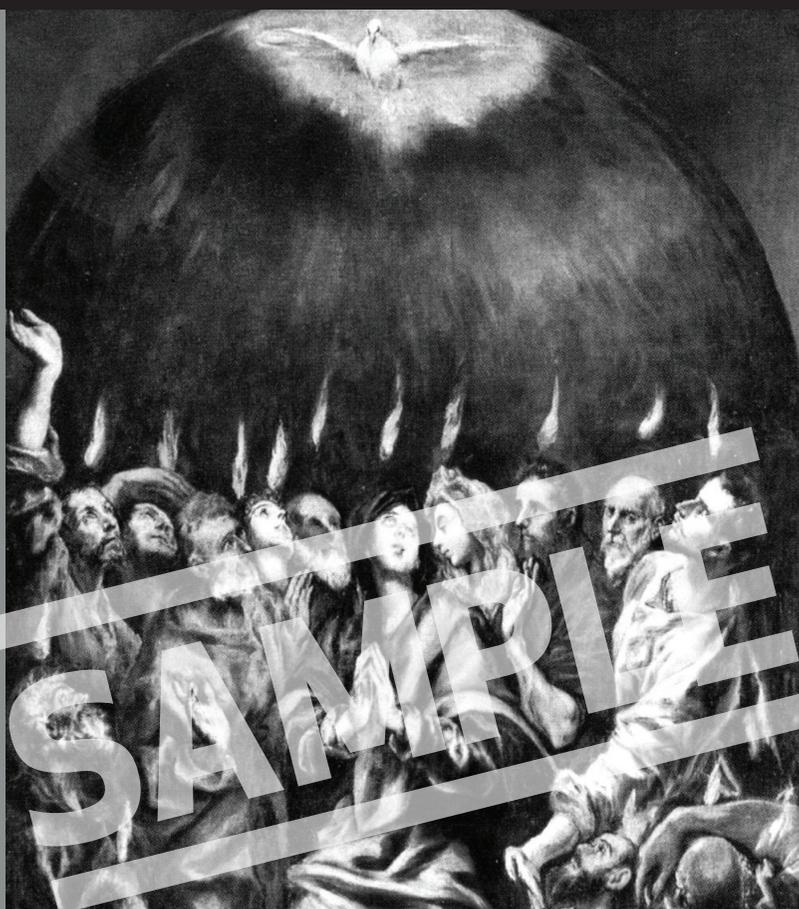


# 16: CONFIRMATION & CALL TO HOLINESS

“Do you believe in the Holy Spirit, the Lord, the giver of life, who came down on the apostles at Pentecost and today is given to you sacramentally in Confirmation?”



'Pentecost' by El Greco

## Catechist Preparation

YouCat 203-207,  
310-311, 342

For more details:  
CCC 1285-1321, 2013

Further Reading:  
Peter J Kreeft:  
Catholic Christianity  
pp. 307-319

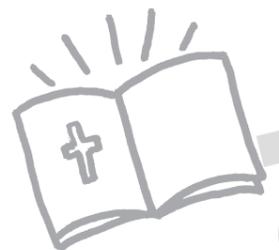
## LEARNING OBJECTIVES

Candidates will be able to:

- ✓ List the twelve Fruits of the Holy Spirit.
- ✓ Recall a definition for holiness.
- ✓ Explain the two main signs of the sacrament of Confirmation and how these signs point to the effect of the sacrament in their daily Christian life.
- ✓ Identify how their life will now be different with the power of the Holy Spirit.
- ✓ Explain that in this sacrament they enter more deeply into their personal covenant in Christ.
- ✓ Outline what happens to the soul through the sacrament of Confirmation.
- ✓ Make a free, personal decision to receive the Gift of the Holy Spirit.

**LESSON PLAN**

Liturgy of the Word & Proclamation	10 mins
Small Group Activity	10 mins
Catechesis 1	10 mins
Workshops	20 mins
Video Clip, Catechesis 2	10 mins
Spiritual Journal Reflection	5 mins
Time of Prayer	20 mins



Liturgy of the Word & Proclamation  
Timing: 10 mins

**FIRST READING**

A reading from the Prophet Isaiah

Isaiah 11:1-3

There shall come forth a shoot from the stump of Jesse, and a branch shall grow out of his roots. And the Spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the LORD. And his delight shall be in the fear of the LORD.

