

Preparing for Adult Confirmation

Activity & Conversation Companion

For mentors accompanying baptised Catholic adults

USE BESIDE THE PREPARATION BOOK

Use with Preparing for Adult Confirmation Catholic Preparation Companion. The book supplies the Catholic teaching. This guide helps a mentor or sponsor make that teaching concrete, listen to the adult's questions and encourage a faithful response.

THE METHOD

Start with the person

Do something concrete

Open the preparation book

Talk honestly

Check the central truth

Pray and act

ALREADY BAPTISED AND ALREADY CATHOLIC

This pathway is for a Catholic adult who has not yet been confirmed. Confirmation strengthens baptismal grace and Christian witness. The priest checks the sacramental record and arranges the celebration with the bishop or a priest who has the required faculty.

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

Mentor • Sponsor • Priest edition

cathparishmje.co.uk

How to use this guide

BEGIN WITH AN ADULT CHRISTIAN LIFE

The candidate already belongs to Christ through Baptism. Welcome the faith and experience already present. Help the person understand the gift of Confirmation and receive it freely, with a real intention to live as a Catholic disciple.

For each conversation

1. Make the Sign of the Cross and pray Come Holy Spirit, printed near the end. Ask the opening question and listen.
2. Try the activity together. Cards can be handwritten as you meet; every activity can also be spoken.
3. Open the matching conversation in the preparation book. Read REMEMBER and the teaching slowly, pausing for questions.
4. Talk together. Check the central truth, then use THE ESSENTIALS in the book. Seek understanding in ordinary words.
5. Pray the printed prayer and choose one realistic action. Return to it at the next meeting.
6. Repeat, combine or divide conversations as needed. Twelve conversations are not twelve compulsory meetings. Readiness governs progress.

Simple materials

The preparation book, this guide, paper and a pen are enough. Church visits and a crucifix are optional. No prepared talk, craft kit or internet search is needed. Activities are conversation helps, not tasks to hand in.

FOR THE MENTOR

Listen, pray, explain simply and help the person belong in the parish. Use the preparation book for the teaching. Ask the priest about unresolved doctrine, sacramental records, personal circumstances and readiness.

An opening conversation

Begin here before working through the twelve conversations. A period away from practice calls for patient accompaniment and an honest next step.

Listen to the person

1. “What has your Catholic faith meant in your life so far?”
2. “Why do you wish to receive Confirmation now?”
3. “What do you most want to understand, and what concerns you?”
4. “What would help you return to or deepen Mass and prayer?”

ESTABLISH THE CORRECT PATHWAY

Use Appendices A and I with the priest early. Check Baptism, Catholic status and whether Confirmation or Eastern Catholic chrismation has already been received. Mention any missing First Holy Communion. An unbaptised adult needs the catechumenate; a non-Catholic Christian seeking to become Catholic needs Reception into Full Communion.

Arrange practical support

Agree how to meet. Ask about language, reading, disability, work and caring responsibilities. Arrange a suitable sponsor with parish guidance. Bring marriage or other sacramental questions privately to the priest before choosing a date.

ONE NEXT STEP

Choose something possible now: Sunday Mass, daily prayer, obtaining a baptismal certificate or speaking to the priest. Family expectations or wedding plans should not replace the candidate’s sincere intention.

Never ask for an account of private sins. A mentor accompanies preparation; sacramental Confession belongs with the priest.

Baptism and Christian Initiation

Page 1 • Opening & activity

AIM

Place Confirmation within the new life already received in Baptism and nourished by the Eucharist.

QUICK PREP

Three handwritten cards: BAPTISM, CONFIRMATION, EUCHARIST.

BEGIN WITH THE PERSON

Ask: “What do you think Confirmation will give you that you have not yet received?”

DO SOMETHING

New life strengthened and nourished

1. Place the three cards together. Under Baptism write NEW LIFE; under Confirmation, STRENGTH; under Eucharist, NOURISHMENT. All belong to one Christian initiation.
2. Ask what Baptism has already given. Supply what is needed: forgiveness, new life as God’s child, membership in Christ and his Church, a permanent mark.
3. Use this claim: “Confirmation finally makes my Baptism count.” Ask the candidate to correct it: Baptism is already valid; Confirmation completes and strengthens its grace.
4. Name one way this new life is already being lived and one way it needs strengthening. Give thanks for Baptism before discussing the date of Confirmation.

NOW OPEN THE PREPARATION BOOK

Read Conversation 1. Use Appendix A if Baptism, earlier Confirmation or First Holy Communion needs clarification.

Baptism and Christian Initiation

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why is Confirmation first a gift of God rather than something we achieve?”
- “How do Baptism, Confirmation and Eucharist belong together?”

CHECK THE CENTRAL TRUTH

Which are the initiation sacraments? Baptism, Confirmation and the Holy Eucharist.

Does Confirmation make Baptism valid? No. Baptism is already valid.

What happens to baptismal grace? Confirmation completes and strengthens it.

USE THE BOOK'S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Father, thank you for making me your child in Baptism. Strengthen the life you have given me and prepare me to receive the Holy Spirit more fruitfully. Amen.

