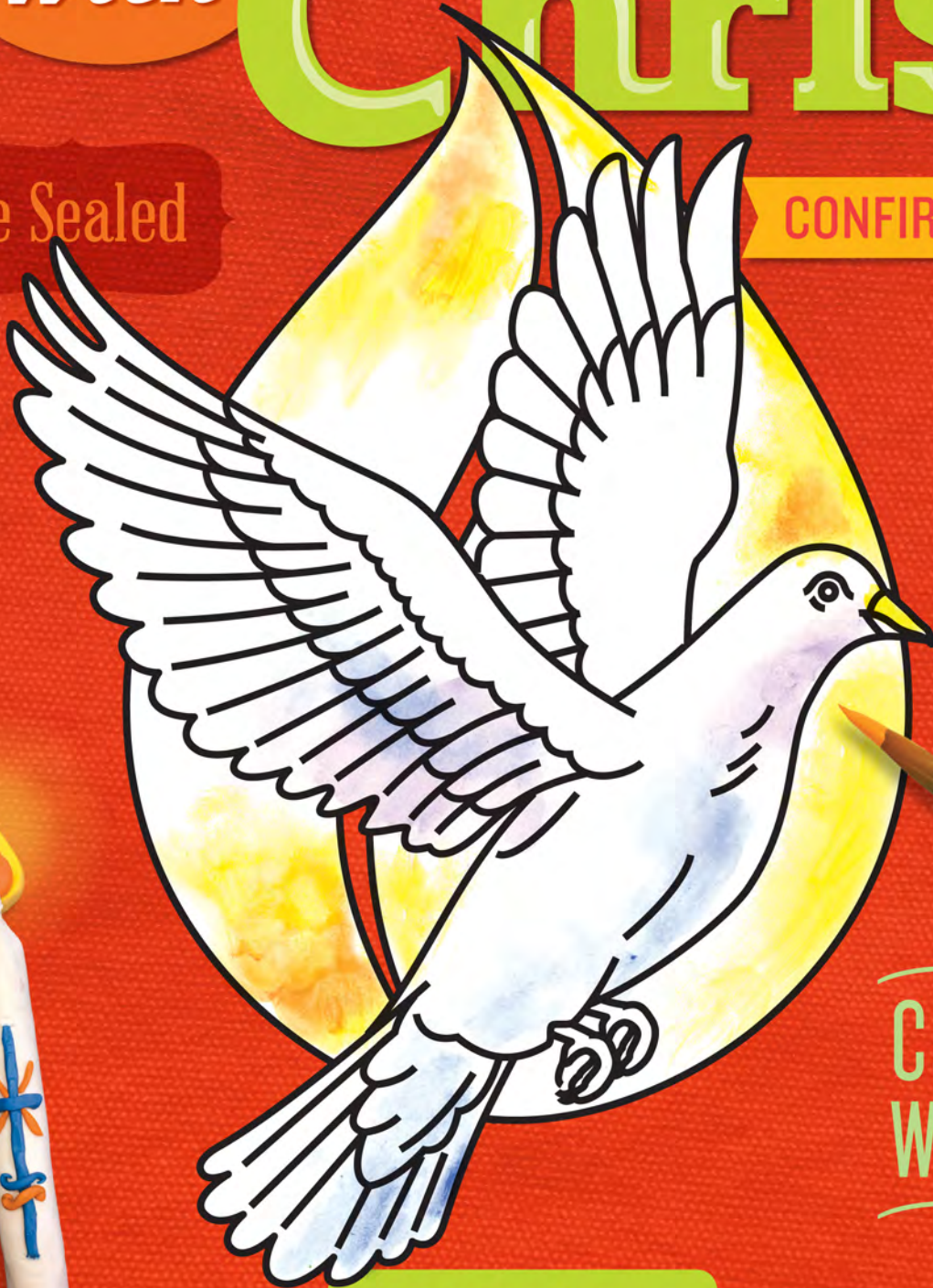


OUR SUNDAY VISITOR

Encounter *with* Christ

Be Sealed

CONFIRMATION



Called to
WITNESS

SESSION 1

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Session Outcomes

Informing the Mind

- Understand that Jesus promised to send the Holy Spirit to guide the Church and make her holy
- Recognize that the power of the Holy Spirit unites all members of the Church through one faith and one Baptism
- Realize that Confirmation is a Sacrament of Initiation in which a person is sealed with the Holy Spirit and strengthened for a life of discipleship

