

My Confirmation

Catechism

Be sealed with the Gift of the Holy Spirit

For young Catholics preparing to become steadfast witnesses of Christ

My name:

My parish:

**Confirmation
date:**

A note for candidates, families, catechists and priests

This catechism is intended principally for young Catholics aged Eleven to sixteen who are preparing for Confirmation. The parish priest and diocesan directions govern admission, timing and exceptional cases.

Pastoral principles

Grace, not graduation. Confirmation is God's sacramental gift and the completion of baptismal grace; it is not a reward, school-leaving ceremony or mere statement of personal independence.

Faith seeking understanding. Candidates should know the essential doctrine, ask honest questions and learn to give reasons for Christian hope.

Freedom and readiness. Preparation should foster a genuine intention to receive the sacrament without coercion, public embarrassment or unnecessary testing.

Belonging and mission. Confirmation binds the baptised more perfectly to the Church and strengthens them to witness by word and deed.

Prayer and sacramental life. Preparation belongs within Sunday Mass, regular Confession, personal prayer, family life and practical charity.

How to use this book

The twelve lessons should be arranged at a convenient time for parent and child or mentor and family. Each lesson gives one central truth, an explanation, a question to talk about, five formal answers, a prayer and a practical action. Candidates should understand the answer before memorising it and should apply it to real decisions. This book supplies a concise doctrinal spine; it is not intended to displace personal encounter with Christ, communal formation, retreat, accompaniment or service.

The Nottingham diocesan vision

Bishop Patrick McKinney describes the spiritual foundation of diocesan renewal as Encounter, Discipleship and Missionary Discipleship. This catechism therefore treats preparation as a movement from meeting Christ, to following him faithfully, to bearing witness through the Holy Spirit.

Encounter	Meet Christ personally in the Gospel, prayer, the sacraments and Eucharistic Adoration.
Discipleship	Learn Christ's teaching, receive his grace and follow him in daily choices and duties.
Missionary Discipleship	Speak humbly about Christ and bear witness to his love, especially in service of those in need.

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The Holy Spirit, Lord and Giver of Life

REMEMBER The Holy Spirit is the third Person of the Blessed Trinity: true God, one in being with the Father and the Son.

There is one God in three divine Persons: the Father, the Son and the Holy Spirit. The Persons are distinct, yet each is wholly and eternally God. We worship the Holy Spirit together with the Father and the Son.

The Holy Spirit is not merely a force, feeling or symbol. He is a divine Person who knows, loves, speaks, guides and sanctifies. He dwells in the soul that is in the state of grace and makes the Church a living temple.

Everything in the Christian life depends upon grace. The Holy Spirit draws us to faith, gives divine life in Baptism, strengthens us in Confirmation, unites us to Christ in the Eucharist and helps us grow in holiness.

Talk About It: Why is it important to know that the Holy Spirit is a Person, not just a feeling or a kind of spiritual energy?

(The Holy Spirit is truly God, knows and loves us, acts personally, sanctifies us and can be known, loved and obeyed.)

Learn these answers

1. Who is the Holy Spirit?

The Holy Spirit is the third Person of the Blessed Trinity, true God with the Father and the Son.

2. Are there three gods?

No. There is one God in three divine Persons.

3. Is the Holy Spirit only a power or feeling?

No. The Holy Spirit is a divine Person who acts with knowledge and love.

4. What does the Holy Spirit do in the Church?

He gives life, sanctifies, guides and preserves the Church in the truth.

5. What does the Holy Spirit do in a soul in grace?

He dwells within that soul and helps it know, love and serve God.

PRAYER Come, Holy Spirit, teach me to know you, love you and follow your inspirations with a willing heart. Amen.

THIS WEEK Pray the Glory be slowly, giving equal adoration to the Father, the Son and the Holy Spirit.

The Promise and Pentecost

REMEMBER At Pentecost the risen Christ poured out the Holy Spirit upon the Apostles and sent them to bear witness.

The prophets promised that God would pour out his Spirit. Jesus, conceived by the Holy Spirit and anointed for his mission, promised the Advocate who would teach, strengthen and guide his disciples.

After the Resurrection, Jesus told the Apostles that they would receive power when the Holy Spirit came upon them and would be his witnesses. At Pentecost, the Spirit descended, and the fearful Apostles proclaimed Christ boldly.

Pentecost was not a private spiritual experience. The Holy Spirit formed the Apostles into missionary witnesses and manifested the Church to the world. Confirmation perpetuates the grace of Pentecost in the Church.

