



Teacher/Student Materials for Confirmation Preparation 2026

What a Confirmation Candidate Should Know
Some Worksheets for Students

Revised, 4/2026.



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.

Preparing for Confirmation: Student Study Pages

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PART 1: TWENTY QUESTIONS

1. What is the Sacrament of Confirmation?

Answer: Confirmation is one of the seven sacraments of the Catholic Church. It strengthens and deepens the grace received at Baptism, sealing the person with the Holy Spirit. It is a public affirmation of one's faith and commitment to live as a follower of Jesus Christ.

Background: Confirmation marks the full initiation into the Church and signifies the individual's readiness to accept responsibility as a mature Christian.

2. Who is the Holy Spirit?

Answer: The Holy Spirit is the third person of the Holy Trinity, alongside God the Father and God the Son (Jesus Christ). The Holy Spirit guides, strengthens, and empowers believers to live their faith.

Background: The Holy Spirit helps Christians grow in virtue, inspires them to live in accordance with God's will, and is present in their lives through prayer, the Church, and the Sacraments.

3. Why do we call God "Father"?

Answer: We call God "Father" because He is the Creator and loving protector of all humanity. Jesus, His Son, taught us to address God as our Father, which shows the intimate and loving relationship we have with Him.

Background: In the Lord's Prayer (Our Father), Jesus reveals God as a loving Father who desires to have a close relationship with His children.

4. What are the Gifts of the Holy Spirit?

Answer: The seven Gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. These gifts help us to live as faithful followers of Christ and to make decisions that reflect God's will.

Background: The Gifts of the Holy Spirit are given during Confirmation to help strengthen a person's Christian life and to enable them to be witnesses to Christ in the world.

5. What is the difference between the Fruits of the Holy Spirit and the Gifts of the Holy Spirit?

Answer: The Gifts of the Holy Spirit are given to help us live a Christ-centered life, while the Fruits of the Holy Spirit are the visible signs or outcomes of a life led by the Spirit, such as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Background: The Fruits of the Holy Spirit are the natural result of living in close relationship with the Holy Spirit and living out the virtues that reflect Christ.

6. What is the meaning of the word "Catholic"?

Answer: The word "Catholic" means "universal." It refers to the fact that the Catholic Church is open to all people around the world and is intended for everyone, regardless of race, culture, or background.

Background: The Catholic Church believes it has been founded by Christ and continues His mission to teach and sanctify people everywhere.

7. What is the role of a saint?

Answer: A saint is someone who has lived a holy and virtuous life, following God's commands. Saints are examples for us to imitate, and they intercede for us in heaven.

Background: The Church recognizes saints who are models of holiness and whose lives inspire others to live in faith and love of God.

8. What is the significance of the Holy Eucharist?

Answer: The Holy Eucharist is the Body and Blood of Christ, received during Mass. It is the central sacrament of the Catholic faith, nourishing the soul and strengthening believers to live as Christ's disciples.

Background: Jesus instituted the Eucharist at the Last Supper. Catholics believe that in the Eucharist, bread and wine are transformed into the actual Body and Blood of Christ.

9. What is sin?

Answer: Sin is a choice to turn away from God and His commandments, whether in thought, word, or action. It damages our relationship with God and others.

Background: Sin can be either mortal (serious sin) or venial (less serious sin). Mortal sin breaks our relationship with God, while venial sin weakens it but does not sever it.

10. What is the importance of repentance?

Answer: Repentance is the act of being truly sorry for our sins and seeking forgiveness from God. It involves turning away from sin and striving to live a better life according to God's will.

Background: Repentance is essential for reconciliation with God and is often expressed through the Sacrament of Confession.

11. Why do we pray?

Answer: We pray to build a relationship with God, express our gratitude, seek guidance, and ask for help. Prayer is a way to communicate with God and grow in our faith.

Background: Jesus taught us to pray, and prayer is central to Catholic life, both individually and in community.

12. What is the importance of reading the Bible?

Answer: The Bible is the Word of God, and reading it helps us understand God's will, grow in faith, and know the teachings of Jesus Christ.

Background: The Bible contains sacred scriptures that reveal God's plan for salvation and His love for humanity. The Church encourages regular Scripture reading to deepen faith.

13. What is the meaning of the Nicene Creed?

Answer: The Nicene Creed is a statement of faith that summarizes core Catholic beliefs, including belief in God the Father, Jesus Christ, and the Holy Spirit, as well as the Church and the resurrection of the dead.

