

The Family Rosary Way of Grace

Parent Preparation Guide to Confirmation

“Become who God meant you to be, and you will set the world ablaze!” St. Catherine of Siena

Dear Parents or Guardians,

Thank you for taking an active role to help prepare your child to receive the Sacraments of Reconciliation, Eucharist, or Confirmation. This is a special time for your family to pause and reflect on where your family is on the path God called you to walk when your child(ren) was baptized. This is also a great time for your family to pray about any changes you may need to make to remain on the path.

Below you will find links to Holy Scripture, information about the Sacrament being studied, and helpful items to gather that will help during the home sessions.

May your whole family find peace and joy in this Family Rosary Way of Grace!

Sacrament of Confirmation:

- The Sacrament of Confirmation is one of three Sacraments of Initiation.
 - The Sacraments of Baptism and Eucharist are the other two Sacraments of Initiation.
- The Sacrament of Confirmation more perfectly binds the baptized to the Church and enriches each person with the special strength of the Holy Spirit so that the individual can be a true witness to Christ. (Is 11:2; Jn 16:7-12; Acts 1:8; 2:1-4; 8:14-17) (LG, 11; CCC, 1285; CIC, c. 879)
- The ordinary minister: In the Latin, or Roman, Catholic Church: the bishop. In Eastern Catholic Churches: the priest. (CCC, 1312-1313; CIC, c. 882) (*In Eastern Catholic Churches, Chrismation is conferred immediately after Baptism. Some also offer reception of the Holy Eucharist (CCC, 1233).*)
- In the Roman Catholic Church, those preparing for Confirmation who have the use of reason must be able to renew baptismal promises, be in a state of grace, have the intention to receive the sacrament, and be prepared to assume the role of a disciple (CCC, 1306-1310; CIC, c. 889, p. 2)).
- Confirmation/Chrismation:
 - Increases and deepens one's baptismal grace (CCC, 1303)
 - Marks one with an indelible character on the soul (CCC, 1304-1305)
 - Strengthens the baptismal conferral of the Holy Spirit (CCC, 1303)
 - Increases in the confirmed the gifts of the Holy Spirit (CCC, 1302-1303)
 - Strengthens one's bond with the Church to enable the confirmed/chrismated to serve the Church's *ad gentes* mission (evangelization) and become Christian stewards. (CCC, 1303)
- During this time, your child will be learning about the words, gestures, signs, and symbols of the rite, including an emphasis on the anointing of Sacred Chrism/Holy Myron, the imposition of hands, and the words, "Be sealed with the gift of the Holy Spirit."
- **Sponsor:** each candidate for Confirmation needs to choose a sponsor to support his or her journey. The sponsor represents the larger community and stands with the candidate as he or she is confirmed. In the Diocese of Baker, only one sponsor is permitted to stand with the candidate. Due to the intimate connection between the Sacraments of Baptism and Confirmation, special consideration should be given to the baptismal sponsors (godparents) of each candidate to serve as a sponsor for Confirmation. **Sponsor requirements:** sponsors must be fully initiated Catholic Christians (have received Baptism, Confirmation, Eucharist,) regularly participate in the Sacraments of Eucharist and Penance & Reconciliation, be able to receive Eucharist at the Mass of Confirmation, be a minimum of 16 yrs of age, may be asked to provide a copy of Baptismal Certificate and/or birth certificate, and, if not a member of the candidate's parish, may be asked to provide a letter of good standing from the sponsor's pastor. Parents of candidates may not serve as a sponsor for their own child. (CIC, c. 872-874; 892-893)
- **Service:** because the Sacrament of Confirmation "strengthens one's bond with the Church to enable the confirmed/chrismated to serve the Church's *ad gentes* mission and become Christian stewards" (CCC, 1303), candidates preparing to be confirmed are asked to engage in service

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experiences in their family/neighborhood, parish, and/or larger community. Suggestions for service experiences, as well as suggested reflection questions, can be found in: [A Guide to Service & Spiritual Experiences](#).

- **Spiritual Experience/Retreat:** prior to receiving the Sacraments Confirmation, Matrimony, and/or Holy Orders, candidates for these sacraments are advised to set time away with God through a retreat or other intentional spiritual experience. Suggestions for spiritual experiences, as well as suggested reflection questions, can be found in: [A Guide to Service & Spiritual Experiences](#).