Talk About It: What changed in the Apostles after Pentecost, and what does that tell us about what the Holy Spirit does?

(Frightened disciples became courageous witnesses; the Spirit strengthens people for mission, not merely for a private religious experience.)

Learn these answers

1. Who promised to send the Holy Spirit?

Jesus Christ promised to send the Holy Spirit from the Father.

2. What happened at Pentecost?

The Holy Spirit descended upon the Apostles and strengthened them to proclaim Christ.

3. What signs accompanied Pentecost?

A sound like a mighty wind and tongues as of fire accompanied Pentecost.

4. What did the Apostles do after receiving the Spirit?

They preached the Gospel boldly and gathered believers into the Church.

5. How is Confirmation related to Pentecost?

Confirmation perpetuates in the Church the grace of Pentecost.

PRAYER Holy Spirit, as you strengthened the Apostles, give me courage to confess Christ and charity to serve those he loves. Amen.

THIS WEEK Read Acts 1:6-9 and Acts 2:1-11. Notice how the Holy Spirit turns fear into witness.

The Sacraments of Christian Initiation

REMEMBER Baptism, Confirmation and the Eucharist form one Christian initiation: new life, strengthening and nourishment in Christ.

In Baptism we are freed from sin, born again as children of God and made members of Christ and his Church. Confirmation does not replace or ratify Baptism; it completes baptismal grace and strengthens the baptized for witness.

The Eucharist completes Christian initiation by nourishing us with Christ himself. The three sacraments belong together even when, for pastoral reasons in the Latin Church, they are celebrated at different ages.

Confirmation is sometimes called a sacrament of Christian maturity. This means maturity in grace, not simply reaching a particular birthday. God gives the sacrament freely, while the candidate is prepared to receive and live its grace responsibly.

Talk About It: Why would it be wrong to think of Confirmation as “graduating” from being Catholic?

(Baptism begins new life, Confirmation strengthens and completes baptismal grace, and the Eucharist nourishes that life. Confirmation deepens Christian life rather than ending formation.)

Learn these answers

1. Which are the sacraments of Christian initiation?

Baptism, Confirmation and the Holy Eucharist are the sacraments of Christian initiation.

2. What does Baptism begin?

Baptism begins the new life of grace in Christ.

3. What does Confirmation do to baptismal grace?

Confirmation completes and strengthens baptismal grace.

4. Which sacrament completes Christian initiation?

The Holy Eucharist completes Christian initiation.

5. Does Confirmation make Baptism valid?

No. Baptism is already valid and fruitful; Confirmation brings its grace to completion.

PRAYER Father, thank you for making me your child in Baptism. Complete your work in me and keep me faithful at the table of your Son. Amen.

THIS WEEK Find your baptismal date and church. Thank God for your baptismal godparents and pray for them.

Confirmation in Scripture and Tradition

REMEMBER Christ instituted Confirmation, and the Apostles imparted the Holy Spirit to the baptized by prayer and the laying on of hands.

In Samaria, people had received Baptism. Peter and John came, prayed for them and laid hands upon them, and they received the Holy Spirit. Saint Paul did likewise for baptized disciples at Ephesus.

Sacred Scripture shows the apostolic pattern; Sacred Tradition recognises in it the origin of Confirmation. From the earliest centuries the Church has used the laying on of hands and anointing with consecrated chrism.

The sacrament has several traditional names: Confirmation, because it strengthens baptismal grace; Chrismation, because of the sacred anointing; and sealing, because it imprints the indelible mark of the Holy Spirit.

Talk About It: If someone asked, “Where did Confirmation come from?”, what would you point to in the life of the Apostles?

(Prayer, laying on of hands and the giving of the Holy Spirit in Acts; the Church recognises this apostolic pattern and preserves it sacramentally.)

Learn these answers

1. Who instituted Confirmation?

Jesus Christ instituted Confirmation.

2. How did the Apostles impart the Holy Spirit to the baptized?

They prayed and laid their hands upon them.

3. Where is this apostolic practice described?

It is described especially in Acts 8:14-17 and Acts 19:5-6.

4. What does the name Confirmation mean?

It means strengthening, because the sacrament strengthens baptismal grace.

5. Why is Confirmation also called Chrismation?

Because the baptized are anointed with sacred chrism.

PRAYER Lord Jesus, you gave the Holy Spirit to your Church. Keep me in the faith of the Apostles and make me faithful to their mission. Amen.

