

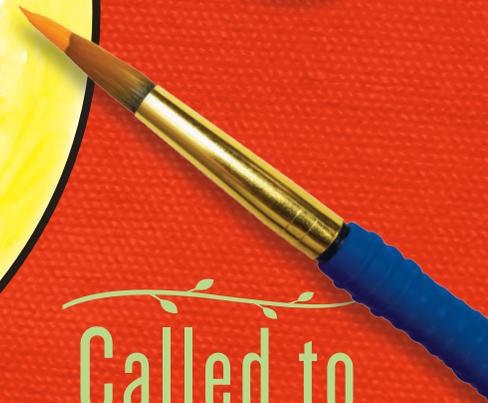
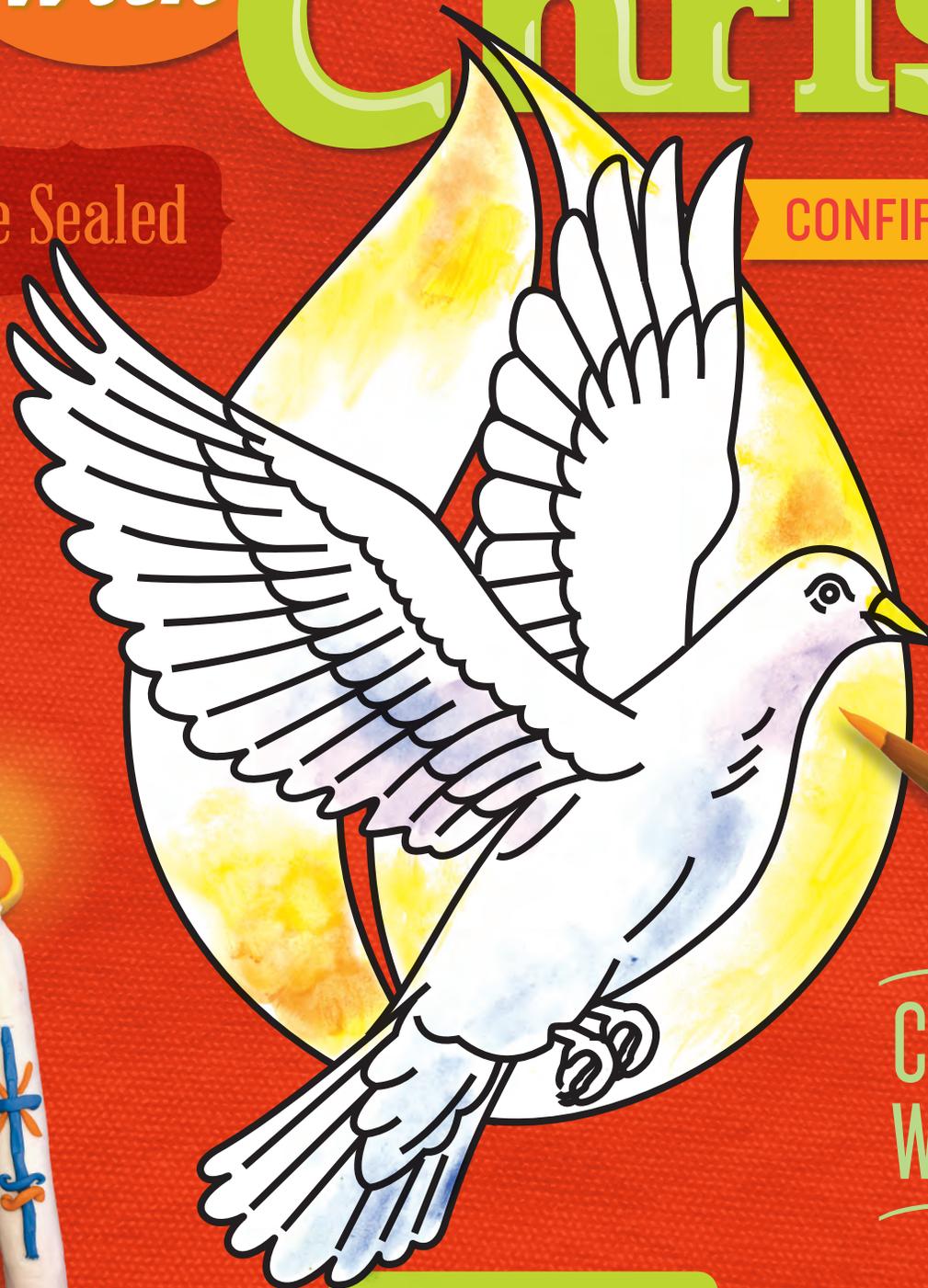
P A R E N T G U I D E

