ancient times, especially in the Eastern churches, a lamp was kept burning before the Holy Chrism at all times to signify its sacredness. Confirmation is called Chrismation, the sealing with chrism, in the Eastern churches.]*

## 6. What are the Symbols of Confirmation?

### a. RED

Liturgical Color. Symbolizes the flames of fire seen at the time of the descent of the Holy Spirit on the disciples in the Upper Room in Jerusalem, as described in the Book of the Acts of the Apostles.

### b. DOVE

The usual symbol of the Holy Spirit is the dove descending, always with the three-rayed nimbus (*circle surrounding the head or body signifying holiness – from the Latin word for cloud*), which indicates divinity. In a more general sense, the dove indicates the power of God at work in men and women.

### c. SEVEN DOVES ARRANGED AROUND A CIRCLE

Symbolizes the seven gifts of the Holy Spirit as listed in Isaiah 11:2. Within the circle are sometimes found the two capital letters SS, abbreviations for the Sanctus Spiritus, Latin for the Holy Spirit.

### d. TONGUES OF FIRE

Symbol of the Holy Spirit at Pentecost (Acts 2:3), may be found in the form of separate flames of the head of each disciple or an overall arrangement of the seven tongues together. God appeared to Moses in the burning bush (Exodus 3:2) and again in fire and smoke on Mt. Sinai (Exodus 19:18).

### e. WIND

This is an ancient symbol of the presence and power of God in the Old Testament.

### f. WORDS

- Paraclete: English form of the Greek title Parakletos (or Counselor), referring to the Holy Spirit.
- Counselor/Advocate (Comforter): “Counselor” is the term used for the Holy Spirit by Jesus in the Gospel of John (John 14:16, 16:17) meaning one called to stand by another’s side in adversity.

## 7. Who is the Holy Spirit?

*The Holy Spirit is God, the Third Person of the Blessed Trinity (Father, Son, and Holy Spirit), who dwells in us through sanctifying grace.*



## 8. What are the gifts of the Holy Spirit? Isaiah 11:2-4 [WCKPUFF]

The gifts of the Holy Spirit are powers given to us at Baptism and strengthened at Confirmation. They help us persevere in our friendship with God and guide us in our decisions and conduct so that we become more like Jesus. The seven gifts are:

Wisdom	The gift of the Spirit that enables us to love the things of God and to see things from his point of view.
Counsel/ Right Judgment	The gift of the Spirit that leads us to seek advice about living a Christian life and enabling us to give such advice.
Knowledge	The gift of the Spirit that enables us to know the value of things through our past experiences.
Piety/Reverence	The gift of the Spirit that enables us to love and worship God and respect his people and all that he has created.
Understanding	The gift of the Spirit that enables us to have insights into our faith, to see the meaning of what God has told us about Himself and his creation.
Fortitude/Courage	The gift of the Spirit that gives us strength to do difficult deeds for the love of Christ.
Fear of the Lord /Wonder & Awe	The gift of the Spirit that enables us to recognize the majesty of God and marvel at his love for us.

## 9. What are the fruits of the Holy Spirit?

The fruits of the Holy Spirit show the effects of God's presence in us. In Paul's letter to the Galatians 5: 22- 23 he lists these fruits:

Love	selfless service to others in word and action
Joy	deep and constant gladness in the Lord
Peace	serenity in the Lord that dispels anxiety
Patience	willingness to endure life's sufferings, difficulties, and routine
Generosity	willingness to give to others even at a cost to yourself
Kindness	generous acts of service performed with compassion
Faithfulness	keeping your promises; being dependable and trustworthy
Gentleness	loving attitude that leads you to be peaceful and gracious, resisting anger
Self-Control	disciplining your physical and emotional desires by being modest and respectful of others

*In the Catholic tradition, the Church has added:*

Goodness	Nourishing others with charity for the sake of their well-being.
Modesty	helping to guard your own bodies and the bodies of others as temples of the Holy Spirit
Chastity	safeguarding the use of your sexual powers in accord with your state of life