THIS WEEK Read Acts 8:14-17. Identify the baptized people, the Apostles, the prayer, the laying on of hands and the gift.

The Minister, Matter and Form

REMEMBER In the Latin Church the ordinary minister is the bishop; Confirmation is conferred by anointing with chrism, the laying on of the hand and the sacramental words.

The bishop is the ordinary minister because he is a successor of the Apostles and possesses the fullness of Holy Orders. His ministry shows that Confirmation joins us more closely to the apostolic Church and her mission.

A priest can validly confirm when the law itself or the competent authority grants him the faculty. This happens, for example, in adult initiation and reception into full communion; in danger of death any priest should confirm an unconfirmed Catholic.

The essential rite in the Latin Church is the anointing of the forehead with sacred chrism, done by the laying on of the minister's hand, with the words: "N., be sealed with the Gift of the Holy Spirit."

Talk About It: Why do you think it matters that the bishop normally confirms, rather than just any Catholic doing it?

(The bishop is successor of the Apostles and his ministry shows Confirmation's connection with the apostolic Church; the sacrament also has definite matter, form and minister rather than being something we invent ourselves.)

Learn these answers

1. Who is the ordinary minister of Confirmation?

The bishop is the ordinary minister of Confirmation.

2. May a priest confirm?

Yes. A priest may confirm when he has the faculty from the law or competent authority.

3. What is the sacred matter used in Confirmation?

Sacred chrism consecrated by a bishop is used in Confirmation.

4. Where is the candidate anointed?

The candidate is anointed on the forehead.

5. What words confer Confirmation in the Roman Rite?

"N., be sealed with the Gift of the Holy Spirit."

PRAYER God of the Apostles, keep our bishop and priests faithful. Through their ministry, strengthen your people in holiness and truth. Amen.

THIS WEEK Learn the name of your diocesan bishop and pray for him by name.

Anointing, Chrism and the Spiritual Seal

REMEMBER The visible signs of Confirmation reveal the invisible gift: the Holy Spirit consecrates, strengthens and seals us for Christ.

Sacred chrism is perfumed oil consecrated by the bishop. Oil signifies strengthening and healing; fragrance signifies the pleasing witness of a holy life; anointing signifies consecration to Christ, the Anointed One.

The minister extends hands over the candidates and invokes the sevenfold gift of the Holy Spirit. He then lays his hand upon each candidate through the act of anointing and marks the forehead with the Sign of the Cross.

The seal is an indelible spiritual character. It marks us as belonging to Christ, consecrates us for worship and mission, and cannot be erased. The sign of peace after the anointing expresses communion with the bishop and the Church.

Talk About It: What do you think the signs of oil, fragrance and a seal each tell us about the invisible grace God is giving?

(Oil suggests strengthening and consecration, fragrance suggests the witness of a holy life, and the seal means permanent belonging to Christ and mission in his service.)

Learn these answers

1. What is sacred chrism?

Sacred chrism is perfumed oil consecrated by a bishop.

2. What does the oil signify?

It signifies strength, healing and consecration by the Holy Spirit.

3. What does the fragrance signify?

It signifies the pleasing witness of a holy Christian life.

4. What does the spiritual seal mean?

It means that Christ marks us permanently with the character of his Spirit.

5. What follows the anointing in the present Roman Rite?

The minister gives the sign of peace, showing communion with the Church.

PRAYER Holy Spirit, seal me for Christ. Let my thoughts, words and actions carry the fragrance of his truth and charity. Amen.

THIS WEEK At Mass, notice the holy oils if your church displays them. Ask when the chrism is consecrated.

The Effects and Character of Confirmation

REMEMBER Confirmation pours out the Holy Spirit, deepens baptismal grace and gives special strength to witness to Christ.

Confirmation roots us more deeply as children of the Father, unites us more firmly to Christ, increases the gifts of the Holy Spirit and makes our bond with the Church more perfect.

It gives special strength to spread and defend the faith by word and action, confess the name of Christ boldly and never be ashamed of the Cross. Strength is ordered by charity: Christian witness must be truthful, patient and loving.

Like Baptism and Holy Orders, Confirmation imprints an indelible character and is received only once. Its grace can be neglected, but the character remains; through repentance and prayer its fruits can grow anew.

Talk About It: If Confirmation gives strength to witness to Christ, what might that look like in ordinary life rather than in a dramatic situation?