OUR SUNDAY VISITOR

Encounter *with* Christ

Be Sealed

CONFIRMATION



Called to
WITNESS

SESSION 3

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Sealed with the Spirit

Preparing for the Session



A prayer for you, as you begin:

“*Holy Spirit, I know that for you all things are possible. Help me to know and live God’s purpose for me. Amen.*”

One of the most important questions in life goes something like this: Does God have a purpose for each of us? If so, how do we come to know what it is? Where do we get the guidance and strength to live it out?

Part of that answer lies in the Sacraments of Initiation—Baptism, Confirmation, and Eucharist. In order to fully appreciate these Sacraments, we need to understand how they work together. Instead of seeing them as isolated moments, we might imagine them as three movements of one symphony. Each is distinct and yet one moves you to another. When you experience the richness of the three in relationship to each other, you receive the fullness of the composer’s gift. These Sacraments are the movements of God’s symphony—his gift to us.

Confirmation deepens our capacity to live our Baptism, and Eucharist strengthens and nourishes us as we are sent out on mission. We are given every gift

necessary to live as disciples. Practically, that means in our spiritual life, there is nothing we cannot do and nothing we cannot become because we are the temples of the Holy Spirit.

The Spirit leads us to know our purpose and through the grace of Confirmation, we are given all that we need to fulfill that purpose, to manifest God’s Kingdom in this world. The Holy Spirit stands at the ready. He is waiting for our open hearts.

➔ **Reflect** What do you believe is God’s purpose for your life? How can you help your child to understand and appreciate that God created her for relationship with him and others?

FOR MORE

Church Documents

- *Catechism of the Catholic Church* 1241, 1289, 1312–1314



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

In This Session

Informing the Mind

- Recognize that Sacred Chrism is one of the primary symbols of the Sacrament of Confirmation
- Explain how Confirmation deepens the grace of Baptism
- Describe the anointing of priests, prophets, and kings as recorded in Sacred Scripture

Forming the Heart

- Appreciate that the Holy Spirit helps us to know Jesus as our greatest teacher
- Grow in understanding that following God's will bring the peace of Christ
- Become aware of the strength that flows from the Holy Spirit in Confirmation to live as disciples

Catholic Faith Words

- Sacred Chrism
- anointing
- Advocate
- peace

Catholic Signs & Symbols

Sacred Chrism

Sacred Chrism is the holy oil used in the Sacraments of Baptism, Confirmation, and Holy Orders. It is made from olive oil scented with balsam. The Sacred Chrism is blessed by the bishop at the Chrism Mass normally held during Holy Week (the week before Easter), then distributed to each parish. The sacred oils of Chrism, of the Sick, and the Catechumens are sometimes placed in a significant space in a parish church called the *ambry*.



Sacred Chrism

As the Child Understands

Children who were baptized as infants will not remember the feeling or scent of Sacred Chrism, but many children associate putting on a fragrance as a sign of doing something important. You might put on perfume or cologne before going out for a special occasion. It is helpful for your child to know what Sacred Chrism feels and smells like, so he will not be surprised or distracted by this part of the rite. Buying some scented oils and placing some on your child's hands will acquaint him with the feel and fragrance of scented oil.

Since Old Testament times, anointing with oil has signified the marking of someone chosen for a special purpose. The anointing with oil is also an important symbol of the Holy Spirit. The *Catechism* points out that the anointing with Sacred Chrism connects to the word, *Christian*, meaning *anointed* (see CCC, 1289).

What You Will Need

- pencils and pens
- three pieces of paper
- crayons/markers

Optional: picture of your child's face, foam core or heavy stock light-colored paper, permanent marker, tape or glue, pictures of object marked with a seal, document with a seal, stationery wax or candle, a seal to demonstrate how one works.