Forming the Heart

- Develop a deepening awareness that the Holy Spirit, who first came to us in Baptism, is our helper and guide
- Appreciate that the Holy Spirit urges us to worship and serve God in our parish community, which connects us to the whole (universal) Catholic Church
- Discover that Confirmation is our own Pentecost—when we personally receive an outpouring of the Holy Spirit

Church Documents

- *Catechism of the Catholic Church* 1267, 1285–1289
- *Rite of Baptism for Children* 91
- *Order of Confirmation* 23

Catechist Background

Do you know that the Holy Spirit is passionate about you? The Spirit's passion helps you to know and love God. He leads you to an encounter with Christ, an encounter that begins a life-long journey of conversion. This all started at your Baptism.

As we gather around the baptismal font, this prayer reminds us of the miracle that is about to take place: "By the power of the Holy Spirit give to this water the grace of your Son, We ask you, Father, with your Son to send the Holy Spirit upon the waters of this font. May all who are buried with Christ in the death of baptism rise also with him to newness of life" (*Rite of Baptism for Children*, 91).

The miracle we witness at each Baptism is that we are given new life in Christ through the power of the Holy Spirit. We become one with Christ. As Christians, we relate to everyone and everything through Christ. Our relationships with creation flow through Christ. Our relationships with our spouses, children, and siblings flow through Christ. Our relationships with money and how we use our time flow through Christ. In Christ alone "we live and move and have our being" (Acts 17:28).






This unity with Christ is true for all baptized people. We are therefore all united with one another. This unity is made possible only in the Holy Spirit. In the waters of Baptism, we die to a solitary life and rise a member of the Communion of Saints. "From the baptismal fonts is born the one People of God ..." (*Catechism of the Catholic Church*, 1267). "For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, ..." (1 Corinthians 12:13).

➔ **Reflect** What difference would it make if you lived each day conscious of your baptismal call to deepen your relationship with Christ? What are some practical things you could do to live more consciously of the Holy Spirit's presence in your life?



Holy Spirit, strengthen me on this journey with these young people. Help me to share with them the Good News of new life and unity for all baptized people.