(Speaking truthfully, living the faith openly, refusing shame about the Cross, defending the faith with charity, and persevering in ordinary duties.)

Learn these answers

1. What is the chief effect of Confirmation?

It is a special outpouring of the Holy Spirit, as at Pentecost.

2. How does Confirmation deepen our relation to God?

It roots us more deeply as children of the Father and unites us more firmly to Christ.

3. How does Confirmation unite us to the Church?

It makes our bond with the Church more perfect and joins us more closely to her mission.

4. What strength does Confirmation give?

It gives strength to spread and defend the faith by word and deed.

5. Can Confirmation be repeated?

No. Confirmation is received only once because it imprints an indelible character.

PRAYER Holy Spirit, deepen every grace of my Baptism. Make me a courageous, gentle and faithful witness of Jesus Christ. Amen.

THIS WEEK Write one sentence explaining the Catholic faith kindly to someone who asks what you believe.

The Seven Gifts of the Holy Spirit

REMEMBER The seven gifts are lasting dispositions that make us docile and ready to follow the promptings of the Holy Spirit.

The seven gifts are wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. They were foretold by Isaiah and are found in their fullness in Jesus Christ.

The gifts do not replace study, prudence or effort. They perfect the theological and moral virtues so that we can respond readily when the Holy Spirit moves us. They grow in a life of grace, prayer and obedience.

Fear of the Lord is not servile terror. It is reverent awe and loving sorrow at the thought of offending God. Fortitude is not aggression; it is steadfast courage to do what is right despite difficulty.

Talk About It: Which gift of the Holy Spirit do you think you need most at the moment, and in what kind of situation would you need it?

(The gifts make us submit to the Spirit in real choices.)

Learn these answers

1. What are the seven gifts of the Holy Spirit?

Wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.

2. What do the gifts make us ready to do?

They make us ready to follow the promptings of the Holy Spirit.

3. Which gift helps us judge all things in the light of God?

Wisdom helps us judge all things in the light of God.

4. Which gift gives courage in difficulty?

Fortitude gives courage to do and endure what is right.

5. What is fear of the Lord?

It is reverent awe of God and a loving desire not to offend him.

PRAYER Spirit of wisdom and understanding, counsel and fortitude, knowledge, piety and holy fear, make me docile to your grace. Amen.

THIS WEEK Choose one gift you especially need this week. Ask for it each morning and act upon it.

Virtues, Fruits and Charisms

REMEMBER The Spirit perfects the virtues, forms holy fruits in us and gives charisms for the service of the Church.

The theological virtues are faith, hope and charity. The cardinal virtues are prudence, justice, fortitude and temperance. The gifts of the Holy Spirit make us more responsive to grace and perfect the virtues.

The fruits of the Spirit are signs of a life being transformed: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control and chastity. Fruit grows through grace and faithful cooperation, not instant emotion.

Charisms are particular gifts for building up the Church and serving others. They may be striking or ordinary, but all must be discerned, used humbly and submitted to the judgement of the Church. Holiness and charity are more important than display.

Talk About It: What's the difference between having a gift that impresses people and becoming a holy person? Which matters more?

(Charisms are for service, whereas holiness is shaped by grace, virtue and charity; gifts are not for display, and holiness is more important than being striking or impressive.)

Learn these answers

1. What are the theological virtues?

The theological virtues are faith, hope and charity.

2. What are the cardinal virtues?

The cardinal virtues are prudence, justice, fortitude and temperance.

3. What are the fruits of the Holy Spirit?

They are perfections formed in us by the Spirit as we cooperate with grace.

4. What are charisms?

Charisms are gifts of grace given for the service and building up of the Church.

5. How should charisms be used?

They should be used humbly, in charity and under the discernment of the Church.

PRAYER Holy Spirit, increase faith, hope and charity in me. Let your fruits be seen in my conduct and use every gift for the good of others. Amen.

THIS WEEK Choose one fruit of the Spirit and practise a concrete act that expresses it at home, school or work.

Renewing the Promises of Baptism

REMEMBER Before Confirmation, candidates renounce Satan and profess the faith of the Church into which they were baptized.

The renewal of baptismal promises shows that Confirmation follows Baptism. The candidate rejects sin and Satan, then professes faith in the Father, the Son, the Holy Spirit and the holy Catholic Church.

This is not inventing a private faith or deciding whether Baptism was real. It is personally professing the apostolic faith received from the Church and accepting anew the duties that flow from Baptism.