Background: The Creed was developed in the early Church to clarify the central beliefs of Christianity and to combat heresies.

14. Why is the Church called the "Body of Christ"?

Answer: The Church is called the "Body of Christ" because all members are united with Christ, who is the head of the Church. Each member has a role to play in the life of the Church, just as parts of a body work together.

Background: St. Paul uses this image to describe the unity and interdependence of believers within the Church (1 Corinthians 12).

15. What is the importance of attending Mass on Sundays?

Answer: Attending Mass on Sundays is a commandment of the Church. It is a way to worship God, hear the Word of God, and receive the Eucharist. It also strengthens the community of believers.

Background: Sunday is considered the Lord's Day, in remembrance of Christ's resurrection. It is a day for rest, worship, and renewal of faith.

16. What does it mean to be a disciple of Jesus Christ?

Answer: To be a disciple of Jesus means to follow His teachings, live according to His example, and spread His message of love and salvation to others.

Background: Discipleship involves a lifelong commitment to Christ, imitating His life of service, love, and sacrifice.

17. What is the role of the Bishop in the Church?

Answer: The Bishop is a leader in the Church, responsible for teaching, governing, and sanctifying the faithful in his diocese. The Bishop also confers the Sacrament of Confirmation.

Background: Bishops are successors to the Apostles and share in the apostolic mission to lead the Church in faith and charity.

18. What are the Corporal Works of Mercy?

Answer: The Corporal Works of Mercy are acts of kindness that help meet the physical needs of others, such as feeding the hungry, visiting the sick, and giving shelter to the homeless.

Background: These works are based on the teachings of Jesus and are ways to demonstrate Christ's love and compassion for others.

19. What are the Spiritual Works of Mercy?

Answer: The Spiritual Works of Mercy are acts that help meet the spiritual needs of others, such as advising the doubtful, comforting the sorrowful, and forgiving offenses.

Background: Like the Corporal Works of Mercy, these are ways to show love and care for others in a spiritual sense.

20. How can you live out your faith in everyday life?

Answer: I can live out my faith by loving others, helping those in need, praying regularly, and following the teachings of Jesus. I can also be a good example to others by living with integrity and kindness.

Background: Living out one's faith involves making choices that reflect Christian values in daily life, such as kindness, forgiveness, and service.

These questions encourage deeper reflection on faith, with an emphasis on understanding the key aspects of Catholic belief and practice as the confirmand prepares to take on a more active role in the Church.

PART 2: CATHOLIC PRAYERS AND LISTS

PRAYERS TO KNOW

Sign of the Cross

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

LORD'S PRAYER

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.

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.

GLORY BE TO THE FATHER (DOXOLOGY)

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

ACT OF CONTRITION (Two Options)

1. My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his Name, my God, have mercy.
2. O my God, I am heartily sorry for having offended you. And I detest all my sins because of your just punishments, but most of all because they have offended you my God who are all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasions of sin. Amen.

PRAYER TO THE HOLY SPIRIT

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. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the only begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made,

consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, Catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

GOD'S LAW OF LOVE

The Great Commandment:

You shall love the Lord, your God, with all your heart,
with all your mind, with all your strength and you shall
love your neighbor as yourself.

Deuteronomy Chapter 6:4 – 9

The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic?

2. You shall not take the name of the Lord your God in vain.

- Have I used the words “God” or “Jesus” in anger or irreverently?
- Have I used foul or ugly language? Have I wished evil on another?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?
- Have I received Holy Communion with a mortal sin on my soul?

4. Honor your father and your mother.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house, or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters?
- Am I a tattletale or bully?

- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, police, old people, and baby-sitters?

5. You shall not kill.

- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I try to love all people, born and unborn?

6. You shall not commit adultery.

- Do I treat my body and other people's bodies with purity and respect?
- Do I look at the internet, television shows, movies, or pictures that are bad?
- Am I modest in my speech and the clothes I wear?

7. You shall not steal.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?

8. You shall not bear false witness against your neighbor.

- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?
- Do I gossip about others?

9. You shall not covet your neighbor's wife.

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids I will not play with or be mean to because they look different?

10. You shall not covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?

- Do I share the things I have with my family, friends and poor people?