THIS WEEK

Find your baptismal date and parish, asking for the record if needed. Thank God for one grace you have received through Baptism.

FOR THE MENTOR

Listen for graduation, maturity or social expectations as the whole explanation. Honour the adult's freedom while keeping God's sacramental action central. Refer uncertain records and missing First Holy Communion to the priest.

The Holy Spirit Lord and Giver of Life

Page 1 • Opening & activity

AIM

Help the adult know the Holy Spirit as a divine Person and pray for his sanctifying help.

QUICK PREP

Two headings: WHO HE IS and WHAT HE DOES.

BEGIN WITH THE PERSON

Ask: “When you hear ‘Holy Spirit’, do you think first of a Person, a feeling or a power?”

DO SOMETHING

A Person we can know and love

1. Under WHO HE IS, write TRUE GOD and THIRD PERSON OF THE TRINITY. There is one God in three divine Persons, Father, Son and Holy Spirit.
2. Under WHAT HE DOES, write GIVES LIFE, SANCTIFIES, GUIDES and HELPS US PRAY. Ask which help seems most needed now.
3. Use this case: an adult says, “I feel no religious excitement, so the Holy Spirit cannot be helping me.” Ask why his action is not measured by a passing emotion.
4. Pray directly: “Holy Spirit, help me know and love God.” Name one daily choice where grace is needed alongside honest thought and effort.

NOW OPEN THE PREPARATION BOOK

Read Conversation 2. Keep the Spirit’s divinity, personal action and presence in the life of grace clear.

The Holy Spirit Lord and Giver of Life

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “How does knowing the Holy Spirit as a Person change prayer?”
- “Where do you rely on willpower without asking for grace?”

CHECK THE CENTRAL TRUTH

Who is the Holy Spirit? The third Person of the Blessed Trinity, true God.

Are there three gods? No. There is one God in three divine Persons.

Is the Spirit just an emotion? No. He is a divine Person who gives life and sanctifies.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Come, Holy Spirit. Help me know you as Lord and Giver of Life. Teach me to pray, repent and follow your grace in the ordinary choices of this day. Amen.

THIS WEEK

Each morning pray: “Holy Spirit, guide my mind, words and choices today.” At night thank him for one opportunity to do good.

FOR THE MENTOR

Avoid analogies that divide God into parts or make the three Persons merely different appearances. Lack of strong feeling is not evidence that grace is absent. Encourage simple, faithful prayer and cooperation with the Spirit.

The Promise and Pentecost

Page 1 • Opening & activity

AIM

Connect Pentecost with the strength for mission given in Confirmation.

QUICK PREP

Two headings: BEFORE PENTECOST and SENT AS WITNESSES.

BEGIN WITH THE PERSON

Ask: “Where in family, work or friendships do you need courage to live your faith openly?”

DO SOMETHING

From fear to faithful witness

1. Retell the book’s account: the risen Jesus promised the Holy Spirit; at Pentecost the Spirit descended upon the Apostles, who proclaimed Christ boldly.
2. Under BEFORE PENTECOST, name fear and waiting. Under SENT AS WITNESSES, name courage, proclamation of Christ and the gathering of believers into the Church.
3. Use this case: a colleague asks why a Catholic goes to Mass. Think of one honest, courteous answer rather than hiding faith or starting an argument.
4. Explain that Confirmation gives a special outpouring of the Spirit for witness. Choose one ordinary situation where the candidate can ask for this courage.

NOW OPEN THE PREPARATION BOOK

Read Conversation 3. Its account supplies the activity; a separate Bible reading is optional, not needed for the meeting.

The Promise and Pentecost

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why was Pentecost more than a private spiritual experience?”
- “How can courage and charity belong together in a real conversation?”

CHECK THE CENTRAL TRUTH

Who promised the Spirit? Jesus Christ.

What did the Apostles do at Pentecost? They proclaimed Christ boldly in the strength of the Spirit.

What does Confirmation share in? The grace of Pentecost for witness and mission.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Holy Spirit, as you strengthened the Apostles, strengthen me to confess Christ. Give me truthful words, patient charity and courage in the places where I live and work. Amen.

THIS WEEK

Choose one ordinary opportunity to acknowledge your faith truthfully and kindly. Pray for the courage of Pentecost before it arises.

FOR THE MENTOR

Keep mission connected with Christ and the Church. Do not require an emotional testimony or a public performance. A brief honest answer, faithful Sunday worship or a quiet act of mercy may be a real beginning.

Confirmation in Scripture and Tradition

Page 1 • Opening & activity

AIM

Explain Confirmation's apostolic roots through prayer, hands and the gift of the Spirit.

QUICK PREP

Four cards: BAPTISED, APOSTLES, PRAYER, LAYING ON OF HANDS.

BEGIN WITH THE PERSON

Ask: "If someone said Confirmation was invented for teenagers, how would you begin to answer?"

DO SOMETHING

An apostolic gift handed on

1. Read the book's account of Samaria: the people were baptised; Peter and John came, prayed and laid hands upon them; they received the Holy Spirit.
2. Arrange the four cards in that order. Explain that this shows a gift of the Spirit to people already baptised, not a second Baptism.
3. Read the book's reference to Paul at Ephesus. Name the same pattern and connect it with the Church's living sacramental Tradition.
4. Say the answer together in ordinary words: Confirmation comes from Christ and belongs to the apostolic life of the Church. It strengthens baptismal grace.

