

Life in Christ – Your Baptismal Foundation

Fall 2024 Confirmation Prep Session #1 – Home Make-up Session

Saint Squad Scavenger Hunt Activity:

God has a perfect plan for our lives, and the significant days in our own spiritual lives have overlap with the wider Church and the entire Communion of Saints. So the day we're born, and the days we received our first sacraments, also have profound meaning! Those days overlap with the lives of other saints, and there's a tradition in the Church that those saints pray for you in a special way when your birthday/sacrament days overlap with their feast day. So today, we're going to invite you to learn more about those saints!

- *Look up the saint(s) whose feast day is on your birthday*
- *Do you know your baptism day? If not try to look it up this week!*
- *Look up the saint(s) whose feast day is on your baptism day*
- *Do you remember what day you received your First Communion? If not try to look it up this week, too! Then look up the saint(s) whose feast day is on your First Communion day.*
- *Parents – look up the saint(s) whose feast day is on your wedding day!*

OUR FAMILY SAINT SQUAD: *(write their names down here)*

_____, *pray for us!*

Your Baptismal Foundation:

- Your journey began at the dawn of time – God chose you for this unique time and place.
- Your journey began even more concretely at your baptism – for most of you, that occurred when you were an infant, and someone took vows on your behalf to give you the gifts of the Holy Spirit – the fullness of life.
- Most of the time that person was a parent, but sometimes it could have been a grandparent or another family member. You yourself may have chosen to become Catholic at an older age, either in baptism or in a Catholic Profession of Faith (if you chose to become Catholic after having been raised in a different Christian tradition).
- [Watch “Are You a ‘Child of God?’”](#)

- **Parent/Candidate Discussion**

- **Parents**, take a few minutes to share what you remember about your child's baptism! How did your child(ren) behave? Who was present? Was it during or after Mass? What single moment is most vivid in your memory?
- **Candidates**, what do you remember from baptisms you've witnessed? What happens at a baptism? Why is it significant?
- **Jot down some notes from your discussion:**

The Rite of Baptism & Baptismal Promises

- **Watch "Baptism Explained: The Rite of Baptism" (7:17)**

This video is geared toward parents, but walks through the essential elements of baptism.

- **Reception of the Child** – naming and claiming the child as Christ's through the sign of the cross traced on their forehead
- **Celebration of God's Word**: Liturgy of the Word, Intercessions, Invocation of the Saints, Prayer of Exorcism (a prayer to be set free from original sin) and Anointing (with the oil of catechumens)
- **Blessing of the Water**
Calling down of the Holy Spirit, as in Jesus' baptism
- **Renunciation of Sin & Profession of Faith**
Parents and godparents are asked to renew their baptismal promises and are reminded of the responsibilities they undertake by seeking baptism for their child.
- **BAPTISM**
"CHILD'S NAME, I baptize you in the name of the Father and of the Son and of the Holy Spirit. Amen."
- **The Explanatory Rites**
 - *Anointing with Sacred Chrism*
 - *Clothing with the White Garment*
 - *Presentation of Baptismal Candle*
 - *Ephphtha "Be opened" Prayer*
- **Conclusion of the Rite**
Our Father Prayer, and a final blessing over the mother, father, and godparents/family gathered there.

Optional Bonus Video – [Stop Being a Chicken: Bishop Barron on the Realities of Baptism](#)

- **Baptismal Promises**: Let's revisit the vows that parents and godparents make on behalf of a child during baptism... Parents & godparents promise to:
 - **Train their child in the practice & teachings of the faith**
Parents say yes to the core beliefs (doctrines) of our Catholic faith, and commit to raise

their child to know, understand, & live those beliefs. Parents are always the primary teachers of the faith to their children – Catholic schools, Religious Ed, and Youth Ministry are just extra supports to what parents are already doing, practicing, and learning about the Catholic faith at home. During the next two Prep Sessions we'll be doing a review of these core doctrines and talking through some of the big questions you might have.

- **Protect their child from sin.**

This one can seem overwhelming in today's culture - there are so many different voices trying to influence us, and life only gets more complicated as we grow into adolescence and adulthood. But thankfully, God helps us and gives us the grace we need to stay rooted in faith (especially through the gift of the sacraments -that's where following the 5 precepts of the Church is helpful. We'll talk about those shortly!)

- **Bring up their child to keep God's commandments.**

Parents commit to teaching children to know and live by the Church's moral guidelines - the 10 Commandments & the 5 precepts of the Church.

- **Quiz Break – do you remember the 10 Commandments? Fill them out below!**

10 Commandments Quiz

1 I am the Lord your God. You shall _____
_____.

2 You shall not take the _____
_____.

3 Remember to keep _____ the
_____.

4 Honor _____
_____.

5 You shall not _____.

10 Commandments Quiz (Pt.2)

6 You shall not commit _____.

7 You shall not _____.

8 You shall not bear _____
_____.

9 You shall not covet _____
_____.

10 You shall not covet _____
_____.

Exodus 20:1-17

(Scroll down for the answer guide once you've completed this quiz together!)

ANSWER GUIDE:

- 1 - I am the Lord your God. You shall not have strange gods before me.
- 2 - You shall not take the name of the Lord your God in vain.
- 3 - Remember to keep holy the Sabbath day.
- 4 - Honor your father and mother.
- 5 - You shall not kill.
- 6 - You shall not commit adultery.
- 7 - You shall not steal.
- 8 - You shall not bear false witness against your neighbor.
- 9 - You shall not covet your neighbor's wife.
- 10 - You shall not covet your neighbor's goods.

The 5 Precepts of the Catholic Church

- [Watch Fr. Mike "What Constitutes a Practicing Catholic"](#) (6:44)
- **Discuss Together:**
 - *Did you know these 5 precepts before watching this video? Which of them surprises you the most?*
 - *Attending Mass every Sunday is 65 hours a year – roughly 0.007% of our year. One hour at Mass per week is 0.005% of our week. Even if we only calculate how many WAKING hours this is, that's only 0.01% of our lives. Yet sometimes it can be difficult for us to prioritize even this tiny percentage of our time – why do we think that is? What else gets in our way, and how can we really try to honor this commitment?*
 - **CANDIDATES** – *Your parents took these vows on your behalf as a child. But when you receive this sacrament of Confirmation, you'll profess those vows yourself. Meaning that for the rest of your life, you're committing to live out these 5 precepts of the Catholic Church to the best of your abilities. Which of these do you think will be the most challenging for you in your high school years? In college?*
 - **BOTH:** *Choose one of the 5 precepts to work on together. Using the "5 Precepts of the Church" handout, make a concrete action plan for how to start prioritizing one of these precepts of the Church this month.*
 - Hot down some notes from your discussion below: