

PREPARING FOR

Adult Confirmation

Catholic Preparation Companion

"Be sealed with the Gift of the Holy Spirit."

FOR WHOM?

For a baptised Catholic adult who has not yet received the Sacrament of Confirmation. This is not the pathway for an unbaptised adult or for a baptised non-Catholic Christian seeking full communion with the Catholic Church.

Name: _____

Parish: _____

Baptism parish and date: _____

Sponsor: _____

Confirmation date: _____

St Mary's | St John Bosco | St Edward's Parish

Adult sacramental preparation | 2026

This book belongs to you

Confirmation is not a graduation, a reward for being older, or a second Baptism. It is a sacrament of Christian initiation in which the baptised are enriched with a special strength of the Holy Spirit, bound more perfectly to the Church, and strengthened to witness to Christ by word and deed.

This companion is written for adults. You may work through it on your own, with your sponsor, or with a priest or catechist. Each conversation is intentionally short. Read the teaching, talk honestly about the question, make sure you understand the essentials, pray, and take the practical step for the week.

The book supplies the catechetical spine. The parish still verifies your Baptism and sacramental record, helps with any pastoral or canonical questions, provides opportunities for Confession and prayer, and arranges the celebration with the bishop or another minister who has the faculty to confirm.

A SIMPLE RHYTHM

REMEMBER -> short teaching -> TALK ABOUT IT -> THE ESSENTIALS -> PRAYER -> THIS WEEK. A normal conversation should take about 15-20 minutes. There is no prize for rushing.

Before you begin

- Bring or request a recent baptismal certificate if the parish does not already hold your record.
- Tell the priest if you are unsure whether you were confirmed, were baptised in an Eastern Catholic Church, were baptised outside the Catholic Church, or have never received First Holy Communion.
- If your marriage or family situation raises a sacramental question, speak privately with the priest early. The purpose is pastoral clarity, not embarrassment.
- Keep Sunday Mass central during preparation, begin or renew daily prayer, and plan to receive the Sacrament of Penance before Confirmation.
- Ask questions. If something is unclear, note it rather than guessing or pretending.

WHICH PATHWAY?

Unbaptised adult -> RCIA / catechumenate. Validly baptised non-Catholic Christian seeking to become Catholic -> Reception into Full Communion. Baptised Catholic adult not yet confirmed -> this Adult Confirmation pathway.

Twelve short conversations

	Conversation	Purpose
1	Baptism and Christian Initiation	What Baptism has already given and where Confirmation belongs.
2	The Holy Spirit, Lord and Giver of Life	Who the Holy Spirit is and how he sanctifies.
3	The Promise and Pentecost	The Spirit poured out for mission.
4	Confirmation in Scripture and Tradition	The apostolic pattern of prayer, hands and the Spirit.
5	The Minister, Chrism and Sacramental Words	What the Church does when she confirms.
6	Anointing, Seal and Belonging to Christ	The visible signs and invisible character.
7	The Effects of Confirmation	Deepened baptismal grace and strength for witness.
8	The Seven Gifts of the Holy Spirit	Docility to the Spirit in adult decisions.
9	Virtues, Fruits and Charisms	Holiness, character and service in the Church.
10	Renewing the Promises of Baptism	A personal yes to the faith already received.
11	Witness, Vocation and Spiritual Combat	Mission in family, work, parish and the world.
12	Preparing, Receiving and Persevering	State of grace, the rite, thanksgiving and life afterwards.

Appendices: Pathway check; Rite step by step; Gifts and fruits; Sponsor and saint; Preparing for Confession; Essentials; Readiness conversation; Rule of life; Special situations and sources.

Baptism and Christian Initiation

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

Your Christian life did not begin with Confirmation. In Baptism you were freed from sin, born again as a child of God, incorporated into Christ and his Church, and marked permanently as belonging to Christ.

Confirmation does not make Baptism valid and it is not your opportunity to decide whether your Baptism counted. It completes and strengthens baptismal grace. The Eucharist completes Christian initiation by nourishing us with Christ himself.

As an adult, receiving Confirmation is a conscious act of discipleship, but the sacrament is first God acting. You freely receive a grace you did not create and accept the mission that flows from the Baptism you already possess.

