

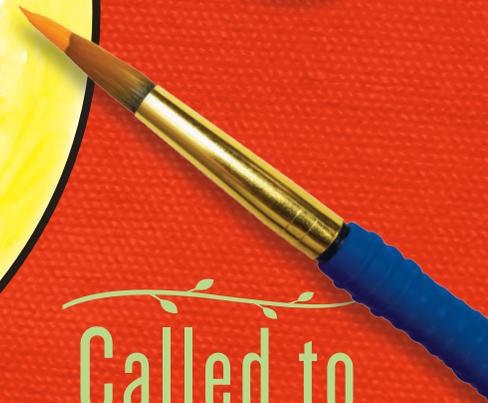
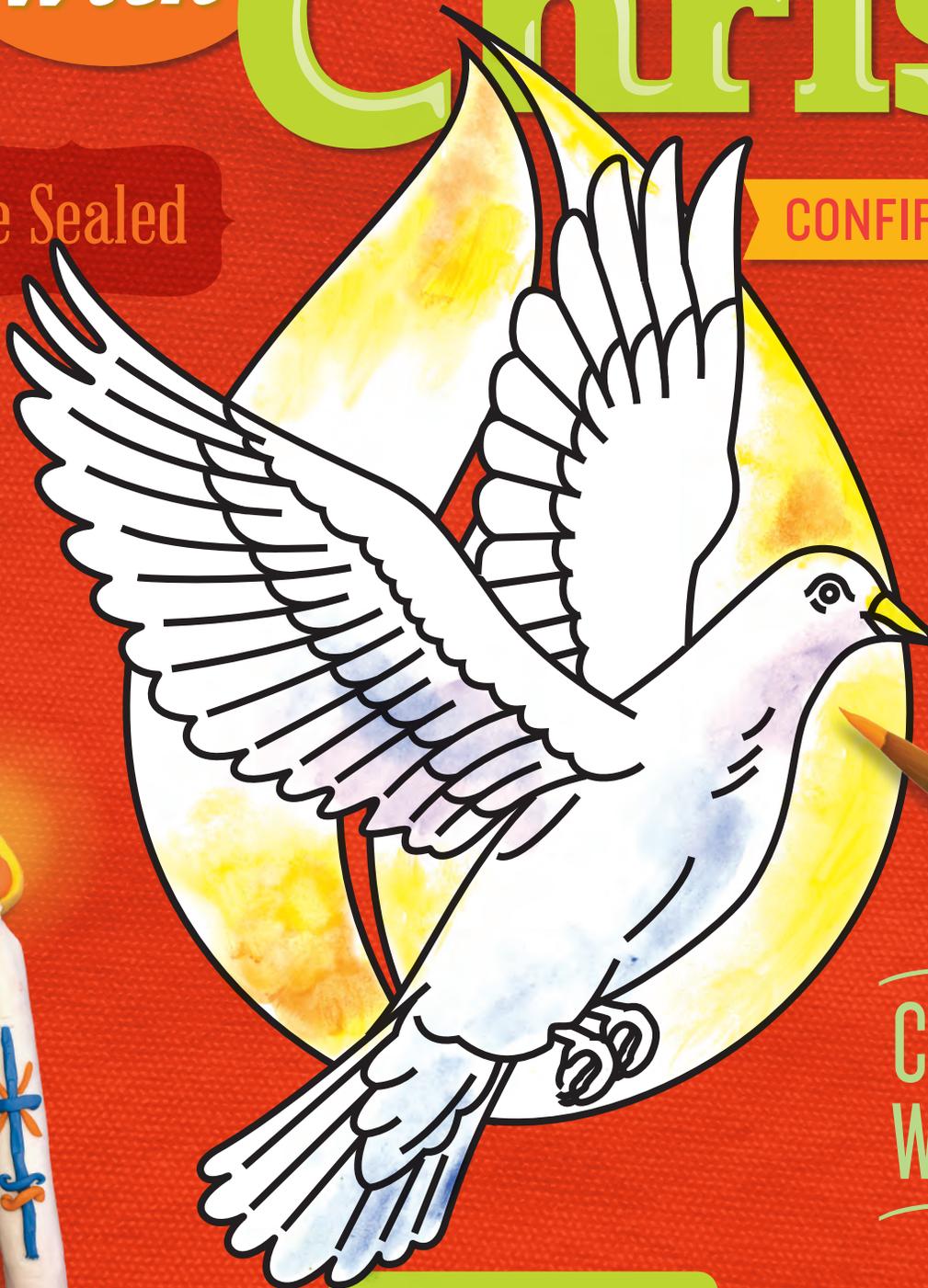
P A R E N T G U I D E

OUR SUNDAY VISITOR

Encounter *with* Christ

Be Sealed

CONFIRMATION



Called to
WITNESS

SESSION 1

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Our Sunday Visitor Curriculum Division
Our Sunday Visitor, Inc.
200 Noll Plaza, Huntington, Indiana 46750
1-800-348-2440

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Water and Spirit

Preparing for the Session



A prayer for you, as you begin:

“Lord Jesus, help us to know that the love we have for each other comes from you. Help us let your love be the center of our family. Amen.”