Symbols of the Sacrament of Confirmation:

- **Imposition/Laying on of Hands** - The bishop/priest prays over the person or persons to be confirmed/christened to invite the Holy Spirit.
- **Chrism/Holy Myron** - being anointed and strengthened for service and mission as a disciple of Christ.
- **“Be sealed with the gift of the Holy Spirit.”**- the words of the rite as the Bishop confirms. (*In Eastern Catholic Churches, the priest says, “The seal of the gift of the Holy Spirit,” as the more significant parts of the body (forehead, eyes, ears, nose, lips, chest, back, hands, feet) are anointed with Holy Myron.*)
- **Candle** - a reminder of the light of Christ and a connection of Confirmation to Baptism.
- **Symbols of the Holy Spirit**
 - Water - a reminder of Baptism and newness of life.
 - Wind - the movement of the Holy Spirit in the world.
 - Fire - the blaze of faith in the heart and soul.
 - Tongues of Fire - evokes images of the first Pentecost and the descent of the Holy Spirit.
 - Anointing - being prepared and appointed to a mission (discipleship).
 - The Color Red - the liturgical color of Pentecost and the celebration of the coming of the Holy Spirit.

Resource Links From the Parish & Home Sessions:

- [Sophia SketchPad: Confirmation](#)
- [Catholic Answers: The Seven Gifts of the Holy Spirit](#)
- [USCCB Examination of Conscience. How to Celebrate the Sacrament of Penance & Reconciliation.](#)

Optional Items to Gather to Help with Home Sessions:

- Bible to look up scripture.
- Computer or cellphone to look up suggested resources.

Scripture References:

Here are the scriptural links to the full story for each mystery in these home sessions. Please consider reading and sitting with the bigger story prior to each home session.

Home Session 1: Glorious Mystery - The Descent of the Holy Spirit ([Acts 2:1-41](#))

Home Session 2: Glorious Mystery - Assumption of Mary into Heaven ([Revelation 11:19a](#))

Home Session 3: Glorious Mystery - Crowning of Mary Queen of Heaven and Earth ([Revelations 12:1](#))

Other Helpful Resources to Help Prepare Children for the Sacrament of Confirmation:

- Resources on FORMED.org:
 - <https://watch.formed.org/the-holy-spirit-third-person-of-the-trinity-by-fr-shannon-collins>
 - <https://watch.formed.org/videos/the-holy-spirit-and-the-life-of-grace>
- Resources on FORMED.org about The Rosary:
 - <https://watch.formed.org/kids-1/videos/walking-with-jesus-the-rosary-prayers-in-song> (The Prayers of the Rosary in Song for Children & Families)
 - <https://watch.formed.org/brother-francis-1/season:1/videos/the-rosary-a-special-way-to-pray> (A Brother Francis Cartoon: “The Rosary: A Special Way to Pray”)

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Home Session: Confirmation 1

"Become who God meant you to be and you will set the world ablaze." St. Catherine of Sienna

Glorious Mysteries: The Descent of the Holy Spirit

Parents, please read this aloud with your child(ren):

Holy Scripture: *Then they saw what looked like tongues of fire which spread out and touched each person there. They were filled with the Holy Spirit and began to talk in other languages, as the Spirit enabled them to speak. [Acts 2:3-4](#)*

Prayer: (Sign of the Cross) Heavenly Father, please bless, inspire and guide our family as we grow in our faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen. (Sign of the Cross)

Story: The third Glorious Mystery is about the first Pentecost after Jesus' Resurrection and the coming of the Holy Spirit. Unlike those early believers, we received the gift of the Holy Spirit at Baptism. At Confirmation, the grace and Holy Spirit we received at Baptism are enlivened and our souls are sealed with a second indelible mark, *"Be sealed with the Gift of the Holy Spirit."*

Jesus modeled for us the importance of retreating from the world and spending time with God. Retreats, or spiritual experiences, allow our souls to grow, heal, and center on God. We are encouraged to seek spiritual experiences before we receive Confirmation as well as other times of great change or decision in our lives. (**Parents:** see suggestions in the Parent Preparation Guide.)

In Scripture, there are people who were given a new name when their mission changed, like Abram to Abraham and Simon to Peter. When we are confirmed, we choose a spiritual name. We can choose our Baptismal name or the name of a saint whose life or spirituality speaks to us.

Before Confirmation, we are asked if we desire to be confirmed. To choose to be confirmed is to choose to become witnesses to Christ, to be Christian stewards, to journey to become who God created us to be, and "to set the world ablaze"! We are also asked to seek experiences of caring for and serving others: in our family/neighborhood, parish, and the larger community. (**Parents:** please see suggestions in the Parent Preparation Guide.)