The word of the Lord.

**Thanks be to God.**

**GOSPEL**

A reading from the Gospel of St John

John 15:26-16:7

Jesus said: "But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me; and you also are witnesses, because you have been with me from the beginning. I have said all this to you to keep you from falling away. They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God. And they will do this because they have not known the Father, nor me. But I have said these things to you, that when their hour comes you may remember that I told you of them. I did not say these

things to you from the beginning, because I was with you. But now I am going to him who sent me; yet none of you asks me, 'Where are you going?' But because I have said these things to you, sorrow has filled your hearts. Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Counselor will not come to you; but if I go, I will send him to you.

The Gospel of the Lord.

**Praise to You, Lord Jesus Christ.**



**PROCLAMATION**

**If you freely decide to live as God's child and ask for God's Spirit, you will receive strength to witness to his love when the Bishop lays his hands on you, and anoints you with Chrism. You will be a fully-fledged member of the Church, with all the responsibilities that go with it.** (cf. YouCat 203)



Small Group Activity  
Timing: 10 mins

**What you'll need:**

Cards for each group labelled with the 12 Fruits of the Holy Spirit (download these from [www.transformedinchrist.com](http://www.transformedinchrist.com))

**SMALL GROUP ACTIVITY:  
The Fruits of the Holy Spirit**

Each group has a pile of cards, each with one of the twelve Fruits of the Holy Spirit written on them.

Each candidate takes a card and either acts it silently to get their team members to say it or explains it in words without saying the word itself.

The first group to have guessed all twelve wins.



Catechesis 1  
Timing: 10 mins

**What you'll need:**

A balloon

**CATECHESIS 1: Called to Holiness**

Why did God create you? He made you for himself, and God is holy, so that means he created you to be holy. And who makes you holy? God himself - specifically, God the Holy Spirit. When you are confirmed, the Holy Spirit will dwell in your soul in a new way - and if you allow Him, He will bear fruit. That is what we mean when we talk about the Fruits of the Holy Spirit.

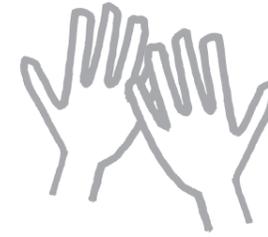
If the Holy Spirit is 'alive' in someone, if a person's heart is open to the Holy Spirit, then we see fruits in that person's life of love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity this means that the Holy Spirit is active in you and that he is making you into a Saint. He is transforming you. Remember the whole goal of our life is to allow God to fill our life with his life.

*Use a demonstration of a balloon that is not blown up.*

This balloon, without being filled with air, is limp and lifeless. This is the same as we are without God's life in us. But, like when the balloon is blown up and it becomes what it is intended to be, when you are filled with the Holy Spirit, you are what God created you to be. This is holiness. *(You could also use a glass of water - this is what we are like without God's life in us - fine, but not as delicious as water with something added... Pour some squash into the glass.)* So, when we start to notice signs of holiness in someone *(like squash in the water)* we know that person is beginning to become a Saint.

So many young people deep down want to know, Who am I and why am I here? How do I find who I really am? Only in holiness will you become the person God created you to be. St Catherine of Siena said: "If you are who you are called to be you will set the world ablaze." So how can you let the Holy Spirit fill you, like the air fills the balloon? By opening your heart to him at your Confirmation...

*Ask the candidates to fill in the key points.*



Workshops  
Timing: 20 mins

**What you'll need:**

Powerpoint slide containing the Prayer to the Holy Spirit (download this from [www.transformedinchrist.com](http://www.transformedinchrist.com))

**WORKSHOP ACTIVITIES:  
Prayer to the Holy Spirit and Anointing with Chrism**

*We're going to try and understand better these two parts of the Confirmation rite. Have two different teams of catechists in separate rooms.*

*The first workshop led by one team is on the Bishop's prayer to the Holy Spirit, and the Imposition of Hands. The second workshop is on the Anointing with Chrism.*

*Each workshop lasts ten minutes. Half of the small groups begin at workshop 1, half begin at workshop 2. Then they swap.*