THE SEVEN SACRAMENTS

A sacrament is an outward sign of grace given to us by Jesus Christ and preserved by the Church for the purpose of participating in the life of God. Sacraments of Initiation

1. **Baptism** – makes us members of the Church; washes away original sin and heirs to the Kingdom of Heaven.

2. **Eucharist** – Is the Body, Blood, Soul and Divinity of Jesus Christ spiritual food which nourishes our faith life and strengthens us in our daily life and decisions.

3. **Confirmation** – completes the grace of Baptism by a special outpouring of the gifts of the Holy Spirit. Sacraments of Healing/Reconciliation

4. **Reconciliation** – confessing our sins to a priest, who takes the place of Jesus, to receive forgiveness from God and be reconciled with the Church.

5. **Anointing of the Sick** – anointing by the priest of someone who is ill or of advanced age for and physical healing. Sacraments of Commitment

6. **Holy Orders** – men ordained by the bishop to serve the people of God, as a deacon, priest, or Bishop.

7. **Matrimony** – covenant or partnership of life between a baptized man and woman, for their well being and for the procreation and education of children.

THE LITURGICAL YEAR AND SEASONS

ADVENT

We prepare for Christ's coming over a 4-week period • Liturgical Color is VIOLET (3rd week of Advent is called Gaudete Sunday- Liturgical Color is changed to ROSE, which signifies JOY)

CHRISTMAS SEASON

12 Days of celebration beginning on Dec. 25th • Liturgical Color is WHITE

EPIPHANY

Begins approx. January 6th up to 9 weeks • Liturgical Color is WHITE

LENT

40 days of preparation for Easter (plus Sundays)

Prayer/Service, Fasting, and Almsgiving (give to the poor) • Liturgical COLOR is VIOLET (4th Sunday of Lent is called Laetare Sunday - Liturgical Color is changed to ROSE, which signifies JOY)

HOLY WEEK

Begins on Passion Sunday (Palm Sunday) • Liturgical Color is RED

Includes the The Easter Triduum

- Holy Thursday
- Good Friday Liturgical Color is White
- Holy Saturday Liturgical Color is Red

EASTER SEASON

50 Days following Easter beginning on Easter Sunday

Includes the Ascension of our Lord

Liturgical Color is WHITE

Concludes on Pentecost Sunday (the birthday of the Church)

Liturgical Color for Pentecost is RED

ORDINARY TIME The largest part of the liturgical year

Liturgical Color is GREEN

HOLY DAYS OF OBLIGATION

- **Solemnity of Mary, Mother of God – January 1st** (we honor our Blessed Mother Mary, the Mother of God). • **Ascension Thursday – 40 days from Easter** (Jesus ascends into heaven).
- **Assumption of Mary – August 15th** (Blessed Mother Mary was taken into heaven)

body and soul). • **All Saints' Day – November 1st** (We honor all the saints in heaven).

• **Immaculate Conception – December 8th** (Blessed Mother Mary was free from sin from the first moment of her life).

• **Christmas – December 25th** (We celebrate the birth of Jesus).

THE VIRTUES

Theological Virtues

Faith, Hope and Love are called Theological Virtues because they come from God and lead to God.

Faith is the ability to believe in God and give our lives to him. It allows us to trust God completely and to accept all that God has revealed and taught us.

Hope is the desire for all the good things God has planned for us. Hope gives us the ability to believe that God will always be with us and that we will live with God forever in Heaven.

Love is the way we think about God and how we act toward him and others.

“So, faith, hope, love remain, but the greatest of these is love.” – 1 Corinthians 13:13

Cardinal Virtues

Prudence, Justice, Fortitude and Temperance are called Cardinal Virtues because they are human virtues, which we learn through education and doing good things.

Prudence is the ability to decide what is good and then choose to do it. It makes you stop and think before you act.

Justice is the respect we show for the rights of others and giving them what is rightfully theirs. A just person thinks of others and their needs and tries to be fair to everyone.

Fortitude is the courage to do what is right, even when it is very hard to do. It gives you strength to walk away from temptations that you face every day.

Temperance is the ability to balance what we want with what we need. It teaches us self-control.

THE GIFTS OF THE HOLY SPIRIT

In the Sacrament of Confirmation we receive the seven gifts of the Holy Spirit. They complete and perfect the virtues of those who receive them.