To profess the Creed truthfully is to shape life by it. Faith leads us to worship God, keep his commandments, form conscience by Church teaching, repent when we sin and love our neighbour in practical ways.

Talk About It: When you renew your baptismal promises, are you inventing your own version of the faith, or saying yes to something you have already received?

(The candidate personally professes the apostolic faith received from the Church and accepts anew the duties flowing from Baptism.)

Learn these answers

1. Why are baptismal promises renewed before Confirmation?

To show that Confirmation follows Baptism and strengthens its grace.

2. What does the candidate renounce?

The candidate renounces Satan, sin and everything opposed to God.

3. What faith does the candidate profess?

The one apostolic faith of the Catholic Church.

4. Is faith only a set of words?

No. Faith is God's gift by which we believe his truth and entrust ourselves to him.

5. How do we live our baptismal promises?

By worship, obedience, repentance, prayer and charity.

PRAYER O God, strengthen the faith given to me in Baptism. Help me reject sin, profess the Creed sincerely and live as your faithful child. Amen.

THIS WEEK Read the Apostles' Creed and identify what it teaches about the Father, the Son, the Holy Spirit and the Church.

Witness, Spiritual Combat and Mission

REMEMBER The confirmed are strengthened as witnesses and soldiers of Christ, fighting sin with truth, grace and charity.

Traditional catechisms call the confirmed Christian a soldier of Christ. The enemies are not other people but the world insofar as it rejects God, the flesh wounded by disordered desire, and the devil who tempts and accuses.

Our weapons are spiritual: faith, prayer, Scripture, the sacraments, truth, virtue, penance and works of mercy. We defend the faith without cruelty or pride, respecting every person while refusing what is false or sinful.

Every confirmed person shares in the Church's apostolate. Some serve in family life, education, public life, skilled work or care of the poor; some are called to priesthood or consecrated life. Mission begins with fidelity in ordinary duties.

Talk About It: When the Church speaks about spiritual combat, who is the enemy — and who is not the enemy?

(Other people are never the enemy to be hated. The struggle is against sin, temptation, the fallen world and the devil; Christians fight with truth, grace, prayer, sacraments and charity.)

Learn these answers

1. Why is the confirmed Christian called a soldier of Christ?

Because Confirmation strengthens us for spiritual combat and steadfast witness.

2. Who are the enemies in spiritual combat?

Sin, temptation, the fallen world and the devil—not the people we are commanded to love.

3. How do Christians defend the faith?

By truthful words, holy conduct, patient reason and charity.

4. What is the apostolate?

The apostolate is the work by which Christians share in the Church's mission.

5. Where does mission usually begin?

It begins in prayer, ordinary duties, family, parish, study, work and service.

PRAYER Saint Michael the Archangel, defend us in battle. Holy Spirit, make me steadfast against sin and generous in the service of souls. Amen.

THIS WEEK Perform one work of mercy quietly and without seeking praise.

Preparing, Receiving and Persevering

REMEMBER A candidate prepares by instruction, prayer, intention and the state of grace, then lives the sacrament through persevering discipleship.

A baptised person who has not yet been confirmed can receive Confirmation. A candidate with the use of reason should be suitably instructed, properly disposed, able to renew baptismal promises and sincerely intend to receive the sacrament.

Confirmation should be received in the state of grace. Candidates should examine their conscience and receive sacramental Confession beforehand. More intense prayer, Sunday Mass, worthy Communion, charity and attention at rehearsals help dispose the soul.

After Confirmation, give thanks and persevere. Remain faithful to Sunday Mass, frequent Confession, daily prayer, Scripture, parish life and service. The sacrament is not the end of formation but a permanent source of strength for Christian life.

Talk About It: What would make it clear, six months after Confirmation, that the sacrament had not become just a one-day ceremony for you?

(Sunday Mass, Confession, prayer, Scripture, service, parish belonging, moral seriousness and continued discipleship. Confirmation is a permanent source of strength, not a finishing line.)

Learn these answers

1. Who can receive Confirmation?

Every baptized person who has not already been confirmed can receive it.

2. How should a candidate prepare?

By suitable instruction, a sincere intention, prayer, good works and proper disposition.

3. In what state should Confirmation be received?

Confirmation should be received in the state of grace.

4. What sacrament should be received beforehand if needed?

The Sacrament of Penance should be received beforehand.

5. How do we persevere after Confirmation?

By Mass, Confession, prayer, Scripture, virtue, parish communion and service.