NOW OPEN THE PREPARATION BOOK

Read Conversation 4. The relevant passages are Acts 8:14–17 and Acts 19:5–6; the book gives the needed account.

Confirmation in Scripture and Tradition

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “What does the apostolic pattern tell us about the relation to Baptism?”
- “Why does the Church receive and hand on the sacraments rather than invent them?”

CHECK THE CENTRAL TRUTH

Who instituted Confirmation? Jesus Christ.

How did the Apostles impart the Spirit? By prayer and the laying on of hands.

Why the name Confirmation? It signifies the strengthening of baptismal grace.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Lord Jesus, keep me in the faith of the Apostles. Help me receive what your Church hands on and become faithful to the mission you entrust to her. Amen.

THIS WEEK

Retell the Samaria account in your own words, using the four headings. Bring one question about Scripture or Tradition to the next meeting.

FOR THE MENTOR

Use the scriptural pattern without claiming it supplies every later ceremonial detail. Do not turn the activity into a simulated sacrament. The book explains how Scripture and living Tradition witness to the Church’s sacramental life.

The Minister Chrism and Sacramental Words

Page 1 • Opening & activity

AIM

Identify the minister, sacred chrism, essential sacramental action and candidate's response.

QUICK PREP

Four headings: MINISTER, CHRISM, WORDS, RESPONSE. No oil is needed.

BEGIN WITH THE PERSON

Ask: "What do you already know about what will happen when you are confirmed?"

DO SOMETHING

Who acts and what is said

1. Under MINISTER, write BISHOP. Explain that he is a successor of the Apostles. A priest may confirm when he has the required faculty.
2. Under CHRISM, write PERFUMED OIL CONSECRATED BY A BISHOP. The minister anoints the forehead by the laying on of his hand.
3. Under WORDS, read: "N., be sealed with the Gift of the Holy Spirit." Explain that N. stands for the candidate's name. Under RESPONSE, write AMEN.
4. Practise saying "Amen" clearly as an expression of faith. Ask the parish who will confirm and what local arrangements the candidate should follow.

NOW OPEN THE PREPARATION BOOK

Read Conversation 5 and Appendix B. The approved rite and confirming minister govern the actual celebration.

The Minister Chrism and Sacramental Words

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why does the connection with the bishop matter?”
- “What does your ‘Amen’ say about receiving the gift?”

CHECK THE CENTRAL TRUTH

Who is the ordinary minister? The bishop.

May a priest confirm? Yes, when the law or competent authority gives him the faculty.

What does the candidate answer? Amen.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

God of the Apostles, bless our bishop and priests. Prepare me to receive the sacrament with faith and to answer Amen with a willing and grateful heart. Amen.

THIS WEEK

Ask the parish who will administer Confirmation and pray for that minister. Learn the sacramental words and your response.

FOR THE MENTOR

An already-Catholic adult’s Confirmation requires the bishop or a priest with the appropriate faculty. Reception of a non-Catholic Christian has a different legal basis. Leave faculties to the priest; practise responses without oil, touching or imitation of the sacramental act.

Anointing Seal and Belonging to Christ

Page 1 • Opening & activity

AIM

Connect anointing and the permanent sacramental character with a life belonging to Christ.

QUICK PREP

Three headings: STRENGTH, CONSECRATION, PERMANENT SEAL.

BEGIN WITH THE PERSON

Ask: “What would it mean for your hidden choices as well as your public life to belong to Christ?”

DO SOMETHING

The sign and the gift

1. Under STRENGTH, name the courage needed for Christian life. Chrism’s oil signifies strengthening; the sacrament truly gives grace.
2. Under CONSECRATION, name belonging to Christ, the Anointed One. Its fragrance points towards the witness of a holy life.
3. Under PERMANENT SEAL, write CHARACTER. This is an indelible spiritual mark; it is not a visible mark on the body or a passing feeling.
4. Use this case: someone confirmed years ago has drifted from practice. Explain that the answer is repentance and renewed cooperation with grace, not repeating Confirmation.

NOW OPEN THE PREPARATION BOOK

Read Conversation 6. If the person is unsure whether they have been confirmed, use Appendix I with the priest.

Anointing Seal and Belonging to Christ

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “How might your conduct carry the ‘fragrance’ of Christ’s charity?”
- “Why does a permanent character call for continuing conversion?”

CHECK THE CENTRAL TRUTH

What does anointing signify? Strength, consecration and sharing in Christ’s mission.

What is the sacramental character? The permanent spiritual seal given in Confirmation.

Can Confirmation be repeated? No. It is received only once.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Holy Spirit, prepare me to belong to Christ more faithfully. Let my words, work, relationships and hidden decisions bear witness to his truth and charity. Amen.

THIS WEEK

Make the Sign of the Cross slowly each day. Choose one ordinary duty to carry out more faithfully as someone who belongs to Christ.

FOR THE MENTOR

Keep the permanent character distinct from the grace that can be neglected or lost through sin. Never decide doubtful sacramental history yourself. The parish checks records and the priest handles genuine uncertainty according to Church law.