WISDOM

Wisdom helps us to have a better idea of God's plan for us by being attentive, through prayer and experiences of life, to the guidance of the Holy Spirit. The ability to help you see things as they truly are in an open-minded manner. Wisdom helps us recognize God's presence in all people, places and things.

UNDERSTANDING

Understanding helps us to see others through the eyes of Christ. A heart that accepts, cares, listens, understands and forgives. We grasp the meaning of what we believe and act in ways that show our Christian faith makes a difference.

COUNSEL (*Right Judgment*)

Counsel helps us to act as we know God would want us to and to help others do the same. The ability to help you make good and wise decisions according to God's rules. It also helps us to guide others and to seek the guidance of others when we need it.

FORTITUDE (*Courage*)

Fortitude helps us to live and proclaim the Gospel message even in face of ridicule and contempt. Gives us the courage and strength to do what is right in spite of challenges.

KNOWLEDGE

Knowledge urges us to exercise our mind and will to learn God's plan for the world and us. Knowledge shows us how the truths of our faith give direction to our lives.

PIETY (*Reverence*)

Piety helps us to find the sacred in all things. Gives you the ability to have a deep respect for God, for others and for all creation.

FEAR OF THE LORD (*Wonder and Awe*)

Fear of the Lord helps us to recognize and rejoice in God's glory filling all creation. A sense of the greatness and majesty of God coupled with deep realization of His nearness.

THE FRUITS OF THE HOLY SPIRIT

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory.

Love (charity) – We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy – We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace – We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience – We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness – We live the virtue of kindness by treating others, as we want to be treated.
Goodness – We exhibit goodness when we honor God by avoiding sin and always

trying to do what we know is right.

Generosity – We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness – Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness – We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty – We exhibit modesty by being pure in our thoughts, words, and dress.

Self-Control – We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity – We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

Gifts and Fruits of the Spirit information from: "Confirmation."

Confirmation. RCL Benziger Publishing, LLC., 2011 Web. 15 July 2014.

CORPORAL WORKS OF MERCY (BODY)

Feed the hungry • Give drink to the thirsty

These two works of mercy start out with the many little things we can do for others such as providing a hot meal or a cold cup of water for a loved one. Our care is extended to our community through programs for the elderly, the sick, and the needy. These programs would be ineffective without food donations, cash contributions, and volunteer time. Mercy can be expressed through our support of national and religious relief organizations, as well as being involved in self-help projects and supporting small businesses that benefit the needy.

Clothe the naked

Our Savior Jesus Christ told us in the Gospels that if a person has two coats, he should give one away. Perhaps, the need to clothe the naked is not apparent in your immediate neighborhood, but it does exist elsewhere. Contribute to your local shelter, maternity clothing drop-off centers, and Bishops' appeals for the needy and refugees in your area.

Shelter the homeless

The unemployed living in abandoned cars or on the streets are in desperate straits, and agencies which help them need both material and spiritual support. Aging relatives may become homeless when they are forced to leave their homes or apartments. They're often made to feel unwelcome or ignored in the homes of their kin. Remember the refugees transplanted to a foreign country, tenants forced out of their apartments by fire or eviction, the battered wife or unwed mother on her own; they are all homeless and in need of shelter, companionship, and help in resettlement.

Comfort the imprisoned

Helping captives or the imprisoned is not limited to joining a prison ministry or volunteer organizations. Some people are imprisoned within the walls of their own homes -- such as the handicapped, the sick, the elderly, and the new mother with little or no help. For them, comfort may be provided by a visit, a shopping trip, and a helping hand once a week, or merely a short chat on the telephone.

Visit the sick

Hospital calls or a visit to a nursing home are sometimes viewed with the concern, "Am I really helping?" Put yourself in their place. A short visit to a hospital room, a prayer said at a neighbor's bedside, or time & talent shared at a local nursing home are sources of blessing for the person being visited and for the volunteer.

Bury the dead

Modern funeral practices have taken the details of caring for the dead out of our hands. But the personal expression of sympathy, a hug or handshake at the vigil or funeral service, or any assistance to a grieving family are important to them. Religious ceremonies remember the dead and celebrate their passing into eternal life. We are also expected to support the living in their sorrow. There is not one of us

who will not grieve the loss of a loved one at some time, so let us show we care and make others' burdens a little lighter.