PRAYER Lord, complete the good work you have begun in me. Make me ready to receive your Spirit and faithful in every duty that follows. Amen.

THIS WEEK Make a practical plan for Confession, daily prayer, Sunday Mass and one regular form of service.

Appendix A

The Rite of Confirmation Step by Step

Confirmation is normally celebrated within Mass. The exact arrangements are governed by the approved liturgical book and the directions of the bishop, parish priest and ministers. This guide explains the principal moments without replacing a parish rehearsal.

Moment	What happens	How I take part
Presentation	The candidates are presented to the bishop or other minister.	Stand attentively and answer if the local rite asks you to do so.
Homily	The minister explains the mystery and duties of Confirmation.	Listen for how the Holy Spirit strengthens Baptism and sends the Church.
Baptismal promises	Candidates renounce Satan and profess the Catholic faith.	Answer sincerely and clearly with the whole group.
Silent prayer	The minister invites everyone to pray for the candidates.	Ask inwardly for the Holy Spirit and the seven gifts.
Laying on of hands	The minister extends hands and invokes the sevenfold Spirit.	Stand in reverent prayer and receive the Church's intercession.
Anointing	Each candidate is anointed on the forehead with sacred chrism.	Approach calmly; your sponsor places a hand on your shoulder if directed.
Sacramental words	The minister says, "N., be sealed with the Gift of the Holy Spirit."	Answer, "Amen."
Sign of peace	The minister says, "Peace be with you."	Answer, "And with your spirit."
Universal Prayer	The Church prays for the newly confirmed and for the world.	Join the petitions and pray for the mission now entrusted to you.
Eucharist and blessing	Mass continues, usually with a commemoration of the newly confirmed.	Participate fully, receive Communion if properly disposed and give thanks.

UPDATED PRACTICE Older catechisms may describe a light blow on the cheek. The present Roman Rite instead gives the sign of peace after the anointing.

Appendix B

The Gifts and Fruits at a Glance

The gifts make us docile to the Holy Spirit; the fruits are the qualities his grace forms in a life of faithful cooperation. The descriptions below are aids to understanding, not replacements for the Church's definitions.

Gift	What it perfects in us	A question for discernment
Wisdom	Tastes divine things and judges life in the light of God.	<i>What choice leads me closer to God?</i>
Understanding	Penetrates more deeply into the truths of faith.	<i>What mystery of faith should I study more carefully?</i>
Counsel	Helps practical judgement under the Spirit's guidance.	<i>What is the right action here and whom should I ask?</i>
Fortitude	Gives steadfast courage to do and endure what is right.	<i>What good am I avoiding because it is difficult?</i>
Knowledge	Sees created things truthfully and orders them to God.	<i>Am I using this gift or possession according to God's purpose?</i>
Piety	Forms filial love for God and reverence for his family.	<i>How can I pray and serve with a childlike heart?</i>
Fear of the Lord	Fills us with awe and loving sorrow at offending God.	<i>Do I honour God more than approval, comfort or success?</i>

The twelve traditional fruits

Charity	Loving God above all and our neighbour for God's sake.
Joy	Spiritual gladness in God and his goodness.
Peace	The tranquillity of rightly ordered love.
Patience	Enduring delay, suffering or provocation without abandoning charity.
Kindness	A ready and considerate desire to do good.
Goodness	Moral uprightness expressed in generous action.
Generosity	A large-hearted readiness to give and serve.
Gentleness	Strength governed by humility and charity.
Faithfulness	Reliability and constancy towards God and others.
Modesty	Dignified restraint in appearance, speech and conduct.
Self-control	Government of desires according to reason and grace.
Chastity	Integration of sexuality within one's state of life and vocation.

Appendix C

Choosing a Sponsor and, Where Customary, a Saint

The sponsor

As far as possible, a candidate has one sponsor. The sponsor presents the candidate and afterwards helps the newly confirmed live as a true witness of Christ. It is desirable, though not required, to choose one of the baptismal godparents, showing the unity of Baptism and Confirmation.

Requirement	What it means
Chosen suitably	The person is designated by the candidate, parents or pastor and genuinely intends to fulfil the role.
Catholic initiation	The sponsor is a Catholic who has been confirmed and has received the Holy Eucharist.
Mature enough	Ordinarily the sponsor has completed the sixteenth year, unless lawful local provision or a just exception applies.
Life of faith	The sponsor leads a life in harmony with the Catholic faith and the responsibility undertaken.
Canonically free	The sponsor is not bound by a canonical penalty and is not the candidate's father or mother.