The Effects of Confirmation

Page 1 • Opening & activity

AIM

Make the sacrament's deepening of baptismal grace and strength for witness concrete.

QUICK PREP

Five headings: FATHER, CHRIST, GIFTS, CHURCH, WITNESS.

BEGIN WITH THE PERSON

Ask: "What sort of strength would help you be a more faithful Catholic in an ordinary week?"

DO SOMETHING

Grace for relationships and mission

1. Write the headings. Under FATHER, place DEEPER SONSHIP; under CHRIST, CLOSER UNION; under GIFTS, INCREASED GIFTS OF THE SPIRIT.
2. Under CHURCH, place A MORE PERFECT BOND; under WITNESS, STRENGTH TO SPREAD AND DEFEND THE FAITH. Read the matching explanation in the book.
3. Choose a situation: keeping a difficult promise, refusing dishonesty or explaining Catholic faith courteously. Ask which effects of Confirmation help here.
4. Name one area where the candidate tends to hide faith. Choose a truthful, charitable action that asks for grace and respects the person being addressed.

NOW OPEN THE PREPARATION BOOK

Read Conversation 7. Keep God's gift, communion with the Church and ordinary Christian witness together.

The Effects of Confirmation

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why is Christian courage different from aggression?”
- “How can greater union with Christ become visible in ordinary duties?”

CHECK THE CENTRAL TRUTH

What is the chief effect? A special outpouring of the Holy Spirit, as at Pentecost.

What happens to baptismal grace? It is deepened and strengthened.

What special strength is given? Strength to spread and defend the faith by word and deed.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Holy Spirit, deepen the grace of my Baptism. Unite me more firmly to Christ and his Church and make me a courageous, charitable witness in ordinary life. Amen.

THIS WEEK

Choose one of the five headings. Ask for that grace each morning and practise one concrete act of faithful witness.

FOR THE MENTOR

Ask for real examples, not impressive claims. Confirmation is more than a motivation exercise, but grace calls for cooperation. Encourage courage governed by charity; do not praise harshness, contempt or the desire to win arguments.

The Seven Gifts of the Holy Spirit

Page 1 • Opening & activity

AIM

Use the seven gifts to bring a real adult decision before God.

QUICK PREP

The gifts page at the end of this guide; paper and a pen, optional.

BEGIN WITH THE PERSON

Ask: “What decision or responsibility most needs the Holy Spirit’s help at present?”

DO SOMETHING

A decision in the light of the gifts

1. Read the seven names and brief meanings on the gifts page: wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.
2. Choose an ordinary case: pressure to approve a dishonest claim at work. Ask what is true and right, which counsel to seek and what courage is needed.
3. Choose one real responsibility without disclosing private sins. Select a gift particularly needed and explain how it could help the person respond to God.
4. Pray for that gift. Name one next step involving thought, sound advice and faithful action; the gifts do not replace competence or effort.

NOW OPEN THE PREPARATION BOOK

Read Conversation 8 and Appendix C. Use the short meanings here to begin; the book supplies the fuller teaching.

The Seven Gifts of the Holy Spirit

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why is fear of the Lord a loving reverence rather than terror?”
- “How can a gift of the Spirit perfect an adult’s practical judgement?”

CHECK THE CENTRAL TRUTH

What do the gifts make us ready for? Following the promptings of the Holy Spirit.

Which gift gives steadfast courage? Fortitude.

What is fear of the Lord? Reverent awe and a loving desire not to offend God.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Spirit of wisdom and understanding, counsel and fortitude, knowledge, piety and holy fear, make me attentive to your grace and ready to do what is right. Amen.

THIS WEEK

Choose one gift you particularly need. Ask for it each morning and take the practical step agreed in the conversation.

FOR THE MENTOR

Allow the candidate to think aloud. Do not treat every strong impulse as divine guidance. A proposed inspiration must be consistent with faith and moral truth. Refer serious moral or vocational discernment to the priest or suitable guidance.

Virtues Fruits and Charisms

Page 1 • Opening & activity

AIM

Distinguish growth in holy character from gifts given for service.

QUICK PREP

Three headings: VIRTUES, FRUITS, CHARISMS; the summary page here.

BEGIN WITH THE PERSON

Ask: “What would someone close to you notice if you were cooperating more faithfully with the Holy Spirit?”

DO SOMETHING

Holiness that becomes visible

1. Read the summary page. Under VIRTUES, name faith, hope and charity, and prudence, justice, fortitude and temperance: stable habits of good action.
2. Under FRUITS, read the twelve names. Choose patience, faithfulness or self-control and name conduct that would make it visible at home or work.
3. Under CHARISMS, write GIFTS FOR SERVICE. Discuss teaching, practical help or encouragement as possible ways to build up the Church, under her discernment.
4. Use this case: someone speaks impressively about spiritual experiences but treats others unkindly. Ask why experiences or striking gifts do not prove holiness.

NOW OPEN THE PREPARATION BOOK

Read Conversation 9 and Appendix C. Keep virtue, the Spirit’s fruits and gifts for service distinct but connected.