SPIRITUAL WORKS OF MERCY (SOUL)

Convert the Sinner

Of course, the Holy Spirit actually does the converting, but we participate by pointing those we know toward God.

Instruct the Ignorant

This assumes that we are not ignorant – it puts the burden of learning on us, so we can instruct those who have misconceptions about God.

Counsel the Doubtful

Love of others starts with concern for their souls. By helping others have faith, we increase our faith.

Comfort the Sorrowful

In a fallen world, there is much sorrow. By taking the time to comfort those who grieve and suffer, we help them to see God in the world.

Bear Wrongs Patiently

This is perhaps the toughest issue for most of us, but it goes directly to Christ: Turn the other cheek.

Forgive Injuries

Not only must we bear wrongs and injuries, we must forgive those who inflict them on us. True forgiveness requires work on our own soul and a solid love of God.

Pray for the Living and the Dead

This is easier work and requires just time. Take a minute in your daily prayer to pray for those who have died and those who struggle for God (or don't!).

THE BEATITUDES *The Beatitudes teach us how to find everlasting happiness with God.*

They teach us the many ways that God blesses us when we live as Jesus calls us to live.

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

The poor in spirit are people who know they need God. They believe that all good things are made by God. They trust in God. They care about people in need and work for justice for everyone.

2. Blessed are they who mourn, for they will be comforted.

The mourning are people who suffer because of evils around them. They are sad because others suffer from evil. They try to change the things that bring sadness and that make people suffer. It reminds us of how much we need God, who will heal us.

3. Blessed are the meek, for they will inherit the land.

The gentle are people who trust in God. They believe that God helps us to overcome evil in the world. Be gentle and kind with all of God's creation. Bullying, teasing, and violence never lead to success or happiness.

4. Blessed are those who hunger and thirst for righteousness, for they will be

satisfied. People who hunger and thirst for honesty, kindness are people who want God's will to be done. They do everything they can so that all people will share in the good things that God made for us.

5. Blessed are the merciful, for they will be shown mercy.

People who show mercy are people who care about the feelings of others. They show love, understanding, and concern for those around them. They are kind to all God's creatures. They feel sorry for people who are hurt. They forgive people who have hurt them.

6. Blessed are the pure of heart, for they will see God.

The pure of heart are people who love God all their lives. They care about others and share things with them. They are not selfish. These people will see God. They will be with God forever.

7. Blessed are the peacemakers, for they will be called children of God.

The peacemakers are people who try to bring peace where there is none. They are fair to

others and show love for them. They are called children of God because God is the God of peace.

8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Stand up for what is right, even though it may be hard or lonely for you to do. When you are made fun of for putting God first, his greatness is made known to others.

SIN and WHAT TO DO ABOUT IT

Why is it so difficult to do what is right?

“You are free to eat from any of the trees of the garden except the tree of knowledge of good and bad. From that tree you shall not eat; the moment you eat from it, you are surely doomed to die” – Genesis 2:16-17 Adam and Eve, our first parents, chose to turn away from God and listened to the tempter who

lied to them. God gave us free will and the ability to choose good and bad and he will not interfere with us.

Original Sin

The sin of Adam and Eve is called Original Sin. Each of us is born with Original Sin. “By his sin Adam, as the first man, lost the original holiness and justice he had received from God, not only for himself, but for all human beings” (CCC, No.416). Original Sin is washed away through the Sacrament of Baptism, which strengthens us against the power of sin and death. We are reconciled to God and made members of His Holy Church through the Sacrament of Baptism.

Two Types of Sin

1. **Venial Sin** – is sin that weakens our relationship with God. Venial sin is not as serious as Mortal sin. • How can venial sin be removed from our soul? Venial sin can be removed by attending Mass or through the Sacrament of Reconciliation.

2. **Mortal Sin** – is sin that breaks our relationship with God and others. Mortal sin is very serious, and the person must know how serious the sin is and chooses to do the sin anyway. For example, murdering another human being is a mortal sin.

- Three things must be present to make a sin a mortal sin.
 - Serious matter
 - Full knowledge of how serious the sin is
 - Full consent knowing how serious the sin is and you freely choose to do it anyway

- How can mortal sin be removed from your soul?

The Sacrament of Reconciliation is the only way mortal sin is removed from your soul. The Sacrament of Reconciliation repairs our relationship with God and gives us the grace we need to help us change our ways to live good and holy lives.