A Confirmation name

The sacrament does not require a new name. Where local custom permits or encourages one, choosing the name of a canonised or beatified saint can express a desire for heavenly friendship and imitation. It must never distract from the candidate's baptismal identity or become merely decorative.

GOOD DISCERNMENT Choose a saint because his or her life leads you towards Christ. Read a reliable life, learn the saint's feast day and virtues, and ask for intercession. Follow parish instructions about whether to use your baptismal name or an additional saint's name.

My sponsor and why I chose this person: _____

My saint or baptismal patron: _____

The virtue I hope to imitate: _____

Appendix D

Prayers and a Rule of Life

Come, Holy Spirit

PRAY Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and you shall renew the face of the earth. Amen.

Prayer for the seven gifts

PRAY Holy Spirit, give me wisdom to seek God, understanding to know the faith, counsel to choose rightly, fortitude to persevere, knowledge to order created things well, piety to love the Father and fear of the Lord to worship him in awe. Amen.

Before Confirmation

PRAY Lord Jesus Christ, I belong to you through Baptism. Cleanse me from sin, increase my faith and prepare me to receive the seal of your Spirit with humility, courage and joy. Amen.

After Confirmation

PRAY Father, I thank you for the Gift of the Holy Spirit. Keep me united to Christ and his Church. Make my whole life a faithful witness in word, deed, prayer and service. Amen.

For my sponsor and patron saint

PRAY God of grace, bless my sponsor and reward every good example. Saint N., faithful friend of Christ, pray that I may imitate your virtue, resist sin and fulfil the vocation God gives me. Amen.

A simple rule of life after Confirmation

Rhythm	Practice
Daily	Morning offering; a passage of Scripture; examination of conscience; prayer to the Holy Spirit.
Weekly	Sunday Mass; a deliberate work of charity; time free from unnecessary digital noise.
Regularly	Sacramental Confession; Eucharistic adoration or a visit to the Blessed Sacrament; sound Catholic study.
In decisions	Ask what is true, good and loving; seek counsel; reject occasions of sin; choose the duties of your vocation.
In the parish	Take part faithfully and find a concrete form of service suited to your gifts, age and safeguarding arrangements.

Appendix E

Summary Catechism

These answers gather the doctrinal core of the lessons. Understand each answer, explain it in your own words and then learn its concise form.

1. Who is the Holy Spirit?

The third Person of the Blessed Trinity, true God with the Father and the Son.

2. How many gods are there?

There is one God in three divine Persons.

3. Is the Holy Spirit merely a force?

No. He is a divine Person who knows, loves, guides and sanctifies.

4. What happened at Pentecost?

The Holy Spirit descended upon the Apostles and strengthened them to proclaim Christ.

5. Which are the sacraments of Christian initiation?

Baptism, Confirmation and the Holy Eucharist.

6. What does Confirmation do to baptismal grace?

It completes and strengthens baptismal grace.

7. Who instituted Confirmation?

Jesus Christ instituted Confirmation.

8. How did the Apostles impart the Spirit to the baptized?

By prayer and the laying on of hands.

9. Where is this shown in Scripture?

Especially in Acts 8:14-17 and Acts 19:5-6.

10. What does Confirmation mean?

Strengthening.

11. Why is the sacrament called Chrismation?

Because the baptized are anointed with sacred chrism.

12. Who is the ordinary minister?

The bishop is the ordinary minister of Confirmation.

13. May a priest confirm?

Yes, when the law or competent authority grants the faculty.

14. What is sacred chrism?

Perfumed oil consecrated by a bishop.

15. What is the essential rite in the Latin Church?

Anointing the forehead with chrism by the laying on of the hand and the sacramental words.

16. What words confer Confirmation?

"N., be sealed with the Gift of the Holy Spirit."

17. What does the candidate answer?

The candidate answers, "Amen."

18. What does the spiritual seal mean?

Christ marks us permanently with the indelible character of his Spirit.

19. Can Confirmation be repeated?

No. It is received only once.

20. What is the chief effect of Confirmation?

A special outpouring of the Holy Spirit, as at Pentecost.

21. How does it unite us to Christ and the Church?

It unites us more firmly to Christ and binds us more perfectly to the Church.

22. What special strength does it give?

Strength to spread and defend the faith by word and deed.