Virtues Fruits and Charisms

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Which fruit of the Spirit needs to grow in your relationships?”
- “How could an ability be used humbly for the good of others?”

CHECK THE CENTRAL TRUTH

What are the theological virtues? Faith, hope and charity.

What are the cardinal virtues? Prudence, justice, fortitude and temperance.

What are charisms for? Service and the building up of the Church in charity.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Holy Spirit, increase faith, hope and charity in me. Form your fruits in my conduct and help me use every gift humbly for the good of others. Amen.

THIS WEEK

Choose one fruit from the printed list. Practise one specific act that expresses it and thank God for the opportunity to serve.

FOR THE MENTOR

Do not promise a particular charism or require speaking in tongues or another striking experience. Ordinary fidelity and charity matter. Encourage service within the Church’s discernment rather than declaring someone’s special spiritual status.

Renewing the Promises of Baptism

Page 1 • Opening & activity

AIM

Connect a sincere profession of Catholic faith with repentance and adult discipleship.

QUICK PREP

The Apostles' Creed printed here; two headings: RENOUNCE and BELIEVE.

BEGIN WITH THE PERSON

Ask: “What will you mean when you personally answer ‘I do’ at the renewal of baptismal promises?”

DO SOMETHING

A profession that shapes life

1. Under RENOUNCE, name Satan and sin. Explain that rejecting evil involves a genuine intention to turn away from it with God's help.
2. Under BELIEVE, read the printed Creed slowly. Choose one familiar article and one that needs explanation, then open the preparation book.
3. Connect belief with life: God's fatherhood with prayer, Christ's saving work with repentance, the Church with worship and belonging, eternal life with hope.
4. Name one area of adult life that should become more consistent with faith: truthfulness, relationships, chastity, work, money, justice or forgiveness.

NOW OPEN THE PREPARATION BOOK

Read Conversation 10. The Creed here is for learning and prayer; the approved rite supplies the actual baptismal questions.

Renewing the Promises of Baptism

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why does renewing the promises follow from Baptism already received?”
- “What should you do when a Catholic teaching is difficult to understand?”

CHECK THE CENTRAL TRUTH

What is renounced? Satan, sin and everything opposed to God.

What faith is professed? The apostolic faith of the Catholic Church.

How should faith shape life? Through worship, repentance, obedience, prayer and charity.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

O God, strengthen the faith you gave me in Baptism. Help me reject sin, profess the Church’s faith sincerely and live as your faithful child. Amen.

THIS WEEK

Pray the printed Creed slowly. Bring one article or moral teaching you need help understanding, and practise one action consistent with your profession.

FOR THE MENTOR

Welcome a question seeking understanding and address a known difficulty honestly. Do not encourage an insincere answer or a private rewriting of the faith. Personal circumstances and serious unresolved concerns should be discussed with the priest.

Witness Vocation and Spiritual Combat

Page 1 • Opening & activity

AIM

Place Christian mission and resistance to sin within the adult's present vocation.

QUICK PREP

Three headings: MY DUTIES, TEMPTATIONS, HELPS. A crucifix is optional.

BEGIN WITH THE PERSON

Ask: "Where has God already placed you to be a witness, and what duty there needs greater fidelity?"

DO SOMETHING

A vocation lived faithfully

1. Under MY DUTIES, name responsibilities in family, work, parish, citizenship or care. Choose one where fidelity itself bears witness to Christ.
2. Under TEMPTATIONS, use an invented example: gossip, dishonest advantage or resentment. The struggle is against sin and the devil's temptations; other people are not enemies to hate.
3. Under HELPS, write prayer, Scripture, sacraments, truth, virtue, penance and works of mercy. Choose a help that addresses the example.
4. Plan one quiet work of mercy: help someone in need, visit someone lonely, forgive a wrong or pray for someone. Keep existing duties and charity together.

NOW OPEN THE PREPARATION BOOK

Read Conversation 11. Mission begins in faithful discipleship and shares in the Church's apostolate.

Witness Vocation and Spiritual Combat

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “How can you defend the faith without contempt for someone who disagrees?”
- “What ordinary duty is part of your present mission?”

CHECK THE CENTRAL TRUTH

Why speak of spiritual combat? We must resist sin and temptation and remain steadfast in Christ.

Who is not the enemy? Other people are never enemies to be hated.

What is the apostolate? Sharing in the Church’s mission.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Holy Spirit, make me steadfast against sin, humble in truth and generous in service.
Help me fulfil my vocation and love the people you have entrusted to me. Amen.

THIS WEEK

Perform one work of mercy quietly. Ask where your present vocation calls for greater fidelity and take one practical step.

FOR THE MENTOR

Keep spiritual combat sober and centred on Christ. Do not encourage suspicion about particular people or sensational explanations of ordinary difficulties. Discuss temptations through invented cases; private sins belong in Confession, not the mentor meeting.

Preparing Receiving and Persevering

Page 1 • Opening & activity

AIM

Bring instruction, sincere intention, proper disposition and practical arrangements together.

QUICK PREP

Appendices B, E, G and H; a diary or paper, optional.

BEGIN WITH THE PERSON

Ask: “What would help you receive Confirmation peacefully and live its grace six months afterwards?”