**Section 1 Questions for Reflection:**

1. What is Confirmation?
2. What are the gifts of the Holy Spirit? Why is it important to have these gifts strengthened in us?
3. What difference do you think Confirmation will make in your life?
4. What Saint name did you choose for your Confirmation name and why?
5. What is something about your Confirmation Saint that impresses you, or a quality they have that you would like to imitate in your own life?
6. How do you understand your relationship with the Bishop in the Sacrament of Confirmation?
7. Which fruit of the Holy Spirit do you already practice? How?
8. Which fruit of the Holy Spirit would you like to grow in? How?

## Section 2: The Sacraments, the Mass, and the Liturgical Year

### 1. THE SACRAMENTS: What is a sacrament?

**(1) An outward sign, (2) of inward grace, (3) instituted by Christ** for our sanctification [to help individuals in their spiritual life and to grow in holiness]

#### **Type, Matter, and Form of the Sacraments:**

##### Sacraments of Initiation

**BAPTISM:** Matter is water poured over the person's head. The form is: "I baptize you in the name of the Father and of the Son and of the Holy Spirit."

**CONFIRMATION:** The matter is anointing with Holy Chrism on the forehead, which is done by the laying on of the hands, and the form is: "Be sealed with the Gift of the Holy Spirit."

**EUCCHARIST:** from the Greek word "thanksgiving." The matter is wheaten bread and grape wine. The form is Christ's words: "This is My Body; this is My Blood."

##### Sacraments of Healing

**RECONCILIATION/PENANCE:** The matter is the confession of sin and the request for pardon. The form is: "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."

**ANOINTING OF THE SICK:** The matter is the anointing of the forehead and hands with The Oil of the Sick. The form is the prayer pronounced for the pardon of sins.

##### Sacraments of Vocation & Service

**HOLY ORDERS:** The matter is the bishop's imposition of the hands. The form is the ordination prayer which invokes the Holy Spirit.

**MATRIMONY:** The matter is when the man and woman enact their marriage vows in an expression of consent and marital act. The form is the exchange and affirmation of vows. The spouses themselves confer the sacrament upon each other.

## 2. THE MASS: Source & Summit

*In the Mass, we celebrate the mystery of Jesus' sacrifice of love on Calvary and the sacred meal, the Last Supper, in which we receive his Body and Blood. Mass is the central act of worship of our faith. Order of the Mass:*

### **Introductory Rites**

Entrance – Greeting – Penitential Act – Gloria – Collect

### **Liturgy of the Word**

1st Reading - Responsorial Psalm - 2nd Reading – Gospel – Homily

Profession of Faith – Universal Prayer (Intentions)

### **Liturgy of the Eucharist**

Presentation of Gifts & Preparation of the Altar – Prayer over the offerings

Eucharistic Prayer (Preface, Consecration, Mystery of Faith, Doxology)