Session Planning

What You Do		What You Need
 Invite, 15 minutes		
Page 3	<ul style="list-style-type: none"> • Jesus' Prayer for Unity (John 17:20–21), Reflect prayerfully on God's Word. 	<input type="checkbox"/> prayer table or candle
Page 4	<ul style="list-style-type: none"> • Activity Identify connections between different beliefs and behaviors. 	<input type="checkbox"/> pencils and markers <input type="checkbox"/> whiteboard or newsprint with phrases written on them
 Discover, 40 minutes		
Page 5	<ul style="list-style-type: none"> • Catholic Signs & Symbols Point out that we repeat our Baptismal promises during the Sacrament of Confirmation. • Meet Jesus Explain that Jesus is the Bridegroom who loves the Church perfectly. 	<input type="checkbox"/> pencils or pens
Pages 6–7	<ul style="list-style-type: none"> • Discuss how Jesus sends us a Helper and Guide in the Holy Spirit. • The Coming of the Spirit (Acts of the Apostles 2:1–4), Proclaim the scripture passage of Pentecost. • Talk about how the Holy Spirit unites Christ's disciples into one mind and heart. • Activity Investigate who Saint Paul was writing to in the early Church. • Entering the Mystery Emphasize that when we are "on fire" with the Holy Spirit, we look for ways to know and share God's love. 	<input type="checkbox"/> cutouts of flames <input type="checkbox"/> whiteboard or newsprint <input type="checkbox"/> pencils or pens
Pages 8–9	<ul style="list-style-type: none"> • Point out that the Holy Spirit helps us to understand the teachings of Jesus and to live the truth that Jesus taught. • Name someone who helps you understand things that happen around you. • Explain that through the Sacraments, Catholics are united as one. Review that the Sacraments of Initiation are Baptism, Eucharist, and Confirmation. • Emphasize that Confirmation deepens the grace of Baptism, strengthens our witness, and gives us the Gifts of the Holy Spirit. 	<input type="checkbox"/> pencils or pens
Page 10	<ul style="list-style-type: none"> • Explore our Baptismal Promises. • Activity Reflect on each Baptismal Promise and write "I do." 	<input type="checkbox"/> "I DO!" stickers (provided in Child Book)
 Live, 15 minutes		
Pages 11–12	<ul style="list-style-type: none"> • Reflect on how Baptism makes each of us a son or daughter of God. • Activity Look at a list of promises a disciple would make and add one of your own.  Point out the My Family in Our Parish activities for the upcoming week. • Conclude with the closing prayer and ritual. 	<input type="checkbox"/> pencils and pens <input type="checkbox"/> prayer table with holy water in bowl, a cross or crucifix, a Bible, and a candle  copies of Session 1 Family + Faith Pages

Catholic Faith Words Church • Holy Spirit • disciples • Pentecost • Sacraments of Initiation • Confirmation • grace

Making Connections

Family Resources



My Family in Our Parish

Page 12 in the Child Book encourages imagination at Mass to get a sense of the community gathered as well as how, as part of that community, the young person joins that community as a disciple.

Session 1 **Family + Faith Pages** provide suggestions for family activities relating to how the Holy Spirit unites and guides all members of the Church.

Online Resources

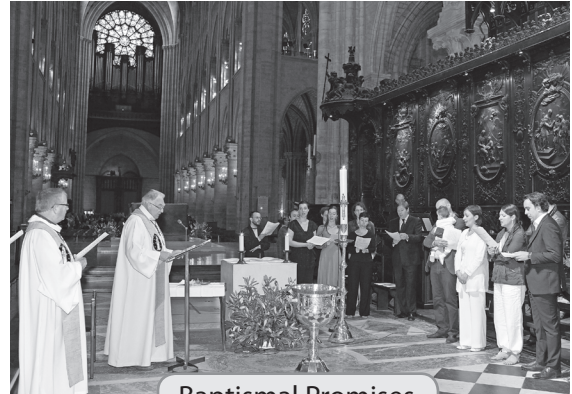


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- Adaptive Learning & Special Needs options
- Online games and downloads
- Multimedia Glossary

Catholic Signs & Symbols

The vows we make at Baptism (or that others make for us, if we are baptized as infants) mark the first public confession of our belief in God the Father, Son, and Holy Spirit. This profession of our faith calls us to live our faith and to share it with others through our words and actions.



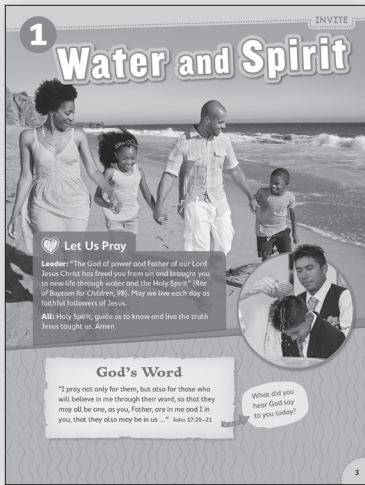
Baptismal Promises

As the Child Understands

Many Catholic children will not remember their Baptism because they were baptized as infants. Their parents made the baptismal promises on their behalf. Now that they have reached the “age of reason,” children can learn about these promises and respond as they are able. At any age, we do not fully understand the mystery of God and our faith. Especially at this young age, it is the openness of a child’s heart that helps her or him to respond in childlike faith. The children will renew their baptismal promises at Confirmation and on various other occasions, including particular times during the liturgical year and any time a Baptism is celebrated.