TALK ABOUT IT

What has Baptism already given you, and why would it be wrong to describe Confirmation as "finally choosing whether your Baptism was real"?

THE ESSENTIALS

1. Which are the sacraments of Christian initiation?

Baptism, Confirmation and the Holy Eucharist.

2. What does Baptism begin?

The new life of grace in Christ and membership in his Church.

3. What does Confirmation do to baptismal grace?

It completes and strengthens baptismal grace.

4. Does Confirmation make Baptism valid?

No. Baptism is already valid; Confirmation strengthens and completes its grace.

5. Which sacrament completes Christian initiation?

The Holy Eucharist.

PRAYER

Father, thank you for making me your child in Baptism. Deepen that grace in me and lead me into the fullness of Christian initiation. Amen.

THIS WEEK

Find your baptismal date and parish. If you can, obtain your baptismal certificate and thank God specifically for the grace of your Baptism.

The Holy Spirit, Lord and Giver of Life

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

There is one God in three divine Persons: Father, Son and Holy Spirit. The Holy Spirit is not merely a force, mood, symbol or religious energy. He is a divine Person who knows, loves, speaks, guides and sanctifies.

The Holy Spirit draws us to faith, gives divine life, dwells in souls in grace, makes the Church a living temple and forms Christ in us. Everything authentically Christian is lived by grace, not by willpower alone.

Adult faith can become very practical and self-reliant. Confirmation reminds us that discipleship is supernatural. We need the Holy Spirit to pray, repent, discern, persevere, forgive, serve and bear witness.

TALK ABOUT IT

If the Holy Spirit is truly a divine Person rather than an impersonal force, how should that change the way you pray and make decisions?

THE ESSENTIALS

1. Who is the Holy Spirit?

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. He 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 he 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

Begin each day with a simple prayer: "Holy Spirit, guide my mind, words and choices today."

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 a new outpouring of God's 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 they would receive power from on high and become his witnesses. At Pentecost, the Holy Spirit descended and the fearful Apostles proclaimed Christ boldly.

Pentecost was not a private spiritual experience. The Spirit formed a missionary Church. Confirmation perpetuates this Pentecostal grace by strengthening the baptised for witness and mission.

TALK ABOUT IT

Where in your present adult life - family, work, friendships, public responsibilities or parish - do you most need the courage of Pentecost?

THE ESSENTIALS

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 did the Apostles do afterwards?

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

4. Was Pentecost only a private experience?

No. The Spirit formed and sent the Church for mission.

5. How is Confirmation related to Pentecost?

It gives a special outpouring of the Holy Spirit for Christian witness.

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 what changes when the Apostles receive the Spirit.

Confirmation in Scripture and Tradition

REMEMBER Christ instituted Confirmation, and the Apostles imparted the Holy Spirit to the baptised 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 baptised disciples at Ephesus.

Sacred Scripture gives the apostolic pattern; Sacred Tradition recognises and hands on the sacrament. The Church has long used the laying on of hands and anointing with consecrated chrism as the sacramental sign.

Confirmation is therefore not a modern ceremony invented to mark adolescence. It belongs to the apostolic sacramental life of the Church and is part of Christian initiation.

TALK ABOUT IT

If someone asked you where Confirmation comes from, what would you point to in the Acts of the Apostles and in the Church's living Tradition?

THE ESSENTIALS

1. Who instituted Confirmation?

Jesus Christ instituted Confirmation.

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

They prayed and laid their hands upon them.

3. Where is this pattern described?

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

4. What does the name Confirmation suggest?

Strengthening, because the sacrament strengthens baptismal grace.

5. Why is it also called Chrismation?

Because the baptised are anointed with sacred chrism.

PRAYER

Lord Jesus, keep me in the faith of the Apostles and make me faithful to their mission. Amen.

THIS WEEK

Read Acts 8:14-17 slowly. Identify Baptism, the Apostles, prayer, the laying on of hands and the gift of the Spirit.

The Minister, Chrism and Sacramental Words

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

The bishop normally confirms because he is a successor of the Apostles. His ministry visibly links Confirmation with the apostolic Church and her mission.

A priest can confirm when universal law itself gives the faculty or when the competent authority grants it. A priest who receives a baptised Christian into full Catholic communion has the faculty for that person; an already-Catholic adult is confirmed by the bishop or by a priest who has the required faculty. In danger of death, any priest can confirm.

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

TALK ABOUT IT

Why is the normal connection with the bishop important, even when a priest has the faculty to confirm?

THE ESSENTIALS

1. Who is the ordinary minister of Confirmation?

The bishop.

2. May a priest confirm?

Yes, when the law or competent authority gives him the faculty.

3. What is sacred chrism?

Perfumed oil consecrated by a bishop.

4. Where is the candidate anointed?

On the forehead.

5. What words are used in the Roman Rite?

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

PRAYER

God of the Apostles, bless our bishop and priests. Through their ministry keep your Church faithful, holy and missionary. Amen.

THIS WEEK

Learn the name of your diocesan bishop and pray for him by name. Ask the parish who will administer your Confirmation.

Anointing, Seal and Belonging to Christ

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

Sacred chrism is fragrant oil consecrated by the bishop. Oil evokes strengthening and consecration; fragrance suggests the witness of a holy life; anointing identifies us with Christ, the Anointed One.

The minister invokes the Holy Spirit over the candidates and anoints each one with the Sign of the Cross. The sacrament imprints an indelible spiritual character - a permanent seal of belonging and consecration.

The character remains even if a person later neglects the grace of the sacrament. Confirmation cannot be repeated. The right response is not anxiety about whether the sacrament "worked", but repentance, renewed prayer and cooperation with the grace already given.

TALK ABOUT IT

What would it mean in practice to live as someone permanently marked as belonging to Christ?

THE ESSENTIALS

1. What does anointing with chrism signify?

Strength, consecration and sharing in the life and mission of Christ.

2. What does the fragrance suggest?

The pleasing witness of a holy Christian life.

3. What is the spiritual seal?

The indelible character by which Christ marks the confirmed with his Spirit.

4. Can the character be erased?

No. The sacramental character remains permanently.

5. Can Confirmation be repeated?

No. It is received only once.

PRAYER

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

THIS WEEK

Look at the Sign of the Cross you make each day. Ask what it means for your work, relationships, use of time and hidden choices to belong to Christ.

The Effects 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 a special strength of the Holy Spirit to spread and defend the faith by word and action, to confess Christ boldly and never be ashamed of the Cross. Christian courage is governed by charity, not aggression.

This grace is not limited to dramatic moments. It is meant for ordinary adult fidelity: keeping promises, speaking truth, resisting temptation, practising the faith openly, serving the vulnerable and carrying Christian hope into places where God has already put you.

TALK ABOUT IT

What would "strength to witness" look like in your ordinary week rather than in an exceptional or dramatic situation?

THE ESSENTIALS

1. What is the chief effect of Confirmation?

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

2. How does it deepen our relationship with God?

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

3. How does it affect our bond with the Church?

It binds us more perfectly to the Church and her mission.

4. What strength does it give?

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

5. What governs Christian witness?

Truth and courage governed by charity.

PRAYER

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

THIS WEEK

Identify one place where you tend to hide or dilute your faith. Decide on one truthful and charitable way to live it more openly.

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 are found in their fullness in Jesus Christ.

The gifts do not replace thought, study, prudence, professional competence or personal effort. They perfect the virtues and make us responsive when the Holy Spirit moves us.

Adults often need the gifts in complex choices: family responsibilities, work, money, health, vocation, moral pressure and service. Fear of the Lord is not terror; it is reverent awe and a loving desire not to offend God.

TALK ABOUT IT

Which gift of the Holy Spirit do you most need in a real decision or responsibility you are carrying now, and why?

THE ESSENTIALS

1. What are the seven gifts?

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

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

To follow the promptings of the Holy Spirit.

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

Wisdom.

4. Which gift gives courage in difficulty?

Fortitude.

5. What is fear of the Lord?

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 particularly need. Ask for it each morning this week and make one decision in its light.

Virtues, Fruits and Charisms

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

The theological virtues are faith, hope and charity. The cardinal virtues are prudence, justice, fortitude and temperance. Grace does not bypass character; it heals, elevates and strengthens us to live the good consistently.

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.