Our Father, Sign of Peace, Lamb of God, Communion, Prayer after Communion

### **Concluding Rites**

Greeting and Blessing – Dismissal

### **The Mass is offered for:**

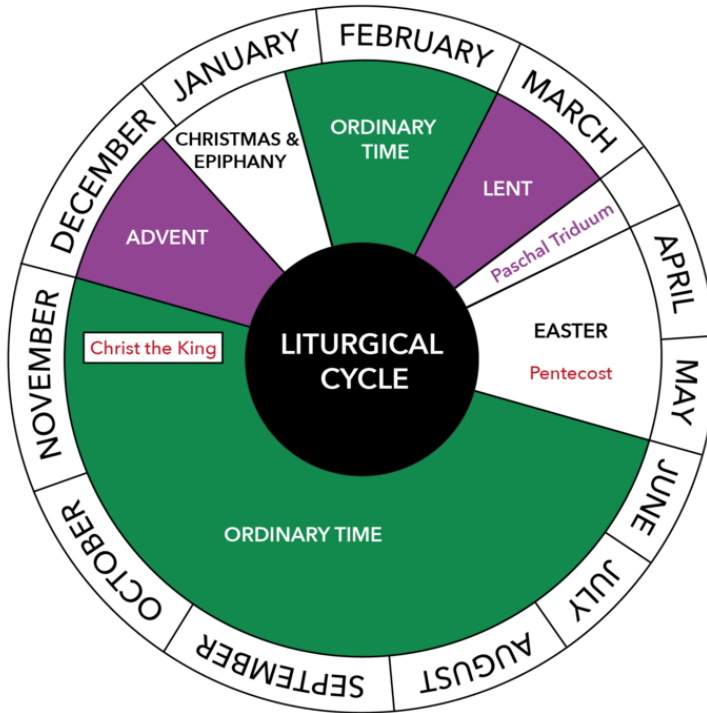
**A** – adoration **C** – contrition **T** – thanksgiving **S** – supplication (**ACTS**)

## 3. THE LITURGICAL YEAR: and the Holy Days of Obligation

### **Holy Days of Obligation: EVERY SUNDAY AND...**

<b>JAN. 1</b>	Solemnity of Mary, Mother of God
<b>40th day after Easter or 7th Sunday of Easter</b>	Ascension - <i>Jesus ascended into Heaven</i>
<b>AUG. 15</b>	Assumption - <i>Mary was taken into heaven, body and soul.</i>
<b>NOV. 1</b>	All Saints' Day- <i>We honor all the saints in heaven.</i>
<b>DEC. 8</b>	Immaculate Conception - <i>Mary was free from sin.</i>
<b>DEC. 25</b>	Christmas - <i>We celebrate the birth of Jesus.</i>





## Section 2 Questions for Reflection:

What is a Sacrament?

Name the Sacraments of Initiation.

Name the Sacraments of Healing.

Name the Sacraments of Vocation.

Why is going to Mass important to you?

### **Section 3: Fundamental Teachings of the Catholic Faith**

#### **1. THE BEATITUDES: The Christian Way of Happiness**

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they shall be comforted.
- Blessed are the meek, for they shall inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure in heart, for they shall see God.
- Blessed are the peacemakers, for they shall be called the sons of God.
- Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven. (CCC 1716)

#### **2. THE TEN COMMANDMENTS OF GOD: Bedrock of the Christian Moral Life**

- 1 I am the Lord your God. You shall not have other gods besides me.
- 2 You shall not take the name of the Lord, your God, in vain.
- 3 Remember to keep holy the Sabbath day.
- 4 Honor your father and your mother.
- 5 You shall not kill.
- 6 You shall not commit adultery.
- 7 You shall not steal.

- 8 You shall not bear false witness against your neighbor.
- 9 You shall not covet your neighbor’s wife.
- 10 You shall not covet anything that belongs to your neighbor.

**3. CORPORAL WORKS OF MERCY**

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Visit the sick
- Shelter the homeless
- Visit the imprisoned
- Bury the dead

**4. SPIRITUAL WORKS OF MERCY**

- Admonish the sinner
- Instruct the ignorant
- Counsel the doubtful
- Comfort the sorrowful
- Bear wrongs patiently
- Forgive all injuries
- Pray for the living and the dead

**5. FOUR MARKS OF THE CHURCH**

<p><b>ONE-</b> One in Faith. All Catholics adhere to the same teachings regarding the creed, sacraments, and morals. We are united under one head, the Pope. Together, we recognize the authority of the Pope as the Pastor of the universal Church.</p>	<p><b>HOLY-</b> The Founder, Jesus Christ is holy. The aim of her teachings and sacraments is the holiness of her members.</p>
<p><b>CATHOLIC</b> - (universal) because the Church includes all ages, races, nationalities, and every time period.</p>	<p><b>APOSTOLIC-</b> because her teachings and governance can be traced back to the apostles in an unbroken line of succession. Bishops are the successors to the apostles</p>