- Sin begins in your heart and mind. There is good news, though. For every sin (Vice), there is a Virtue to help you live good and holy lives.

Seven Capital Sins (Seven Deadly Sins)	Seven Lively Virtues
Lust	Chastity
Greed	Generosity
Envy	Gratitude
Gluttony	Temperance (self-control)
Sloth	Zeal
Anger	Gentleness
Pride	Humility

FORM FOR RECEIVING THE SACRAMENT OF RECONCILIATION (What do I do?)

When you sit or kneel down, make the sign of the cross.

(In the name of the Father, and of the Son, and of the Holy Spirit)

BLESS ME, FATHER, FOR I HAVE SINNED. IT HAS BEEN _____ (how long) SINCE MY LAST CONFESSION.

THESE ARE MY SINS:

(Tell the priest your sins with honesty and sorrow.)

I AM SORRY FOR THESE AND ALL MY SINS.

The priest may talk with you about your sins and give you some advice. He will give you a penance to help make up for your sins and to change your heart. The priest will now ask you to say the Act of Contrition.

Act of Contrition

Oh my God, I am heartily sorry for having offended you. And I detest all my sins because of thy just punishments, but most of all because they have offended you my God who art all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasions of Sin. Amen.

After the Act of Contrition, the priest will give you Absolution.

At the end of the Absolution, make the sign of the cross and say **“Amen!”**

The priest says: “Give thanks to the Lord, for He is good.”

You answer: **“His mercy endures forever.”**

Don't forget to say, "Thank you!" To the priest! You may go back to your pew and carry out the penance the priest gave you.

PARTS OF THE MASS

Introductory Rites

The beginning of Mass. The rites help us get ready to hear God's Word and receive Jesus Christ in Holy Communion.

- ❖ **Entrance Song**
- ❖ **Penitential Act** – Includes a prayer of sorrow for our sins and a petition, or request, for God's mercy. ❖ **Gloria** – Hymn of praise
- ❖ **Collect Prayer** – Our coming together and asking for God's grace.

Liturgy of the Word

Reading from the Old and New Testaments Proclaimed from the Lectionary for Mass.

- ❖ **First Reading** – Comes from the Old Testament
- ❖ **Responsorial Psalm** – Comes from the Book of Psalms in the Old Testament
- ❖ **Second Reading** – Comes from the New Testament
- ❖ **Gospel Reading** – Comes from one of the four Gospels Matthew, Mark, Luke or John, proclaiming the Good News of Jesus.
- ❖ **Homily** – The priest or deacon helps us understand how to relate the message of the Gospel to our everyday lives.

- ❖ **Profession of Faith** – Proclaim the truths of our Catholic faith.
- ❖ **Prayer of the Faithful** – Prayers for our needs and the needs of the world.

Liturgy of the Eucharist

Gifts of bread and wine are brought to the altar. The priest prays that God will accept our sacrifice. During the Eucharistic Prayer, the bread and wine are consecrated and become the Body, Blood, Soul and Divinity of Jesus Christ.

- ❖ **Presentation and Preparation of the Gifts** – A Chalice and a paten are placed on the Altar. The gifts of bread and wine are presented to the priest.
- ❖ **Prayer over the Offerings** – Priest prays that our sacrifice may be acceptable to God.
- ❖ **Eucharistic Prayer** – The Eucharistic prayer begins with the Holy, Holy, Holy. The most important part of the Eucharistic prayer is the Consecration, when the Bread and Wine truly become the Body, Blood, Soul and Divinity of Jesus Christ. The end of the Eucharistic prayer is praise to the Trinity. Our response is AMEN – I believe!
- ❖ **Communion Rite** – Includes the Our Father, Sign of Peace, Lamb of God and receiving Holy Communion. After receiving Communion, pray in silence to give thanks to God and the Communion Rite ends with the Prayer after Communion.
- ❖ **Concluding Rites** – The priest or deacon tells us to go and spread the Good News of the Gospel.

PRECEPTS OF THE CHURCH

The Five Precepts (Duties) of a Catholic Christian (per the Catechism of the Catholic Church: There are two other duties listed in the catechism, which

are not listed as precepts).

1. To attend / participate in Mass on Sundays and Holy Days of Obligation.
2. Observe the days of abstinence and fasting.
3. Confess sins to a priest, at least once a year.
4. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during the Easter season.
5. To contribute to the support of the church/provide for the needs of the church.