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

Part 1: Invite

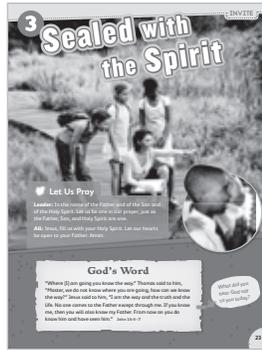
➔ Turn to Page 23



15 MINUTES

Sealed with the 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.



 **Begin with prayer:** Together make the Sign of the Cross. Read aloud the leader's part on page 23 and help your child with the response as needed.

Say: *In God's Word today we will hear Jesus tell us something about himself. Listen carefully for what God wants to share with you.*

God's Word

Invite your child to close her 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: *Today we are going to learn about the special sign used when you receive Confirmation. This will be such an important day for our family!*

➔ Turn to Page 24

How Many Ways

Draw your child's attention to the photo in the Child Book and ask what is happening. *using oil on a bicycle chain* Then read the top paragraph.



 **On-page Activity:** Read the instructions and allow your child time to complete the assignment. While your child completes the activity, reflect on the following.

PARENTS, CONSIDER THIS: Children understand at an early age what it means to be *chosen*. They are chosen for a team or for a part in a school play. They might represent their class or your family at an event. They feel honored. As adults, we become more aware of the responsibilities that come with being chosen. Saint Paul tells us that we have been chosen *in Christ*. We bear the responsibility of bringing his presence to others—family, neighbors, and the world. In so many areas of our lives we assess how well we are doing, in relationship to the goals or objectives we have created. As Christians we must ask ourselves how effectively we are living as the anointed chosen in Christ.

Ask your child to share responses. *adding flavor, protecting food from burning, helping wounds to heal, fixing a door, making an engine run smoothly*

Discuss some other uses for oil. *Possible responses: Oil is used in cosmetics, detergents, fertilizers, medicines, and paints*

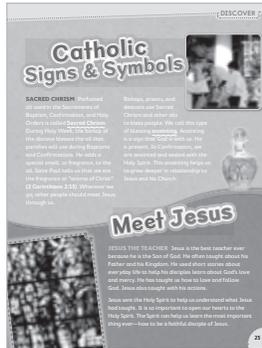
Part 2: Discover



→ Turn to Page 25

40 MINUTES

Catholic Signs & Symbols



Ask: (Pointing to words Sacred Chrism) Can you read these words?

Explain that Sacred Chrism is a very special oil used in our Catholic Church. As you read, have your child listen for how it is made and what we use it for.

Read the paragraph about Sacred Chrism, and then discuss what the pictures on the page show.

Say: Look at the second paragraph. It calls attention to the word anointing. Can you explain what it means to be anointed?

Point out that he will be *anointed* with Sacred Chrism at Confirmation.

Say: How wonderful that you will be signed and sealed with mark of the Holy Spirit. If your heart is open, the Spirit will fill you with his power.

Looking for More? Take a picture or find a picture of your child's face. Create a frame from foam core or heavy stock, light-colored paper. Attach the picture to it and ask your child to write with permanent marker her name on top and **Chosen in Christ** on the bottom. Place the frame on the refrigerator and leave it there as you prepare for the Sacraments.

Meet Jesus

Tell your child to look at the image of Jesus the Teacher at the bottom of the page in the Child Book.

Say: Today we are meeting Jesus the Teacher.

Summarize the first paragraph.

Ask: Who is the best teacher you ever had? Why was he or she such a good teacher? Share who was the best teacher you ever had and how that person helped you to learn.

Say: Both of our teachers helped us to understand. Sometimes we need the help of teachers who are not in school. Let's read the second paragraph together, and let's circle what the Holy Spirit helps us to learn.

Anointing with Oil

Write the words *Priest*, *Prophet*, and *King* in big letters on three separate pieces of paper.

Read the first two paragraphs and ask your child to pick up the word you are reading as you say it. Read the words slowly.

Repeat these three words together, then summarize the third paragraph.



God's Word

Explain that God is speaking to Moses, the great leader of God's People. The instructions God gives are for Aaron, Moses' brother.

Proclaim the Scripture from Exodus and transition to the Priest material below God's Word.

Priest

Read aloud the paragraph under the heading for *Priest*. After reading, turn the paper labeled *Priest* over and list the three responsibilities of the priests of Israel that are mentioned in this paragraph.

Read each one and ask your child what each means.

King

Take the paper with *King* written on it. On the back, write the three responsibilities of a king: stand up for what is right; listen to God's Word; and rule over his People.