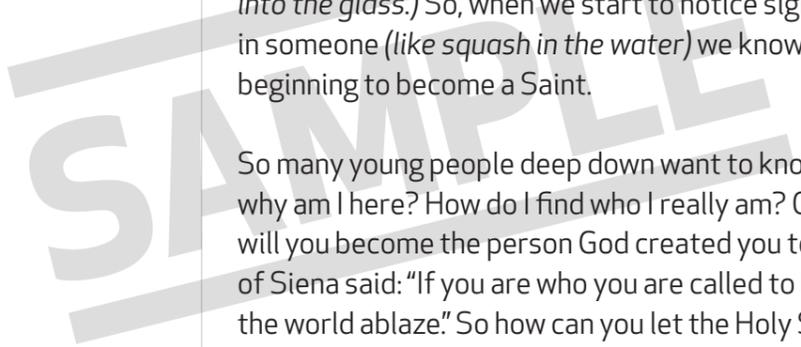
**WORKSHOP 1: The Bishop's Prayer to the Holy Spirit, Imposition of Hands**

*First, have a little 'spot prize' for the candidate who can name each of the seven Gifts of the Holy Spirit.*

*Then, display on a screen the Prayer to the Holy Spirit:*

**"All-powerful God, Father of our Lord Jesus Christ, by 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 judgment 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. Amen."**

*A few weeks ago, we looked in depth at this prayer. Let's read it again. Remember the Bishop, the successor to the Apostles, is praying to God to send down the Holy Spirit upon you.*



Ask the Candidates to use their YouCats to fill in the blank



**KEY POINTS**

(page 115)

**DEFINITION**

**HOLINESS:** Holiness is allowing God to live his life in us  
(Blessed Mother Teresa - YouCat 342).

When he has prayed this prayer, your response is "Amen". What does this "Amen" mean? So be it! Let it be done to me. You are saying, Yes - I want to receive the Holy Spirit! I wish to be a child of God, a fully-fledged member of the Church, with all the responsibilities this entails.

What kind of responsibilities are we talking about? Do we have to be a Reader at Mass, or help collect the money? No - these are good things - but it is not what God wants from us as a "fully-fledged" member. What do you think he might want from us? He wants us to belong completely to Jesus. To live for him, to do his will, to be his witness.

You are not alone at that moment when you say Yes to God. The Saint you have chosen will be interceding for you at your side. God invites you to say YES to him in the same way they did - this is your moment.

Ask the candidates to fill in the key point.



**KEY POINTS**

(page 115)

When we say "Amen" to the Bishop's prayer, we are saying: Yes - I want to receive the Holy Spirit! I wish to be a child of God, a fully-fledged member of the Church, with all the responsibilities this entails.

**The Bishop extends his hands over you**

When you think about being God's witness, how does it make you feel? Another person in the New Testament felt afraid, in fact, he felt "timid" when he thought of witnessing to Jesus.

Ask the candidates to read Timothy 1: 6-8:  
St Paul is speaking to Timothy, who is young.

**"That is why I am reminding you now to fan into a flame the gift of God that you possess through the laying on of my hands. God did not give you a spirit of timidity, but the Spirit of power and love and self-control. So you are never to be ashamed of witnessing to our Lord..."**

Recap the key point with the candidates while they fill in the blank in their workbooks.



**What does St Paul promise Timothy through the laying on of hands?** "...the Spirit of power and love and self-control". He is saying - if you open your heart to me, I will take away your "timidity" and I will give you "the Spirit of power and love and self-control".

Have you ever experienced this from the Holy Spirit? If not, how do you feel when you think this will certainly happen?

Ask the candidates to fill in the key point.

(page 115)

St Paul is saying - if you open your heart to the Holy Spirit, he will take away your "timidity" and will give you "the Spirit of power and love and self-control".

Recap the key point with the candidates while they fill in the blank in their workbooks.

**WORKSHOP 2: Anointing with Chrism**

Out of all the senses, which one is most linked to our memory? Smell. Smells are very powerful, they often bring back powerful memories. The Chrism you are anointed with is the same Chrism you were anointed with at your Baptism. It has a powerful smell, you will not forget it. *If possible, have some Oil of Chrism available for the candidates to smell.* This was consecrated by the Bishop at the Chrism Mass - it is holy.