Biblical People: St. Paul, being filled with the Holy Spirit, experienced the power of conversion and being "set on fire" for the Lord! His spiritual encounter with Jesus literally knocked him off his high horse and it changed his whole life! St. Paul's birth name was Saul, after Israel's first king. After his conversion, he chose to go by Paul, which meant "humble". "Paul" was also a Roman name that the non-Jewish people he was serving would recognize. This change in his name reflected his new mission and the new way he was called to live. We are encouraged to ask the Holy Spirit to guide each of us in the way we are being called to live and to serve Jesus, and to help us decide what name we should choose to be confirmed with.

Discussion/Reflect:

Everyone: Share a time you experienced peace and love in your soul and felt close to God.

Parents: Share about how you prepared to be confirmed; share about the name you chose.

Response: Discuss and plan when and how your family can serve others and share the Good News in your **neighborhood** this week. Share your family's experience of service with your DRE.

Family Prayer this Week: As a family, please pray the Glory Be and St. Augustine's prayer to the Holy Spirit prayer each day this week. Also, on the day your family chooses, please pray 1 decade of the Rosary, meditating on (thinking about) today's mystery: 1 Our Father, 10 Hail Marys, 1 Glory Be, & 1 Fatima Prayer (Oh my Jesus). [Click here for help with prayers.](#)

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Glorious Mystery #3: The Descent of the Holy Spirit

Art: Mural by Cindi Duft, St. Mark Catholic Church, Boise Idaho

Reproduction of Jean Restout's "The Pentecost"

Learn more at: www.cindiduft.com

**Breathe into me, Holy Spirit,
that my thoughts may all be holy.**

**Move in me, Holy Spirit,
that my work, too, may be holy.**

**Attract my heart, Holy Spirit,
that I may love only what is holy.**

**Strengthen me, Holy Spirit,
that I may defend all that is holy.**

**Protect me, Holy Spirit,
that I may always be holy.**

- St. Augustine

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Home Session: Confirmation 2

"Become who God meant you to be and you will set the world ablaze." St. Catherine of Sienna

Glorious Mysteries: Assumption of Mary

Parents, please read this aloud with your child(ren):

Holy Scripture: *God's temple in heaven was opened, and the ark of his covenant was seen there.*

[Revelation 11:19a](#)

Prayer: (Sign of the Cross) Heavenly Father, please bless, inspire and guide our family as we grow in our faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen. (Sign of the Cross)

Story: The Feast of the Assumption of Mary, celebrated on August 15, is a Holy Day of Obligation: a feast day the Church considers so important, that we are obligated to attend Mass. Mary's Assumption into heaven on the final day of her earthly life, body, and soul, has been celebrated since at least the 4th century. As the mother who bore Jesus, God deemed her as too holy and honored to be entombed on earth. Our Mother Mary is known by many titles, including Ark of the Covenant, for she carried Jesus the Christ in her womb for nine months.

The Sacrament of Confirmation is one of the Sacraments of Initiation into the Church. These Sacraments are Baptism when we are reborn as children of God; Confirmation, which strengthens us to "become who God meant [us] to be"; and Eucharist, which continues to nourish us so we can "set the world ablaze." At a Mass of Confirmation, all the Sacraments of Initiation are remembered or celebrated as candidates renew their baptismal vows, are confirmed, and receive the Eucharist.

As we heard in the Parish Session, the Roman, or Latin, Catholic Church and the Eastern Catholic Churches celebrate the Sacrament of Confirmation differently. The two big differences are that the Eastern Catholic Churches call it Chrismation and it is celebrated at the same time as Baptism, and the ordinary celebrant of the Sacrament is different. In the Eastern Catholic Churches, the ordinary celebrant is a priest, to maintain the close connection of Baptism to Confirmation. In the Roman Catholic Church, the ordinary celebrant is a bishop to maintain the close connection to the Apostles and the first Pentecost.

Another important sacrament to celebrate frequently, and especially before being confirmed, is the Sacrament of Penance & Reconciliation. Celebrating this sacrament about every 3-6 weeks helps us to live holy lives and to resist sin, especially very grave, or mortal, sin.

Biblical People: As Jesus hung dying on the cross, his mother, two other Mary's, and the Apostle John prayed below him. Jesus gave his mother to St. John, and in turn, to all of us (*Jn 19:26-27*). Our Church Tradition holds that Mary lived with John, in Ephesus, until her time on Earth was complete. That ancient home in Ephesus, now the city of Selcuk in Turkey, is a pilgrimage site.