23. What are the seven gifts?

Wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.

24. What do the gifts make us ready to do?

They make us ready to follow the promptings of the Holy Spirit.

25. What are the theological virtues?

Faith, hope and charity.

26. What are the cardinal virtues?

Prudence, justice, fortitude and temperance.

27. What are the fruits of the Spirit?

Perfections formed in us by the Spirit as we cooperate with grace.

28. What are charisms?

Gifts of grace for the service and building up of the Church.

29. Why are baptismal promises renewed?

To show that Confirmation follows Baptism and strengthens its grace.

30. What does the candidate renounce?

Satan, sin and everything opposed to God.

31. What faith does the candidate profess?

The one apostolic faith of the Catholic Church.

32. Why is the confirmed called a soldier of Christ?

Because Confirmation strengthens us for spiritual combat and witness.

33. Who can receive Confirmation?

Every baptized person who has not already been confirmed.

34. How should a candidate prepare?

By instruction, intention, prayer, good works and proper disposition.

35. In what state should Confirmation be received?

In the state of grace.

36. What sacrament should be received beforehand?

The Sacrament of Penance should be received beforehand.

37. What is the sponsor's duty?

To help the confirmed person live as a true witness and fulfil the sacrament's obligations.

38. How should the newly confirmed persevere?

By Mass, Confession, prayer, Scripture, virtue, parish communion and service.

Appendix F

Readiness and Review Guide

Readiness is not perfect memory, social confidence or a polished testimony. A candidate should have sufficient understanding according to capacity, a sincere intention, proper disposition and a growing willingness to live as a disciple and witness.

Area	What readiness looks like	Review
Catholic faith	Can profess the Creed and explain simply who the Holy Spirit is and what Confirmation gives.	☐
Sacramental understanding	Knows the relation of Baptism, Confirmation and Eucharist; knows the minister, chrism, sacramental words, effects and character.	☐
Intention	Freely intends to receive Confirmation and is able to renew baptismal promises sincerely.	☐
State of grace	Understands mortal and venial sin, has examined conscience and has a practical opportunity for Confession.	☐
Prayer	Participates at Sunday Mass and is developing a sustainable habit of personal prayer.	☐
Witness and conduct	Understands that faith must be lived in truth, chastity, justice, mercy and service.	☐
Sponsor	Has a canonically suitable sponsor, or the parish has considered what is possible.	☐
Practical preparation	Knows the rite, responses, rehearsal arrangements, dress expectations and safeguarding procedures.	☐
Pastoral support	Any disability, learning difference, anxiety, family difficulty or access need has been met with reasonable and dignified adaptation.	☐

Pastoral and safeguarding note

Preparation must respect each candidate's dignity, freedom and capacity. Disability, learning difference, illness or social anxiety does not by itself prevent reception. No candidate should be shamed, manipulated, publicly interrogated or required to disclose private sins outside Confession. Concerns should be handled discreetly by the parish priest and those properly responsible.

CANONICAL NOTE The universal law uses the age of discretion as a reference while permitting another age to be determined by competent authority. Follow the policy of the diocese; danger of death and other grave causes are treated specially by the Church's law.

Sources and doctrinal references

Sacred Scripture. Acts 1-2, Acts 8:14-17, Acts 19:5-6, Isaiah 11:1-3, John 14-16, Romans 8, 1 Corinthians 12 and Galatians 5. Short quotations follow the English Standard Version - Catholic Edition.

Catechism of the Catholic Church. Nos. 683-747 on the Holy Spirit; 1285-1321 on Confirmation; 1691-1698 on life in Christ; 1803-1845 on virtues, gifts and fruits.

Compendium of the Catechism of the Catholic Church. Questions 265-270 on Confirmation and 136-146 on the Holy Spirit and the Church.

Code of Canon Law. Canons 842, 879-896 and 872-874, especially the minister, candidate, age, sponsor, preparation and registration.

Order of Confirmation. Current Roman Rite for England and Wales, especially the renewal of baptismal promises, laying on of hands, anointing with chrism and sign of peace.

Joseph Deharbe, S.J.. A Full Catechism of the Catholic Religion, English translation by John Fander (London, 1863), especially pp. 255-259.

Doctrinal standard

Where local practice or terminology differs, the approved liturgical books, diocesan policy and the directions of the parish priest govern practical preparation. No text in this draft should be interpreted contrary to the Catechism of the Catholic Church or the competent ecclesiastical authority.