We're going to understand more about this Oil of Chrism by reading an extract of the prayer of consecration that the Bishop prays to consecrate it.

Ask a candidate to read out the first part of the prayer below from their workbook.

(page 115)

**In the beginning, at your command, the earth produced fruit-bearing trees. From the fruit of the olive tree you have provided us with oil for holy chrism.**

What kind of oil is used for the Oil of Chrism? Olive oil. Did you ever think that when God created olive oil he especially had your

Confirmation in mind?!

**The prophet David sang of the life and joy that the oil would bring us in the sacraments of your love.**

In another translation of the prayer, it says our faces would "shine" with this Oil. How would you describe a person whose face is "shining"? They are full of joy! King David rejoiced that you would receive the Holy Spirit (even before he was sent!).

**After the avenging flood, the dove returning to Noah with an olive branch announced your gift of peace. This was a sign of a greater gift to come. Now the waters of baptism wash away the sins of men, and by the anointing with olive oil you make us radiant with your joy.**

What do you think the Flood symbolises? Baptism! And the olive branch foreshadows... Confirmation.

**At your command, Aaron was washed with water, and your servant Moses, his brother, anointed him priest.**

**? Which other sacrament is the Oil of Chrism used for?**  
The ordination of priests.

So - the Scriptures suggest that this Anointing with Chrism will be a significant moment you will not forget! You are being marked as God's own, for his mission. The visible mark of the chrism on your forehead, is a sign of the spiritual seal that God will mark on your soul. Nothing will ever be able to remove that seal. It means that you belong to God forever.

**? How do you think God is inviting you to share in his mission?**



Recap the key point with the candidates while they fill in the blank in their workbooks.

Think to yourself for a moment and then, if you're comfortable, share with the person next to you.

Ask the candidates to fill in the key point.

The visible mark of the Chrism on your forehead, is a sign of the spiritual seal that God will mark on your soul. (page 116)



**VIDEO CLIP (www.transformedinchrist.com): Character Confirmed**

The important undertaking they are preparing to make - to belong completely to Christ.



Video clip £  
Catechesis 2  
Timing: 10 mins

**Catechesis 2: The Gift of the Holy Spirit**

What does the video tell you about Confirmation? You are preparing to commit to Christ, to be His. To unite you to Himself, He is going to give you the Gift of His Holy Spirit - just as He did to his Apostles and His Mother. Through the Holy Spirit, he knew he could unite His Church completely to Himself, and now He wants to include you in this. He wants to unite you personally to Himself through giving you the Gift of the Holy Spirit.

**What you'll need:**

laptop / projector to play the video clip

a wrapped up present

Have a wrapped-up present as a visual aid. Now, when you receive a gift, you don't have to use it or even unwrap it, do you? You have probably received gifts at Christmas that have gone straight to the back of the wardrobe. But you still received them. When Jesus gives you the Gift of the Holy Spirit - this is the most precious Gift of all - because this is the Gift of God himself. If you get confirmed, you will receive this Gift - simply through the actions and the words of the Bishop. It doesn't matter how you are feeling that day, whether you believe or not, even if you want the Holy Spirit or not... you will receive this Gift. But every year, many teenagers receive this amazing Gift of God Himself, receive the Holy Spirit into their soul in this deep new way, but they don't 'use' or 'unwrap' this Gift. Perhaps they will when they are an adult, but why wait that long? Even now you have places in

your life where you could use the Gifts of the Spirit Jesus wants you to have.

Have a look at YouCat 205 in the second paragraph:  
Ask the candidates to write out this line.

Ask the Candidates to use their YouCats to fill in their workbooks.

**YouCat 205:** To be confirmed means to make a 'covenant' with God.

(page 116)

We have talked a lot about covenants. Confirmation is your own personal covenant in Christ - a bond that unites you to him forever.

Take a few moments to read the words God speaks to you below. Ask him, how do you want me to be faithful to my covenant? What is my mission?

**YouCat 205: Confirmation - Your Covenant with God**

Yes, I believe in you, my God; give me your Holy Spirit, so that I might belong entirely to you and never be separated from you and may witness to you throughout my whole life, body and soul, in my words and deeds, on good days and bad.