Charisms are gifts for serving others and building up the Church. Some are striking and some ordinary. They are not badges of spiritual superiority. Holiness and charity matter more than display, and charisms are discerned within the Church.

TALK ABOUT IT

Are you more interested in spiritual experiences or in becoming holy? How would someone close to you recognise the fruits of the Spirit in your life?

THE ESSENTIALS

1. What are the theological virtues?

Faith, hope and charity.

2. What are the cardinal virtues?

Prudence, justice, fortitude and temperance.

3. What are the fruits of the Spirit?

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

4. What are charisms?

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

5. How should charisms 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 visible in my conduct and use every gift for the good of others. Amen.

THIS WEEK

Choose one fruit of the Spirit and practise one concrete act that expresses it at home, work or in the parish.

Renewing the Promises of Baptism

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

The renewal of baptismal promises shows that Confirmation follows Baptism. You reject sin and Satan and profess faith in the Father, the Son, the Holy Spirit and the holy Catholic Church.

This is not inventing a private version of Christianity. It is a personal profession of the apostolic faith received from the Church and a renewed acceptance of the duties that flow from Baptism.

An adult "I do" has consequences. The Creed shapes worship, conscience, sexuality, relationships, money, work, justice, forgiveness and public conduct. Where Church teaching is difficult, discipleship means seeking understanding and asking for the grace to obey rather than quietly rewriting the faith.

TALK ABOUT IT

When you answer "I do" to the Catholic faith, which part of your life most needs to become more consistent with that profession?

THE ESSENTIALS

1. Why are baptismal promises renewed?

To show that Confirmation follows Baptism and strengthens its grace.

2. What do you renounce?

Satan, sin and everything opposed to God.

3. What faith do you profess?

The one apostolic faith of the Catholic Church.

4. Is faith only a set of words?

No. Faith entrusts the whole person to God and shapes life.

5. How do we live our baptismal promises?

By worship, obedience, repentance, prayer, virtue 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 slowly. Mark one article you understand well and one you want to study more deeply.

Witness, Vocation and Spiritual Combat

REMEMBER The confirmed are strengthened as witnesses of Christ, resisting sin with truth, grace and charity and serving the Church in their vocation.

Traditional catechesis speaks of spiritual combat. Other people are not the enemy. The struggle is against sin, temptation, the fallen world insofar as it rejects God, 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, pride or contempt for those who disagree.

Mission is not an extra hobby. Confirmation strengthens you to live your vocation as a Christian in marriage or single life, family, work, citizenship, parish, service and, for some, ordained or consecrated life. Mission usually begins with fidelity to ordinary duties.

TALK ABOUT IT

Where has God already placed you to be a witness - and what ordinary duty there might be part of your mission?

THE ESSENTIALS

1. Why speak of spiritual combat?

Because Christians must resist sin and temptation and remain steadfast in Christ.

2. Who is not the enemy?

Other people are never enemies to be hated.

3. How do Christians defend the faith?

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

4. What is the apostolate?

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

5. Where does mission usually begin?

In prayer, vocation, family, parish, work, citizenship and service.

PRAYER

Holy Spirit, make me steadfast against sin, humble in truth and generous in the service of souls. Amen.

THIS WEEK

Perform one work of mercy quietly. Also ask: "Where is my present vocation asking for greater fidelity?"

Preparing, Receiving and Persevering

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

Every baptised person not yet confirmed is capable of receiving Confirmation. Outside danger of death, a person with the use of reason should be suitably instructed, properly disposed and able to renew the baptismal promises.

Confirmation should be received in the state of grace. Prepare for sacramental Confession, participate faithfully at Sunday Mass, pray more deliberately, practise charity and attend any parish rehearsal or meeting.

After Confirmation, give thanks and persevere. The sacrament is not the end of formation. Keep Sunday Mass, Confession, prayer, Scripture, parish communion, study and service as normal parts of adult Catholic life.

TALK ABOUT IT

What would make it clear six months after Confirmation that the sacrament had become a source of lifelong discipleship rather than a one-day event?

THE ESSENTIALS

1. Who can receive Confirmation?

Every baptised person who has not already been confirmed.

2. How should an adult candidate prepare?

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

3. In what state should Confirmation be received?

In the state of grace.

4. What sacrament should be received beforehand when needed?

The Sacrament of Penance.