HOW DO YOU GIVE WITNESS THAT YOU ARE A CATHOLIC?

There are many ways a person shows that they are Catholic.

1. Attends Mass each week
2. Makes the sign of the cross in public
3. Uses sacramentals such as holy water, the rosary, holy cards, statues, crucifixes, etc.
4. Fasts, abstains, gives alms during Lent, and does acts of penance on Fridays during the year.
5. Receives Reconciliation at least once a year
6. Practices stewardship (giving of your time, talents, and treasures to the church)
7. Attends or participates in some type of continued learning about the faith
8. Asks others to attend Mass or other Catholic activities
9. Is conscious of his/her thoughts, words, and actions regarding what is right and wrong
10. Behaves consistently with love for neighbor in all things
11. Makes decisions based on the teachings of Christ and His Church.

WHO ARE OUR RELIGIOUS LEADERS?

Our Pastor = Fr. James McGuinn
 Our Archbishop = Most Reverend Nelson Perez
 The Pope = Pope Francis

RITE OF CONFIRMATION WITHIN THE MASS

Introductory Rites

Liturgy of the Word

Sacrament of Confirmation

Presentation of Candidates by Pastor (Candidates stand /congregation is seated.)

Homily by the Bishop

Renewal of Baptismal Promises (Bishop and Candidates)

Laying on of Hands (all stand) then, sit.

Anointing with Chrism

Candidates come forward with sponsors and stand as near to the Bishop as possible.

The sponsor stands behind the candidate with his/her right hand on the candidate's shoulder and clearly and audibly say only, "N. (The Confirmation Name)"

The bishop anoints you by using oil of Chrism to make the Sign of the Cross on your forehead while saying your Confirmation name and

Bishop: "N., Be sealed with the gift of the Holy Spirit."

Candidate: "Amen."

Bishop: "Peace be with you."

Candidate: "And with your spirit."

The Bishop washes his hands after the anointing. After the last candidate is confirmed, the Bishop is approached by the servers, with the ewer of water and the basin along with lemon, bread and a towel, ready for the washing of his hands. Universal Prayer follows the anointing with Chrism and is introduced and concluded by the Bishop.

Liturgy of the Eucharist

Concluding Rite

FOUR MARKS OF THE CHURCH

ONE

One Church= one Christ. One Baptism, One Faith, One Worship (the Mass), One Government=the Pope

HOLY

The Church is holy because Christ is holy.

CATHOLIC

Catholic means that the church is universal. It has everything that is needed for Salvation. The Good News of the Gospel is preached to everyone.

APOSTOLIC The Church was founded by Jesus and carried on by the Apostles. **The Apostles:**

Peter, Andrew, James, John, Thomas, James, Philip, Bartholomew (or Nathaniel), Matthew, Simon, Jude (or Thaddeus), Judas Iscariot (who betrayed Jesus).

SALVATION: Jesus saved us through his suffering on the cross, death, and resurrection. We are always safe with Jesus. One day we hope to share eternal life with him. Salvation is a gift from Jesus. How we live our lives is our thanks to Jesus for the gift of Salvation that he gave us.

PART 3: SERVICE, SAINT, AND SHIELD



ST. ANTHONY OF PADUA PARISH
CONFIRMATION PREPARATION

Confirmation Acts of Mercy Service

Jesus said, "Here I am among you as one who serves."

One of the ways the Church calls us to proclaim the Good News of Jesus Christ is by performing acts of mercy for others and participating in activities that develop our relationship with God.

In order to strengthen a Confirmation candidate's commitment to a lifetime of service and a desire to grow in their faith, our parish asks that he/she put their faith into action in preparation for the sacrament.

Opportunities for service include anything that goes above and beyond for your parish, family or community and you must not be compensated or receive any sort of gift/money for the work you do.

There are many ways that your time and talent can be shared with others.
Some examples:

- Sign up to be an altar server
- Assist Catechists during sessions with younger students
- Participate in at StAY Service Projects
- Write cards to seniors in nursing homes
- Help with chores at home and use the money to buy: canned goods for Mattie Dixon/Local Food Cupboard, Catholic Social Services, Gift Cards for those who are homeless and/or out of work
- Assist senior citizens/neighbors with disabilities with chores or yard work
- Baby-sit for someone who needs help
- Initiate or participate in a 'clean-up' day in parish, school, or local park
- Make gifts for hospitals or nursing homes or care packages for soldiers
- Help in the CFF Office (Parish Service)
- Help set-up for church activities (Parish Service)
- Volunteer at a shelter or soup kitchen or prepare a meal for Aid for Friends

YOUR PATRON SAINT and YOUR CONFIRMATION NAME: What's the Connection?