DO SOMETHING

Before the day and after the day

1. Under BEFORE, check preparation, free intention, Sunday Mass, prayer, sponsor support and an opportunity for Confession. Private sins are not discussed here.
2. Use Appendix B to walk through the rite in words. Practise responses and movements only, following parish direction; do not imitate sacramental actions.
3. Under AFTER, plan Sunday Mass, daily prayer, regular Confession and one suitable form of service. Choose a small pattern that can be kept.
4. Agree a further meeting after Confirmation. Name one remaining question for the priest and confirm the practical arrangements with the parish.

NOW OPEN THE PREPARATION BOOK

Read Conversation 12 and Appendices B, E, G and H. Readiness is discerned with the priest, not certified by completing these pages.

Preparing Receiving and Persevering

Page 2 • Conversation, prayer & action

TALK TOGETHER

- “Why should Confirmation be received in the state of grace?”
- “What will help you persevere when enthusiasm or strong feelings fade?”

CHECK THE CENTRAL TRUTH

How should an adult prepare? By instruction, sincere intention, prayer and proper disposition.

In what state should it be received? The state of grace.

Does formation end here? No. Catholic discipleship continues throughout life.

USE THE BOOK’S QUESTIONS

Use THE ESSENTIALS in the matching conversation. Choose the questions that best reveal understanding; let the candidate answer in their own words before checking the book.

PRAY TOGETHER

Lord, complete the good work you have begun in me. Prepare me to receive the Gift of the Holy Spirit and keep me faithful in prayer, sacramental life and service. Amen.

THIS WEEK

Arrange Confession, confirm details with the parish and begin the simple rule of life chosen together. Agree the first meeting after Confirmation.

FOR THE MENTOR

Questions, disability, anxiety or years away from practice need discreet pastoral care. A date or wedding deadline must not replace readiness. The priest arranges the appropriate minister and faculties and judges readiness under Church and diocesan direction.

The journey at a glance

Use this to explain the pathway. The preparation book and the priest guide each adult's actual circumstances; this is not a fixed timetable.

Check the pathway

Use Appendices A and I. Establish Baptism, Catholic status, previous Confirmation or chrismation and whether First Holy Communion has been received.

Listen and begin

Hear why the person wishes to receive Confirmation. Make Sunday Mass, daily prayer and parish belonging central from the start.

Learn and live

Use the twelve conversations at a suitable pace. Welcome questions, explain the central truths and choose a practical response each time.

Discern readiness

Use Appendix G with the priest. Look for sufficient understanding, sincere intention and proper disposition, with a real willingness to live Catholic faith.

Prepare and receive

Arrange private Confession, sponsor support and practical preparation. The bishop or a priest with the required faculty confirms using the approved rite.

Persevere in grace

Continue Mass, prayer, Confession, virtue, formation and service. Keep a further mentor meeting and a realistic rule of life.

A GIFT FOR THE WHOLE OF LIFE

Confirmation strengthens baptismal grace and gives a permanent sacramental character. It calls for continuing cooperation with the Holy Spirit in the Church's life and mission.

The seven gifts for daily decisions

Use with Conversation 8 and Appendix C. The gifts make us ready to follow the Holy Spirit and perfect the virtues. They do not replace thought, study or sound advice.

Wisdom

Judges life in the light of God. Ask: “What choice leads me closer to God?”

Understanding

Penetrates the truths of faith more deeply. Ask: “What truth of faith should I understand better?”

Counsel

Helps practical judgement under the Spirit’s guidance. Ask: “What is right here, and whom should I ask?”

Fortitude

Gives steadfast courage to do and endure what is right. Ask: “What good am I avoiding because it is difficult?”

Knowledge

Sees created things truthfully and orders them to God. Ask: “Am I using people and things according to God’s purpose?”

Piety

Forms filial love for God and reverence for his family. Ask: “How can I pray and serve with a childlike heart?”

Fear of the Lord

Forms reverent awe and a loving desire not to offend God. Ask: “Do I honour God above approval, comfort or success?”

PRAY AND ACT

Come, Holy Spirit. Help me see what is true and good, seek wise counsel and carry out the right action with love. Amen.

Virtues fruits and gifts for service

Use with Conversation 9 and Appendix C. These are related ways of describing a life responding to grace; they are not competing badges of achievement.

The theological and cardinal virtues

Faith, hope and charity unite us to God. Prudence, justice, fortitude and temperance guide good judgement, right treatment of others, courage and self-mastery. Virtues are stable dispositions to do good.

The twelve traditional fruits

Charity and joy: Love of God and neighbour; spiritual gladness in God's goodness.

Peace and patience: Rightly ordered love; enduring difficulty without abandoning charity.

Kindness and goodness: Readiness to do good; upright conduct expressed in action.

Generosity and gentleness: Readiness to give and serve; strength governed by humility and charity.

Faithfulness and modesty: Constancy towards God and others; dignified restraint in conduct.

Self-control and chastity: Government of desires by reason and grace; sexuality integrated within one's vocation and state of life.

Charisms

These are gifts of grace for service and the building up of the Church. They may be striking or ordinary. They are discerned within the Church and used humbly in charity.