Do you know that the Holy Spirit is passionate about you? The Spirit’s passion helps you to know and love God by leading you to an encounter with Christ, an encounter that guides a life-long journey of conversion. That encounter began in Baptism.

The baptized receive new life in Christ through the power of the Holy Spirit. This is the miracle you witnessed at your child’s Baptism, and at every Baptism. We become one with Jesus through our Baptism.

As Christians, we relate to everyone and everything through Christ. Our relationships with creation flow through Christ. Our relationships with our spouses, children, parents, and siblings flow through Christ. Our relationships with our wallets, and even our calendars, flow through Christ. In Christ alone, we live and act and exist as human beings (see Acts 17:28).

This unity with Christ is true for all the baptized, therefore we are all united with each other. This is a unity made possible only in the Holy Spirit. The one united People of God forms at the baptismal fonts (see *Catechism of the Catholic Church*, 1267). First Corinthians tells us that we were baptized into one body by the one Holy Spirit (see 12:13). Through the waters of Baptism, we *are Christ’s Church*.

➔ **Reflect** If each morning, as you left your house, you were thinking, “I am Christ’s disciple,” how might your day change? How can you be more mindful that your connection to everyone and everything happens through Christ?

FOR MORE

Church Documents

- *Catechism of the Catholic Church* 1267, 1285–1289
- *Rite of Baptism for Children* 91
- *The Order of Confirmation* 23



Games and downloads, multimedia glossary, Sunday readings and backgrounds, reflections, and more at sacraments.osv.com

In This Session

Informing the Mind

- Understand that Jesus promised to send the Holy Spirit to guide the Church and make her holy
- Recognize that the power of the Holy Spirit unites all members of the Church through one faith, one Baptism
- Realize that Confirmation is a Sacrament of Initiation in which a person is sealed with the Holy Spirit and strengthened for a life of discipleship

Forming the Heart

- Discover that the Holy Spirit, who first came to us in Baptism, is our helper and guide
- Appreciate that the Holy Spirit urges us to worship and serve God in our parish community, which connects us to the whole (universal) Catholic Church
- Develop a deepening awareness that Confirmation is our own Pentecost when we personally receive an outpouring of the Holy Spirit

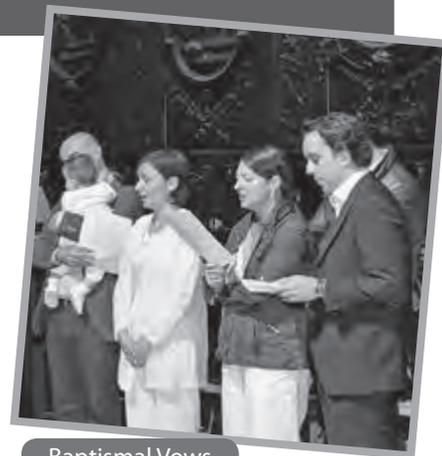
Catholic Faith Words

- Church
- Holy Spirit
- disciples
- Pentecost
- Sacraments of Initiation
- Confirmation
- grace

Catholic Signs & Symbols

Baptismal Vows

The vows we make at Baptism (or that others make for us, if we are baptized as infants) mark the first public confession of our belief in God the Father, Son, and Holy Spirit. We hear in these vows the call to live our faith and to share it with



Baptismal Vows

others through our words and actions.

We respond, "I do!" with heartfelt commitment.

As Your Child Understands

Your child will not remember her/his Baptism if baptized as an infant. You made the baptismal promises on your child's behalf. Now that your child has reached the "age of reason," these promises can and should be explored and discussed. As your child grows as a disciple of Christ, he/she will learn that the "I do" requires a response lived in word and action.

At any age, we do not fully understand the mystery of God or the fullness of our Catholic faith. Especially at this young age, it is the openness of your child's heart that helps her/him to respond in childlike faith. You child will renew the baptismal promises at Confirmation and on various other occasions, including particular times during the liturgical year and any time a Baptism is celebrated.