Ask your child to read about kings and circle the phrases that you have written on the paper.

Say: *God told Samuel who he had chosen to be king. What did Samuel do as a sign that Saul would be king? Anointed him with oil*

Prophet

Write the following phrases on the back of the paper labeled with the word *Prophet*: speak God's truth and call people to be faithful.

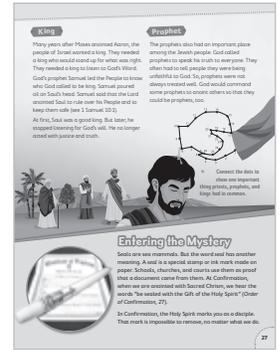
Say: *Let's look at the word prophet. A prophet is another person given a special responsibility by God. Follow along as I read about the special work of the prophet.*

Read aloud the text that tells about prophets.

Say: *Prophets were also anointed.*

On-page Activity: Read the activity instructions.

Look at the picture in the activity on page 27. Where is the King? The Priest? The Prophet? Connect the dots to show something that all three have in common. *They were all anointed* While your child is completing the activity, reflect on the Parents, Consider This on the following page.



PARENTS, CONSIDER THIS: When we are sealed with the Holy Spirit at Confirmation, we are chosen in Christ for mission. The Holy Spirit is the source of our capacity to live a just, compassionate, generous, and truthful life. Have you ever looked at someone's action and thought, "I could never be that forgiving," or "I could never be that courageous"? Never forget that for God, all things are possible. Because God is working in you, you can be all that he imagined you to be. Part of your mission is to be a faith-filled Catholic parent. You model discipleship for your child. When she sees you forgive someone, pray, go to Mass, or help others outside your family, you give witness to the power of the Holy Spirit. Remember, when your child tries the last of your patience, you can be calm—all things are possible for God.

Entering the Mystery

Explain that during the Sacrament of Confirmation the candidates will be sealed with the Holy Spirit.

Say: *You will be marked as a disciple of Jesus. Let's think about what that means.*

Emphasize that being sealed by the Holy Spirit joins us to Jesus so completely that we never have to be alone. He walks with us through all the happiness and hurts of each day.

Looking for More? Gather some pictures of objects marked with seals on ancient documents. Show your child some documents that may have a seal (a birth certificate or a baptismal certificate). Have your child run a finger over the seal. Using stationery wax or a candle, demonstrate how the hot wax takes on the form of a seal. Today, seals are available at stationery stores or consider creating one by carving a small potato. Discuss how the wax takes on the form of the seal. Explain that the Holy Spirit will set his seal on your child's heart and claim her for Christ and the Church.

Jesus is Priest, Prophet, and King



Read the first paragraph, and then distribute a picture of Jesus with space to write the words *Priest*, *Prophet*, and *King* and the word *Messiah* across the bottom.

Read aloud the first bullet.

Say: *Write the word Priest with a capital P.*

Read aloud the second bullet.

Say: *Write the word Prophet with a capital P.*

Read aloud the third bullet.

Say: *Write the word King with a capital K. Finally, let's write the word Messiah, which means anointed one.*

Direct attention to the picture of a baby's anointing at the bottom of the Child Book page. Read the words that the priest says (in the next to last paragraph) as your child looks at the picture.

Ask: *What words did you hear that we just used to describe Jesus? priest, prophet, king*

Summarize last paragraph in a voice that conveys excitement.

Share a time when you have witnessed your child; being of service to someone (king), telling someone what is right (prophet), offering praise and thanks to God (priest).

You Are God's Anointed

Say: *Wow! Look at the first sentence on this page. Listen as I read this paragraph. Stand up every time you hear something the Holy Spirit will do for you in Confirmation.*



Have your child read the next sentence with you, starting with, "Like the prophets . . ."

Say: *I will use your baptismal name today, but for your Confirmation day, you can choose a Confirmation name. We will talk more about that later. After the bishop speaks, you will have to answer. Place your finger on the sentence that begins, "You will answer . . ." and read with me.*

Explain that the bishop is the ordinary minister of the Sacrament of Confirmation for all baptized Catholics. For catechumens (non-baptized) and candidates (those baptized in other Christian religions), the ordinary minister of Confirmation may be the priest, with permission of the bishop, who baptizes or witnesses the profession of faith for those being welcomed into full communion in the Catholic Church. When the Sacraments of Confirmation and Eucharist are being received by baptized Catholics in the restored or original order, the bishop may delegate authority to a priest to celebrate the Order of Confirmation (see CCC, 1312–1314).