A CONCRETE QUESTION

Which fruit could someone at home or work recognise more clearly in me this week?
Choose one act that will express it.

A sponsor and a saint

Use Appendix D with the parish. As far as possible, a sponsor presents the candidate and helps the confirmed person live as a true witness of Christ afterwards.

Choose for Christian witness

A sponsor should be a confirmed Catholic who has received the Holy Eucharist and lives in harmony with the faith and this responsibility. Ordinarily the sponsor is at least sixteen, is not bound by a canonical penalty and is not the candidate's father or mother. The parish checks suitability and any lawful exception.

A suitable baptismal godparent is a desirable choice, but is not required. Social importance or family expectation should not be the deciding reason.

Ask three practical questions

1. "Can we pray together and speak honestly about Catholic life?"
2. "Can you encourage me in Mass, Confession and faithful conduct?"
3. "How will we remain in touch after Confirmation?"

A saint or baptismal patron

A new name is not required by the sacrament. Where local custom provides for a saint's name, follow parish direction. Choose a saint for imitation and intercession, keeping baptismal identity in view.

A SIMPLE ACTIVITY

Ask the candidate to name one virtue to grow in. If a patron is already known, discuss that virtue in the saint's life. If not, ask the priest for help choosing; no saint biography is needed for this meeting.

PRAY TOGETHER

Lord Jesus, give me faithful companions. Through the prayers and example of your saints, help me grow in holiness and persevere in your Church. Amen.

Peaceful preparation for Confession

Use Appendix E privately. Confirmation should be received in the state of grace. If conscious of grave sin, receive sacramental Confession beforehand; Confession is also an excellent preparation when there is no grave sin.

The mentor's part

Explain the purpose and the simple order of Confession. Arrange an opportunity with the priest. Use only invented examples when practising; never ask the candidate to disclose sins or report what was confessed.

A calm walk through the sacrament

1. Prepare privately: ask for light, examine conscience, be sorry for sin and intend to change with God's help.
2. Begin with the Sign of the Cross. Say how long it has been since your last Confession, even if it has been many years.
3. Confess sins honestly and simply. Mortal sins should be confessed in kind and number as well as can be remembered. Ask the priest for help if unsure.
4. Listen to the priest's counsel and penance. Pray an Act of Contrition, printed in this guide, and receive absolution.
5. Give thanks, carry out the penance and make a practical beginning in repairing harm and avoiding sin.

If the adult is anxious

Mortal sin requires grave matter, sufficient knowledge and deliberate consent. Do not hunt for imaginary sins. A sincere purpose of amendment means intending to turn from sin; it is not a guarantee never to fail again.

KEEP PRIVATE MATTERS PRIVATE

The priest alone receives sacramental Confession and is bound by its absolute seal. A mentor does not assess the contents of a confession. Take personal difficulties privately to the priest.

A calm walk through the rite

Use Appendix B with parish direction. This outline helps participation; the approved Order of Confirmation governs the actual celebration.

Presentation and homily

Candidates are presented to the minister. Listen for Baptism, the Holy Spirit and the duties of Christian witness.

Renewal of baptismal promises

Renounce Satan and profess the Catholic faith. Answer sincerely and clearly, following the questions of the approved rite.

Prayer and laying on of hands

Pray inwardly as the minister invokes the Holy Spirit and his sevenfold gift upon the candidates.

Anointing and sacramental words

The minister anoints the forehead with sacred chrism by the laying on of his hand: “N., be sealed with the Gift of the Holy Spirit.” Answer: “Amen.”

The sign of peace

Respond as directed by the rite. Follow local guidance about approaching, standing and your sponsor’s place.

The Eucharist and thanksgiving

Mass continues. Receive Holy Communion if properly disposed and give thanks for the Gift of the Holy Spirit.

REHEARSE ONLY WHAT HELPS

Practise responses and movements without oil or imitation of sacramental actions. Ask early about mobility, hearing, anxiety or other support needs. The parish and confirming minister guide adaptations.

Readiness in faith and intention

Use Appendix G with the priest. These prompts guide a conversation rather than a pass or fail test. Finishing pages does not by itself establish readiness.

CATHOLIC FAITH

Can the adult profess the Creed sincerely and explain simply who the Holy Spirit is?
Welcome questions and use the book to clarify difficult teaching.

SACRAMENTAL UNDERSTANDING

Can the person explain the relation of Baptism, Confirmation and Eucharist, and what Confirmation gives? Listen for grace, character and strength for witness.

THE RITE

Does the person understand the minister, chrism, sacramental words and Amen?
Perfect memorisation of every ceremonial detail is unnecessary.

SINCERE INTENTION

Does the adult freely wish to receive Confirmation and renew baptismal promises?
Family pressure, convenience or wedding plans cannot substitute for this.

LIVING FAITH

Is there a real willingness to live Catholic worship, moral teaching, prayer and charity, seeking grace and help where conversion is needed?

WHEN MORE HELP IS NEEDED

Name one point needing explanation or pastoral attention and agree the next step. Do not shame the person or rush a known difficulty to meet a proposed date.

Readiness in sacramental life

RECORDS AND PATHWAY

The priest has checked Baptism, Catholic status, previous Confirmation or chrismation and any missing First Holy Communion.