5. How do the confirmed persevere?

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

Arrange Confession, confirm practical details with the parish, and write a simple plan for Sunday Mass, daily prayer and one regular form of service after Confirmation.

Before the parish books the Confirmation

Adult Confirmation begins with a simple pastoral check. It prevents the wrong pathway being used and gives the parish time to resolve practical questions without pressure near the celebration.

Check	What the parish establishes
Baptism	You are a baptised Catholic and have not already been confirmed. The parish checks the baptismal record where possible.
First Eucharist	If you have never received First Holy Communion, tell the priest. Your preparation may need to include completion of Christian initiation rather than Confirmation alone.
Catholic status	If you were baptised in another Christian community and have never been received into the Catholic Church, use the Reception into Full Communion pathway instead.
Eastern Catholic	If you were baptised in an Eastern Catholic Church, do not assume you are unconfirmed; Chrismation is normally given with Baptism. The priest should check your record and Church of enrolment.
Marriage / life situation	If there is a marriage, cohabitation or other sacramental situation that may affect proper disposition, discuss it privately with the priest. The aim is truthful pastoral care, not public scrutiny.
Intention	You personally wish to receive Confirmation. Family expectation, wedding plans or convenience should not substitute for a sincere intention.
Minister and date	The bishop is the ordinary minister. If a priest is to confirm an already-Catholic adult, the parish ensures that he has the required faculty.

KEEP THIS DISTINCTION CLEAR

Adult Confirmation is for an already-Catholic adult who lacks Confirmation. It is not the catechumenate and it is not reception into the Catholic Church.

The Rite of Confirmation: step by step

Confirmation is normally celebrated in church and during Mass. The approved liturgical book and the directions of the bishop or other minister govern the celebration. This outline helps you participate confidently without trying to memorise the whole rite.

Moment	What happens	How I take part
Presentation	Candidates are presented to the bishop or other minister.	Stand attentively and respond if asked.
Homily	The minister explains the mystery and duties of Confirmation.	Listen for Baptism, the Holy Spirit, witness and mission.
Renewal of baptismal promises	Candidates renounce Satan and profess the Catholic faith.	Answer sincerely and clearly.
Prayer and laying on of hands	The minister invokes the Holy Spirit and his sevenfold gift.	Pray inwardly for the Holy Spirit and his gifts.
Anointing with chrism	The minister anoints your forehead with sacred chrism.	Approach calmly; follow local direction about your sponsor.
Sacramental words	The minister says: "N., be sealed with the Gift of the Holy Spirit."	Answer: "Amen."
Sign of peace	The minister gives the sign of peace.	Answer as directed by the rite.
Eucharist	Mass continues and the newly confirmed join the Church in thanksgiving.	Receive Holy Communion if properly disposed and give thanks.

THE ESSENTIAL ACT

The anointing of the forehead with sacred chrism, done by the laying on of the minister's hand, with the sacramental words prescribed by the Church.

The gifts and fruits at a glance

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

The twelve traditional fruits

Charity: loving God above all and neighbour for God's sake.	Kindness: a ready desire to do good.	Faithfulness: reliability and constancy towards God and others.
Joy: spiritual gladness in God and his goodness.	Goodness: moral uprightness expressed in generous action.	Modesty: dignified restraint in appearance, speech and conduct.
Peace: the tranquillity of rightly ordered love.	Generosity: large-hearted readiness to give and serve.	Self-control: government of desires according to reason and grace.
Patience: enduring difficulty without abandoning charity.	Gentleness: strength governed by humility and charity.	Chastity: integration of sexuality within one's state of life and vocation.

Choosing a sponsor and, where customary, a saint

As far as possible, a candidate has a 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 a baptismal godparent when that person is suitable.

Requirement	What it means
Catholic initiation	A Catholic who has been confirmed and has received the Holy Eucharist.
Life of faith	Leads a life in harmony with the Catholic faith and the responsibility undertaken.
Age	Ordinarily at least sixteen, unless lawful local provision or a just exception applies.
Canonical freedom	Not bound by a canonical penalty.
Relationship	Not your father or mother.
Intention	Genuinely intends to help you live faithfully after Confirmation.