**Yes, I believe in you, too, my child - and I will give you my spirit, my very self. I will belong entirely to you. I will never separate myself from you, in this life or eternally in the next. I will be in your body and your soul, in your words and deeds. Even if you forget me, I will still be there - on good days and bad.**

Recap the key points while the Candidates fill in the Key points in their workbooks

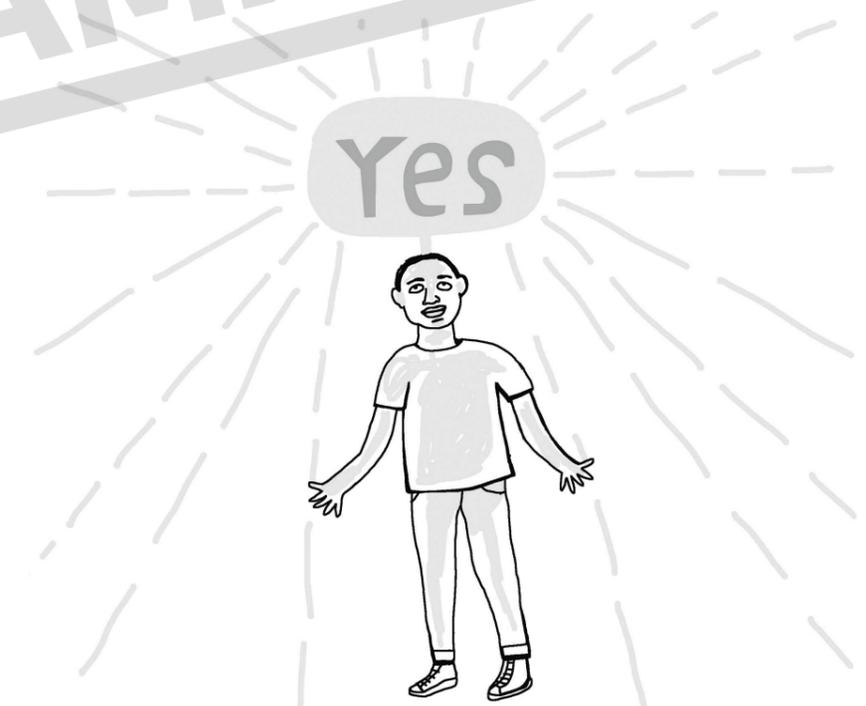
Ask the Candidates to fill in the key points.

**! KEY POINTS**

(page 117)

When Jesus gives you the Gift of the Holy Spirit - this is the most precious Gift of all - because this is the Gift of God himself. If you get confirmed, you will receive this Gift - simply through the actions and the words of the Bishop. It doesn't matter how you are feeling that day, whether you believe or not, even if you want the Holy Spirit or not... you will receive this Gift. It is up to you to open it.

SAMPLE





### Spiritual Journal (to prepare for time of prayer)

**What does it mean that I will have a 'personal covenant' with God? How does God want me to be faithful to my covenant?**



Time of Prayer  
Timing: 20 mins

### TIME OF PRAYER

*This evening, we are going to invite the candidates to say a personal and conscious 'Yes' to the Lord, and to say why they want to be confirmed. The church should be dark, with quiet music playing, and candles. Tell them that anyone who wishes is invited to share why they want to be confirmed. When we give witness by saying Yes to God, it strengthens our faith and encourages others.*

*Begin by leading them in prayer by reading the 'words of God' in the speech bubble above.*

*Invite the candidates to think of the great gift God is offering them. Do they want to say Yes to that gift?*

*If they want to say Yes to that gift, invite them to come forward to sit at the front. One by one, they can come to sit or kneel beside the catechist leading the time of prayer, take the microphone and say, "My name is ... and I want to be confirmed because..." When finished, they can remain at the front, kneeling a bit further away. When everyone who wants to has finished, ask the candidates to look around them: Look at this cloud of witnesses. Notice you are not alone. You are saying Yes to witnessing to Christ, because you trust he will send you his Spirit. It won't always be easy to witness to him, but you will be given the strength of the Holy Spirit to stay faithful.*

*Ask the candidates to sit down, finish with a concluding prayer and a blessing from the priest.*