Discussion/Reflection:

Everyone: Share your favorite title for Mother Mary, and why it is your favorite.

Parents: Set a date to celebrate the Sacrament of Penance and Reconciliation as a family.

Response: Discuss and plan when and how your family can serve others and share the Good News in your **parish** this week. Share what your family does with the parish DRE. (**Parents:** see *suggestions in the Parent Preparation Guide*.)

Family Prayer this Week: As a family, please pray the Glory Be and St. Augustine's prayer to the Holy Spirit prayer each day this week. Also, on the day your family chooses, please pray 1 decade of the Rosary, meditating on (thinking about) today's mystery: 1 Our Father, 10 Hail Marys, 1 Glory Be, & 1 Fatima Prayer (Oh my Jesus). [Click here for help with prayers.](#)

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Glorious Mystery #4: Assumption of Mary (Photo Credit: uscgb.org/how-to-pray-the-rosary)

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Home Session: **Confirmation 3**

"Become who God meant you to be and you will set the world ablaze." St. Catherine of Sienna

Glorious Mysteries: Coronation of Mary as Queen of Heaven and Earth

Parents, please read this aloud with your child(ren):

Holy Scripture: *There was a woman, whose dress was the sun and who had the moon under her feet and a crown of twelve stars on her head. [Revelations 12:1](#)*

Prayer: (Sign of the Cross) Heavenly Father, please bless, inspire and guide our family as we grow in our faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen. (Sign of the Cross)

Story: In the fifth Glorious Mystery of the Holy Rosary we meditate on (think about) our mother Mary being crowned as Queen of Heaven and Earth. In the times of the Old Testament, the mother of the king would be known as the "Queen Mother". The king of the land would listen very closely to her opinions and requests. Since Jesus is the High King of the entire universe, it makes sense that his mother would be the Queen of heaven and earth. It brings great joy to our Lord Jesus and His beloved mother when we invite her into our lives and prayerful conversations with God.

During the Rite of Confirmation the bishop (or priest the bishop has appointed), makes the sign of the cross with Sacred Chrism oil and prays the words, "Be sealed with the gift of the Holy Spirit". As we talked about during the first home session of the Confirmation unit, this *sealing with the gift of the Holy Spirit* stirs up, invigorates, enlivens, and makes stronger the presence of the Holy Spirit who was given to us in our Baptism. The Holy Spirit lives within us and longs to help form us into the person God has created us to be. When we say "Yes" and allow the Holy Spirit to live fully in our hearts we are able to live powerfully the *abundant life* Jesus promises (Jn 10:10).

As we prepare for (or think about our own) Confirmation, we are encouraged to pray about the Gifts and Fruit of the Holy Spirit. God wants to personally touch each of us and make us stronger Christians in the world. Let us ask the Lord how He wants to bless us with the gifts of fortitude, piety, fear of God, counsel, understanding, wisdom, and knowledge (cf Isaiah 11:2-3). And how do we see the Fruit of the Holy Spirit in our lives and those around us; Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control? (Galatians 5:22-23)

Biblical People: Mary, the Queen of Heaven and Earth, started out as a humble and poor little girl in a small town in the Middle East. She showed great humility and great courage. God chose her, out of all the women who have ever lived, to be the mother of His only Son. When God invited her to this challenging call, through the Archangel Gabriel, Mary bravely said yes, even though it meant she would have to suffer greatly, and she was blessed to be the Mother of the long-awaited Messiah and would even be called the Mother of God! May we each partner with the Holy Spirit within us to courageously and humbly become who God has called each of us to be!

Discussion/Reflection:

Everyone: Which Gift or Fruit of the Spirit caught your attention? Is this a gift God has blessed you with or one you would like to pray about receiving more fully?

Response: Discuss and plan when and how your family can serve others and share the Good News in your **larger community** this week. Share what your family does with the parish DRE.

(Parents: see suggestions in the Parent Preparation Guide.)

Family Prayer this Week: As a family, please pray the Glory Be and St. Augustine's prayer to the Holy Spirit prayer each day this week. Also, on the day your family chooses, please pray 1 decade of the Rosary, meditating on (thinking about) today's mystery: 1 Our Father, 10 Hail Marys, 1 Glory Be, & 1 Fatima Prayer (Oh my Jesus). [Click here for help with prayers.](#)

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Glorious Mystery #5: Coronation of Mary as Queen of Heaven and Earth
(Photo Credit: usccb.org/how-to-pray-the-rosary)