A Confirmation name

The sacrament does not require a new name. Where local custom permits or encourages a saint's name, choose a canonised or beatified saint because that person leads you towards Christ. Your baptismal identity remains primary.

GOOD DISCERNMENT

Choose a sponsor for Christian witness, not social importance. Choose a saint for imitation and intercession, not decoration. Follow parish directions about names and the rite.

My sponsor and why I chose this person: _____

My saint or baptismal patron: _____

The virtue I hope to imitate: _____

Preparing for Confession before Confirmation

Confirmation should be received in the state of grace. If you are conscious of grave sin, receive sacramental Confession before Confirmation. Even when there is no grave sin, Confession is an excellent preparation because it disposes the heart to receive the sacrament fruitfully.

KEEP THE FORUM PRIVATE

Your preparation conversations are not Confession. You do not need to disclose private sins to a catechist, sponsor or group. Bring sins to the priest in the Sacrament of Penance.

A peaceful examination of conscience

- God and worship: Have I deliberately neglected Sunday Mass or serious duties of faith? Have I prayed, trusted God and treated holy things reverently?
- Truth and relationships: Have I lied seriously, betrayed confidence, damaged reputations, manipulated others, refused forgiveness or nourished hatred?
- Chastity and fidelity: Have I used sexuality, pornography, relationships or another person in ways contrary to chastity and my state of life?
- Justice and possessions: Have I stolen, cheated, exploited, failed in responsibilities, misused money or ignored serious obligations to family or others?
- Life and dignity: Have I treated my own life or another person's life, body or dignity carelessly or unjustly?
- Temperance and freedom: Have alcohol, drugs, gambling, anger, digital habits or other appetites become sinful or controlling?
- Charity and mission: Have I ignored someone I could reasonably help, hidden my faith through cowardice, or failed to repair harm I caused?

Do not hunt anxiously for imaginary sins. Mortal sin requires grave matter, sufficient knowledge and deliberate consent. If you are unsure, ask the priest simply and honestly.

IF YOU HAVE BEEN AWAY FROM CONFESSION FOR YEARS

Say so at the beginning. The priest will help you. You do not need to perform the sacrament perfectly from memory; you need honesty, contrition and a sincere purpose of amendment.

The essentials: 30 concise answers

1. Who is the Holy Spirit?

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

2. What happened at Pentecost?

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

3. Which are the sacraments of Christian initiation?

Baptism, Confirmation and the Holy Eucharist.

4. What does Confirmation do to baptismal grace?

It completes and strengthens baptismal grace.

5. Who instituted Confirmation?

Jesus Christ.

6. Where is the apostolic pattern shown?

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

7. Who is the ordinary minister?

The bishop.

8. May a priest confirm?

Yes, when the law or competent authority gives him the faculty.

9. What is sacred chrism?

Perfumed oil consecrated by a bishop.

10. What is the essential rite?

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

11. What words are used?

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

12. What does the candidate answer?

"Amen."

13. What is the chief effect?

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

14. How does Confirmation deepen baptismal grace?

It roots us more deeply in divine filiation, unites us more firmly to Christ and increases the gifts of the Holy Spirit.

15. How does it unite us to the Church?

It makes our bond with the Church more perfect and strengthens us for her mission.

The essentials: 30 concise answers

16. What special strength does Confirmation give?

Strength to spread and defend the faith by word and deed as a witness of Christ.

17. What is the spiritual character?

The permanent sacramental seal by which Christ marks the confirmed with his Spirit.

18. Can Confirmation be repeated?

No.

19. What are the seven gifts?

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

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

Follow the promptings of the Holy Spirit.

21. What are the theological virtues?

Faith, hope and charity.

22. What are the cardinal virtues?

Prudence, justice, fortitude and temperance.

23. What are the fruits of the Spirit?

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

24. What are charisms?

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

25. Why are baptismal promises renewed?

To show that Confirmation follows Baptism and strengthens its grace.

26. Who can receive Confirmation?

Every baptised person who has not already been confirmed.

27. How should an adult prepare?

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

28. In what state should Confirmation be received?

In the state of grace.

29. What is the sponsor's duty?

To help the confirmed live as a true witness and fulfil the obligations of the sacrament.