PROPER DISPOSITION

The candidate understands the state of grace and has an opportunity for private Confession. A mentor does not ask what was confessed.

PASTORAL QUESTIONS

Marriage or other sacramental circumstances have been brought privately to the priest early and appropriately addressed.

MASS AND PRAYER

Sunday Mass and sustainable daily prayer are becoming part of life. A dramatic spiritual story is not required.

SPONSOR AND PRACTICAL SUPPORT

Suitable sponsor support is arranged where possible, with parish guidance. Access, language, disability and anxiety needs are considered.

CONTINUING DISCIPLESHIP

There is a realistic plan for Mass, prayer, Confession, learning and service after Confirmation, with a further mentor or sponsor meeting.

The priest judges readiness following Church law, the approved rite and diocesan direction. The parish arranges the bishop or a priest with the required faculty. Disability or learning difference does not by itself prevent reception.

The Apostles' Creed

Use for learning and prayer alongside Conversation 10. The approved rite supplies the actual questions and responses at the renewal of baptismal promises.

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God
the Father almighty;
from there he will come to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Pray with understanding

Pause where a phrase needs explanation. “He descended into hell” refers here to Christ’s descent to the realm of the dead. Bring an honest question to the mentor or priest.

Prayers for preparation and daily life

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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.

The Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

The Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

An Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you, and by the help of your grace I will not sin again. Amen.

A morning offering

Father, I offer you this day through Jesus Christ. Guide my words, work and choices. Help me love you and serve my neighbour. Amen.

An evening prayer

Father, thank you for your gifts today. Forgive my failures, show me how to begin again and keep me in your peace. Amen.

After Confirmation

Use Appendix H with the newly confirmed adult. Confirmation is a continuing source of strength. Do not judge its reality by the presence or absence of strong feelings.

Daily

Choose a morning offering or prayer to the Holy Spirit. Keep a small, faithful time for prayer. At night give thanks, examine conscience briefly and ask forgiveness.

Sunday and regularly

Keep Sunday Mass at the centre. Receive Confession regularly and when needed, continue Catholic study and make time for prayer before the Blessed Sacrament where possible.

In decisions and relationships

Seek what is true, good and loving. Practise honesty, chastity, justice, patience and forgiveness. Ask for counsel and avoid occasions of sin.

In parish life and mission

Keep parish friendships and choose a suitable way to serve. Be ready to explain faith simply and charitably. Ordinary duties and works of mercy are part of Christian witness.

When you fail

Repent and begin again. Return to Confession, prayer and your duties rather than drifting away. Confirmation is not repeated; its grace calls for renewed cooperation.

GIVE THANKS

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.

Final word for the mentor

Begin with a real person and a real question. Let the activity make one point concrete, then open the preparation book for the Catholic teaching. Listen for understanding that is growing into faith, worship and a changed life.

KEEP THE GIFT CENTRAL

Confirmation is God's action, strengthening baptismal grace and binding the adult more perfectly to the Church. Help the candidate receive freely and respond faithfully. It is not a graduation or a reward for completing a programme.

KEEP THE NEXT STEP CONCRETE

End with one possible action: a prayer, Sunday Mass, a work of mercy, seeking a baptismal record or a private conversation with the priest. Begin the next meeting by asking how it went.

CONTINUE THE RELATIONSHIP

Agree a meeting after Confirmation. Ask about one grace, one question and one practical need. Help the person persevere through friendship, prayer and ordinary parish life.

When a question needs help

Use the preparation book to establish what the Church teaches. Refer unresolved doctrine, sacramental records, faculties and readiness to the priest. Personal marriage circumstances and sins belong with him in an appropriate private setting.

St Mary's • St John Bosco • St Edward's Parish
cathparishmje.co.uk

References for the priest and mentor

This guide follows the twelve conversations of Preparing for Adult Confirmation Catholic Preparation Companion. Use that book for the catechetical teaching and its appendices for particular questions.

Appendices A and I

Pathway, sacramental records, missing First Holy Communion, Eastern Catholic background and special pastoral situations.

Appendices B and D

The rite, suitable sponsor support and a saint's name where customary.

Appendices C and F

Gifts and fruits, with concise answers to the central doctrinal questions.

Appendices E and G

Private preparation for Confession and the readiness conversation.

Appendix H

A simple rule of continuing Catholic life after Confirmation.

Primary Church sources

Sacred Scripture: Isaiah 11; Acts 1–2, 8:14–17 and 19:5–6; John 14–16; Romans 8; 1 Corinthians 12; Galatians 5.

Catechism of the Catholic Church: 683–747 on the Holy Spirit; 1285–1321 on Confirmation; 1691–1698 on life in Christ; 1803–1845 on virtues, gifts and fruits; 1455–1456 on confession of sins.

Code of Canon Law: canons 879–896 on Confirmation and 872–874 on sponsors as referenced there; canon 988 on confession of sins. The approved Order of Confirmation for England and Wales and current diocesan direction govern the celebration and local arrangements.

This companion supplies activities and accompaniment. The priest directs each person's actual preparation and readiness under the Church's teaching and discipline.