Demonstrate what the bishop will do when your child is anointed. Make sure he boldly responds, "Amen!"

 **On-page Activity:** Read the activity instructions. When your child has finished, discuss the responses. Emphasize that because we are united with Jesus, we too act as priest, prophet, and king.

The Heart of a Learner

Read the first two paragraphs on page 30 of the Child Book.

Say: *Find the sentence that describes true peace.*



Emphasize the next two sentences that connect God's will and his order and purpose.

Ask: *How often each day do you think we should ask the Holy Spirit for help? Responses will vary*

Say: *Let's both think of three times yesterday that we either did or could have asked the Holy Spirit for help. Possible responses: when I needed patience when you and your sister were fighting; when someone at work made me angry; when I was really nervous about a test*

Instruct your child to read the last paragraph silently.

Ask: *Why is it important for every person to want peace? There can only be peace in the world when we follow Jesus by loving others with our words and actions When is it the most difficult for you to be a peaceful person? Responses will vary*

 **On-page Activity:** Have your child complete the secret message activity in the book.

Say: *We are going to discover a secret message.*

Ask your child to read the directions, then continue.

Say: *Let's try to find the first few letters together. Count 1, 2, and circle the third letter. Now write that letter in first blank. Again count 1, 2, and circle the next letter. Write that letter in the second blank space. Finish the rest of the message.*

Read the secret message.

Part 3: Live

→ Turn to Page 31



15 MINUTES

Disciples Change The World

Read the first sentence together.

Say: *the word Priest and have your child read the second and third sentences. Say the word Prophet and have your child read the fourth and fifth sentences. Do the same for King.*

 **On-page Activity:** Work with your child to complete the activity.

Say: *On page 29 we thought about what Jesus would say and do. Now, let's think about what we would say and do because we have new life in Christ.*

Read aloud the directions to the activity. Then, discuss your child's responses to the activity. While your child is completing this activity, reflect on the following.

PARENTS, CONSIDER THIS: Peace is a difficult concept for children. They often think of it simply as the absence of noise. Help your child understand that peace is the result of putting your joys, struggles, and challenges into the hands of God. We trust that God can redeem all things. This is what Jesus meant when he refers to the peace only he can give (see John 14:27). To help your child develop the capacity to trust in Jesus' promise, place an oversized glove somewhere visible in your home. Whenever your child is anxious, worried, or upset, ask him to draw or write what is bothering him on a piece of paper and together slip it into the glove as a symbol of placing it in God's hands. If your child sees you doing this on occasion, you will be teaching without speaking.

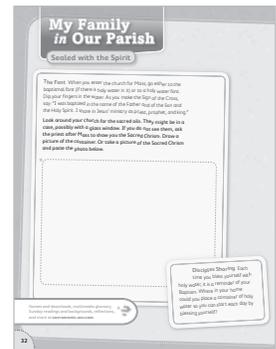


→ Turn to Page 32

My Family in Our Parish

Point out that the focus of this page, the one you take to Mass, is baptismal water. It reminds us we share in Jesus' ministry of Priest, Prophet, and King. You will also be asked to find the Sacred Chrism.

 **Disciples Sharing:** The discussion you have with your child and your family about living your Baptism is a wonderful way to call to mind what it means to be a disciple. When you are finished talking about imagining a holy water font in your home, perhaps you could actually do it.



Family Prayer



Peace Be With You

On the table should be an open Bible, a cross or crucifix, a cloth, and a candle. Light the candle.

Together: *In the name of the Father and of the Son and of the Holy Spirit. Amen.*

Parent: *"[Jesus] said to them again, 'Peace be with you. As the Father has sent me, so I send you'" (John 20:21).*

Child: *How do we bring the peace of Jesus to the world?*

Parent: *We share in his mission of Priest, Prophet, and King. We must be peacemakers, beginning with those closest to us especially in our family.*

Child: *We pray for (**name all the members of your family**). Help us all to live in peace with each other.*

Parent: *So, let us right now offer each other a Sign of God's Peace.*

(Shake hands and/or hug each other and say, "Peace be with you.")



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