What You Will Need

- pencils
- crayons/markers
- candle
- Crayons or markers
- cutouts of a flame
- large cutouts of a heart
- tape
- Optional:** paper, fan or hair dryer, lyrics to the Holy Spirit song, Internet access, definitions

of the seven Gifts of the Holy Spirit, beach ball with seven or more stripes

Recommended for prayer area: Bible, candle, holy water, cloth, and cross or crucifix

Part 1: Invite

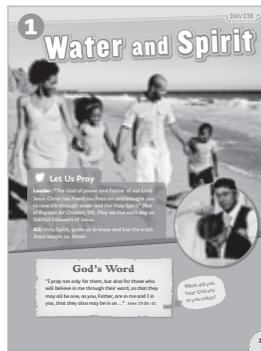


15 MINUTES

➔ Turn to Page 3

Water and Spirit

After you and your child have gathered your supplies, find a quiet place to be together. This is a sacred time for just the two of you—a time when you will be present to each other and to the Lord. Lighting a candle is a great way to mark the start of your time together.



Explain that you will be thinking about the promises you made for them at Baptism and how the Holy Spirit will give us grace in the Sacrament of Confirmation to be faithful to those promises.



Begin with prayer: Together make the Sign of the Cross. Read aloud the leader's part on page 3 and help your child with the response as needed.

God's Word

Invite your child to close his eyes, be still, and prepare to hear God's invitation in this passage.

Read aloud the Scripture.

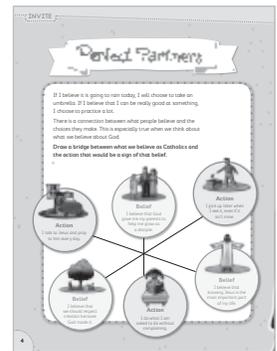
Pause for several moments of silence.

Share what you have heard God say to you today and invite your child to share with you.

Say: *Our words and actions tell others that we believe in Jesus. We are his disciples. Let's think about how we need to connect our minds and what we believe to our hands and what we do.*

➔ Turn to Page 4

Perfect Partners



Ask: *If I told you I believe it is going to rain what actions would you take? Possible responses: Get my raincoat or umbrella, bring in my bike What actions would we take if we believed you could be really good at something? Possible responses: Practice, get a coach, go to a summer clinic*

Have your child share one thing that you or your spouse believe about your family. *Possible responses: We should be kind to each other. We need to take good care of our things*

Ask: *How can you tell we believe that? Possible answer: We have rules about those things.*

Place your finger on the last sentence of the first paragraph in the Child Book.

Say: *Let's read this sentence together.*

Recite with your child: "If I believe that I can be really good at something, I choose to practice a lot."

Continue on Page 4

Read aloud the second paragraph.

Say: *So now, let's look at the activity below. On this page, you are going to draw a bridge to connect something we believe to an action that shows it.*

 **On-page Activity:** Complete the activity with your child. Read each *belief circle* and have her choose the matching *action circles*.

Say: *It is important to make sure there is a strong connection between what we believe and our actions and words. Make sure your bridge is strong.*

Reflect on the following while your child makes his bridge.

PARENTS, CONSIDER THIS: What is the one thing you would do if you had more time? Your answer probably did not include more work or housekeeping. What we human beings long for is connection. There is only one love from which all love flows. That is what makes your family holy. God is present in the love that connects you to one another and your family to all of God's people, near and far. Each day, when you have an awareness of love, give thanks to God, the source of that love. When it is challenging to love those around you, ask for the grace to be an instrument of his love.

Part 2: Discover

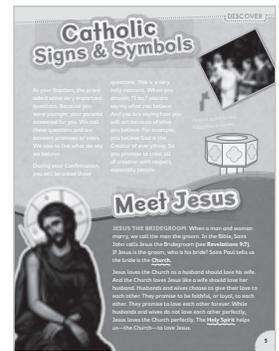


→ Turn to Page 5

40 MINUTES

Catholic Signs & Symbols

Direct your attention to page 5 of the Child Book.



Say: *Look at the picture at the top of page 5. The picture shows something that happens during the Sacrament of Baptism. Let's read to see if we can learn what is happening in the picture.*

Read aloud the first paragraph.

Ask: *What is a vow or a promise?*

Reread the last sentence and review the connection between belief and action.

Ask: *Have I ever made a promise to you? Answers will vary*

Emphasize that promises are very important.

Read aloud the second paragraph.

Ask: *What words do we say when making a vow or promise? I do or I will.*

Have the children underline words that describe a vow they can make. treat all of creation with respect

Say: *Saying, "I do," strengthens our connection with the Church, which is the Body of Christ on earth.*

Made One by the Holy Spirit

Point to the large heart you have placed on the table, and next to it, the flames with the names of Jesus' Apostles, Mary, and other disciples written on it. They were in the room at the time of Pentecost. (See download.)

Direct your child to write the name of one disciple on the flame he used during the scripture reading. Then point to the heart that you have drawn.

Say: *This is Jesus' heart.*

Have your child tape the flame inside the heart. Read the names on the other flames and tape them inside the heart as well.