30. How should the newly confirmed persevere?

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

Readiness conversation

This is not a pass/fail examination. The Church asks for suitable instruction, proper disposition, the ability to renew baptismal promises and a sincere intention. Readiness is shown by enough understanding to receive the sacrament faithfully and by a real willingness to live as a Catholic disciple and witness.

Area	Readiness looks like	Do not require
Catholic faith	Can profess the Creed and explain simply who the Holy Spirit is and what Confirmation gives.	Perfect theological vocabulary.
Sacramental understanding	Knows the relation of Baptism, Confirmation and Eucharist; knows the minister, chrism, sacramental words, effects and character.	A theology examination.
Intention	Freely intends to receive Confirmation and can renew baptismal promises sincerely.	Pressure because family or a wedding expects it.
State of grace	Has examined conscience and has a practical opportunity for Confession before the sacrament.	Public discussion of private sins.
Sunday worship and prayer	Participates at Sunday Mass and is developing sustainable personal prayer.	A dramatic spiritual story.
Adult Catholic life	Understands that faith shapes relationships, chastity, work, justice, mercy, truth and service.	A claim to be perfect.
Sponsor	Has a suitable sponsor where possible, or the parish has considered what is reasonably possible.	A socially impressive choice.
Practical preparation	Knows the basic rite and local arrangements.	Memorising every word of the ceremony.

PASTORAL PRINCIPLE

Questions, disability, anxiety, family complexity or periods away from practice should be handled discreetly and pastorally. No adult should be shamed, manipulated or required to disclose private sins outside Confession.

A simple rule of life after Confirmation

The sacrament is a permanent source of strength, not a one-day event. Choose a rule of life simple enough to keep and serious enough to shape you.

Rhythm	Simple practice
Daily	Morning offering; a short passage of Scripture; prayer to the Holy Spirit; brief examination of conscience at night.
Weekly	Sunday Mass; deliberate time for prayer; one concrete act of charity or service.
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 relationships	Practise forgiveness, truthfulness, chastity, patience and concrete service.
In the parish	Remain recognisably part of the worshipping community and find a suitable form of service.
In mission	Be willing to explain your faith simply, invite others, defend truth charitably and serve those in need.
When you fail	Repent quickly. Return to Confession, prayer and the duties of your state rather than drifting away.

Prayers to keep

COME, HOLY SPIRIT

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.

AFTER CONFIRMATION

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.

Special situations and parish notes

Unsure whether I was confirmed

Do not repeat Confirmation on your own assumption. The parish checks records and, where necessary, handles doubt according to Church law.

Baptised outside the Catholic Church

If you have never been received into full communion, the correct route is the Reception into Full Communion pathway, not ordinary Adult Confirmation.

Unbaptised

The correct route is the RCIA / catechumenate, leading ordinarily to Baptism, Confirmation and Eucharist together.

Eastern Catholic Baptism

Eastern Catholic infants are normally chrismated with Baptism. The priest checks your sacramental record and Church of enrolment before assuming Confirmation is missing.

Never received First Holy Communion

Tell the priest at the beginning so Christian initiation can be completed coherently.

Marriage or other sacramental difficulty

Speak privately with the priest early. Proper disposition matters, but questions should be handled pastorally and without public embarrassment.

Danger of death

Any priest can confirm a baptised unconfirmed person in danger of death.

Disability or additional needs

Adaptation is normal pastoral care. Disability, learning difference or anxiety does not by itself prevent reception.

Sources and doctrinal standard

- Sacred Scripture: Isaiah 11:1-3; Acts 1-2; Acts 8:14-17; Acts 19:5-6; John 14-16; Romans 8; 1 Corinthians 12; Galatians 5.
- 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.
- Code of Canon Law: canons 879-896 on Confirmation and canons 872-874 as referenced for sponsor requirements.
- Order of Confirmation: the approved Roman Rite currently in force for England and Wales.
- Parish Confirmation policy and the existing Confirmation Catechism, adapted here for adult Catholic candidates.
- Current diocesan policy and the directions of the parish priest and confirming minister govern local dates, faculties, records and particular pastoral cases.

DOCTRINAL STANDARD

This booklet is a concise adult preparation companion. It does not replace Sunday Mass, sacramental Confession, personal prayer, parish communion or the pastoral judgement of those responsible for the sacrament.