**6. What are the four Marian Dogmas?**

- Immaculate Conception, conceived without original sin (CCC508)
- Assumption, taken to heaven body and soul (CCC966)
- Perpetual Virginity (CCC496-507)
- Mother of God (CCC495;963)

### **Section 3 Questions for Reflection:**

1. Name the Corporal and Spiritual Works of Mercy.
2. Which one do you think relates to your Community Service Project?
3. Why are the C & S Works of Mercy the responsibility of every Catholic?
4. How is it possible to be joyful while suffering? Give an example.

### **Community Service Reflection:**

How has your family shown support and encouragement with your Community Service Project?

Tell me about your Community Service Project and how it helped you prepare to receive the Sacrament of Confirmation?

How did giving of your time and talent to others impact you? Explain

## Section 4: The Virtues & Living the Precepts of the Church

**1. VIRTUE** [*from virtus - courage, excellence*] a habitual and firm disposition to do the good. (CCC1803); a good habit that makes it possible to act in a way that is pleasing to God.

### THEOLOGICAL VIRTUES

*help us relate to God*

*from theos - God*

**Faith** - the virtue by which we believe in God and in everything He has said and revealed to us (CCC1814)

**Hope** - the virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and not relying on our own strength, but on the help of the grace of the Holy Spirit. (CCC1817)

**Charity** - the virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God. (CCC1822)

### CARDINAL VIRTUES

*help us relate to other people*

*from cardo - hinge*

**Prudence** - the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it. (CCC1806)

**Justice** - the moral virtue that consists in the constant and firm will to give their due to God and neighbor. (CCC1807)

**Temperance** - the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. (CCC1809)

**Fortitude** - the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. (CCC1808)

## 2. Precepts of the Church

***Duties of a confirmed Catholic:*** *The Precepts of the Church describe the minimum effort we must make in prayer and in living the moral life. All Catholics are called to go beyond the minimum in growing in love of God and love of neighbor.*

1. Attend Mass on Sundays and Holy Days of Obligation, and rest on these days.
2. Participate in the Sacrament of Reconciliation at least once a year.
3. Receive the Sacrament of the Eucharist at least once during the Easter Season.
4. Do penance & observe the days of fast and abstinence given by the Church.

<b>DAYS OF FAST – Adults 18-59</b>	<b>DAYS OF ABSTINENCE – 14+</b>
one full meal not equaling two smaller ones; no eating in between meals	no meat at any meal
<b>Ash Wednesday / Good Friday</b>	<b>Ash Wednesday &amp; All Fridays in Lent</b>

5. Provide for the needs of the Church with your time, talent, and treasure.

### **Catholics are also expected to...**

- Study scripture & Catholic teaching in preparation for receiving the Sacraments, and throughout one's life.
- Observe the marriage laws of the Church and give religious training to your children through word and example. Use parish schools and catechetical programs to assist you in this responsibility.
- Join in the missionary spirit and apostolate of the Church

### **Bonus Questions:**

- **How can I be a witness to my faith?** I can do this by knowing what Christ taught and following the commandments of God and the example of Jesus, and the teachings of the Church.
- **Where are the main truths of the Catholic faith found?** They can be found in the Apostles' Creed and in the Profession of Faith/ Nicene Creed.
- **What are the Chief Mysteries of Our Faith?** Unity and Trinity of God, Incarnation of our Lord, and The Death and Resurrection of Jesus our Savior.

#### **Section 4 Questions for Reflection:**

Which of the virtues would you like to increase in your life? Why?

As a Confirmed member of the faith, how will you live out the precepts of the church?

How can you grow in your faith during these last weeks of preparation before confirmation? How can you grow in your faith within the next year?

In 10 years, how do you hope your faith life is better or different?