Explain that when the disciples became one with Jesus, they became one with each other. They are all brothers and sisters of Christ.

Read aloud the second paragraph and the directions for the activity.

On-page Activity: Direct your child to complete the activity by figuring out who received Saint Paul's letters.

Say: *Let's look at the first message. I am going to read it and you tell me what you think it means.*

Discuss each message with your child emphasizing how acting in the way Paul advises helps us to live in peace with one another.

Ask: *What would happen if everyone acted this way?*



Entering the Mystery

Point out that there are many symbols for the Holy Spirit and one is fire.

Ask: *Do you know why? The story of Pentecost describes tongues of fire.*

Recall the tongues of fire that were placed on the heart.

Say: *When we say the Holy Spirit is burning within us, we don't mean a real fire, we mean he encourages us. Let's read how.*

Read the paragraph. Tell your child to place her fingers on the line from the prayer, "Come Holy Spirit" and read it with you.

Looking for More? Download the lyrics of the Holy Spirit song. Teach your child the following hand motions to the chorus: cover eyes with hands (first line); extend hands to heavens (second line); extend hands outward (third line); place hands by your side (fourth line).

Discuss each verse and summarize the work of Holy Spirit: the Holy Spirit helps us (first verse) understand what Jesus taught; the Holy Spirit's work as our guide (second verse); the Holy Spirit's role to make us one (third verse); the Holy Spirit gives us courage to witness to our faith (fourth verse).

→ Turn to Page 10

“I DO”

Share your excitement with your child that he will soon receive the Sacraments of Confirmation and Eucharist.



Read aloud the first paragraph.

Say: We are going to think about each of the questions you will be asked so you know what they mean.

On-page Activity: Guide your child as she completes the activity in the book.

- Read aloud each question.
- Invite your child to read the explanation below each question. This will help her to help understand what the promise asks.
- Read the question again and direct your child to stand and answer, “I do.”
- Have your child place one of the “I DO!” stickers found in the back of the book in the blank spaces provided.
- Follow these steps for all of questions.

Say: These are some serious promises, but you have the whole rest of your life to learn all that it means to be a disciple of Jesus. The Holy Spirit is always right there to help guide you.

PARENTS, CONSIDER THIS: Does it make you crazy when you hear someone respond, “Whatever?” More and more it seems that nothing matters, when, in fact, everything we say, don’t say, do, or don’t do *matters*. Each time you are asked to renew your Baptismal promises, what you say matters. We admire people with

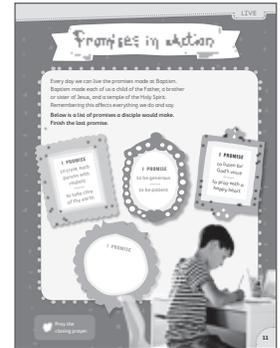
Part 3: Live

→ Turn to Page 11



Promises in Action

Remind your child that when we make a promise, we must choose to be faithful to that promise every day.



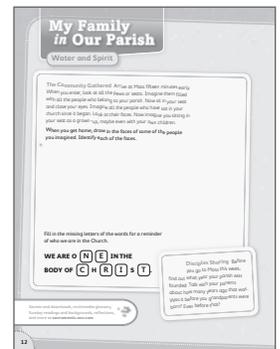
Say: Jesus, the Church's Bridegroom, has promised to be faithful to us. We are his Church, and we promise to be faithful disciples.

On-page Activity: Read aloud the directions in the Child Book. Reflect on the Parents, Consider This box at the bottom of the page as your child works in this activity.

→ Turn to Page 12

My Family in Our Parish

Read the instructions for the activity that you will do before and after Mass. Make sure to take your child's book with you.



Disciples Sharing: You may also want to look for the cornerstone of the church that may display the date it was built. Check your website to discover when the parish began. Help your child to appreciate that faith is handed on from one generation to another.

integrity because we know what they say they will actually do. Their actions reflect their beliefs. As a disciple of Christ, your words and actions together express your belief in Jesus as the Lord and center of your life. If you looked at yourself through your child's eyes would you see a disciple?

Family Prayer



A Prayer for Blessing

Parent: *God, through your gift of water and the Holy Spirit, in Baptism we are reborn to a new life in Christ. In your goodness, may you continue to pour out your blessings on your (name of child).*

Help him always be a faithful member of your Church.

Child: *Dear Jesus, when the sun comes up each day I will remember my promise to be your disciple.*

Parent: *May the Lord send his peace upon our family.*

Direct your child to make the Sign of the Cross when you do.

Leader: *Now, we will dip our hands in the bowl of water together. Repeat after me: "I do believe in*

(making the Sign of the Cross)

the Father, the Son, and the Holy Spirit."

Amen.



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