What Is A Patron Saint?

When you are baptized, the priest says the name chosen for you by your parents. However, when you are confirmed, in the Latin Rite of the Church, you get to choose a "Confirmation Saint." This saint is a special patron saint which you have chosen to be a special protector and guardian over your life.

Patron Saints cover areas of our lives which are important to us: our own name, our job, churches, countries, causes, ailments, or hobbies. As early as the 300s A.D., churches and people were being named after the 12 Apostles and martyrs for Christ.

Confirmation Saint: *"The name of a saint, chosen by the person to be confirmed and imposed by the bishop in Confirmation. Added to the Christian name, it gives the person confirmed a heavenly patron whom he should endeavor to imitate."*

Why Do We Choose A Saint For Confirmation?

We choose a patron saint for ourselves in the Sacrament of Confirmation because the saints are our heroes. They accepted God's tremendous love with great receptivity. They cooperated with God's grace and helped bring the world more in line with Christ and the Gospel. In Confirmation, we are called to do likewise. We are called to be soldiers for Christ. In fact, the older form of the ritual had the bishop lightly slap the face of the newly confirmed saying, "You are a soldier for Christ."

These chosen patron saints remind us of our own call to holiness. But as Catholics, we understand the reality that the saints are very much alive in God in Heaven. And, so, they are not merely role models or spectators; they can be our true intercessors. They pray for us, inspire us, guard us, guide us, and help us.

NEW CATHOLIC DICTIONARY

How To Choose a Confirmation Saint: Pray and Research!

How do we choose a Confirmation Saint? The first step is prayer. We should ask the Holy Spirit to guide us to the Patron Saint who will be a particular good fit for us. We can begin reading the lives of the saints and learning what these holy men and women did in their lives. This exercise can bear great spiritual fruit.

A way to narrow down our search might be to begin with our own namesake. Of course, these saints are already our personal patrons.

Next, we might look to our local Parish for inspiration, or we can see who is the patron of our home country? Who is the patron saint of our ideal job in the future? Who is the patron of our interests and hobbies? If we suffer from a particular illness, who is the patron saint of that ailment? There is no right answer: all the saints are great choices! However, we should do our due diligence to pick a patron saint to whom God leads us.

After narrowing it down to a few saints and researching a bit about their lives, seek the guidance and counsel of those who know you best. Our parents, youth ministers, pastors, and teachers are often able to provide valuable insight beyond our own understanding based on what they know of us and what they know of the saints.

When you think you've finally chosen a saint, begin asking for their intercession in your confirmation process and enjoy the journey together! Try looking here for some interesting suggestions.

<https://www.portsmouthcatholiccathedral.org.uk/confirmation/Confirmation-Saint-Names.pdf>



ST. ANTHONY OF PADUA PARISH
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Your Name _____

Date _____

Your Saint's Name _____

Feast Day _____

Patronage _____

Part 1: Early Life of your chosen saint

Date of Birth _____

City _____ Country _____

Parents/Siblings _____

Notable Early life circumstances _____

Part 2: Spiritual Life of your chosen saint

How did this saint spend life in service to God and the Catholic Church? (3

specific examples)

1. _____

2. _____

3. _____

Part 3: Why you chose your saint: Did you choose this saint because of their

name? Their patronage? A family connection? Explain your choice.

Confirmation Saint Shield Project Directions

Name of Saint

Saint Facts - Birth - Death - Work - Interesting detail from their life - Saint symbol - Picture or Drawing	Saint's Virtues or Heroic Acts (Examples: prayer, preaching, dying for the faith, care for others) - I chose this saint's name for my confirmation because...
My Sacraments of Initiation Please add photos, memories, drawings - Baptism - When - Where - Who - God parents - Priest - Eucharist - When - Where - Who	Gifts and Talents God has given me: - List your gifts - I have used my gifts and talents to serve others by: - List ways you serve others

Your Name

Sponsor Name

PART 4: REVIEW: TEST YOURSELF!