A Deeper Understanding

God reveals himself to us through his Word. We also respond to God through our own words. Perhaps the most important words we ever speak are the promises we make at Baptism, when we express our faith in God’s revelation to us. The faith we profess in the baptismal promises must be confirmed in action. Scripture offers this insight, “faith of itself, if it does not have works, is dead” (James 2:17). We are called to live our faith at home with our families, in the parish, at school or work, and in the community. In this way, we build a civilization of love and call others to follow Jesus as disciples together with us.



Page 3

Water and Spirit Page 3

Let Us Pray

Consider gathering around a prayer table or candle to signal sacred time. Quiet the children and read aloud the leader's part in the Child Book. Prompt the children to read the **All** response.

God's Word

Guide the children through the process of preparing for scripture reflection. If you are not familiar with the scripture reflection process, watch the training video that can be found at sacraments.osv.com.

- Invite the children to close their eyes, be still, and be ready to hear what God is saying to them.
- Ask them to pay attention to their slow, steady breaths.
- Maintain several moments of silence.
- Read aloud the Scripture.
- Sit in silence for an appropriate amount of time.
- Ask: "What did you hear God say to you today?"
- Invite volunteers to share.

Say: Our words and actions tell others that we believe in Jesus. We are his disciples. Let's think about how we need to connect our minds and what we believe to our hands and what we do.



Page 4

Perfect Partners Page 4

Reference the board or newsprint with the following phrases written on them: "If I believe it is going to rain" and "If I believe I can be really good at something."

Say: Let's look at the first phrase as I read it.


Ask: What actions would you take if you believed it would rain? *Possible responses: get my raincoat or umbrella, bring in my bike*

Read the second phrase.

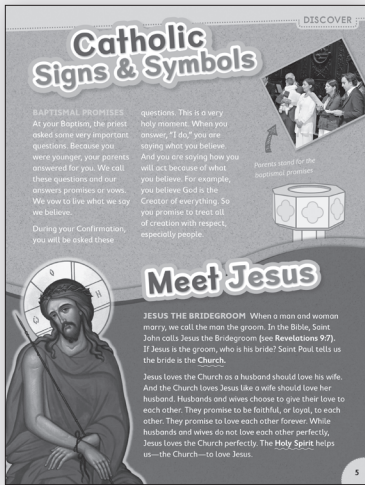
Ask: What actions would you take if you believed you could be really good at something? *Possible responses: practice, get a coach, go to a summer clinic*

Say: Place your finger on the last sentence of the first paragraph in the Child Book. Let's read it together. Then I will read the second paragraph aloud.

Say: So now, let's look at the activity below. On this page, we are going to draw a bridge to connect something we believe to an action that shows it.

 Complete the activity with the children. Read each *belief* circle and have the children choose the matching action circles.

Say: It is important that make sure there is a strong connection between what we believe and our actions and words.



Page 5

Catholic Signs & Symbols Page 5

Optional Activity: Three-letter Sentence This activity lead into the concepts discussed on this page. In a box with a cloth covering and an open top, place the letters I, D, and O. The letters (eight inches by ten inches) can be cut from cardboard, corrugated display board, or craft foam sheets. Ask a volunteer to put a hand in the box to guess what one of the letters is. When the person guesses the letter, have him or her pull it out and remain standing. Then do the same for the other two letters. Share that these are just three letters, but they are powerful. See if the children can make a sentence out of them. After some guesses, arrange the letters to form "I do" if no one was able to figure it out. Ask when we might hear these words. *Possible responses: at a wedding, from a witness in court, police taking oath, new citizens taking oath.*

Have the children return to their books.

Say: Look at the picture at the top of page 5. The picture shows something that happens during the Sacrament of Baptism. Let's read to see if we can learn what is happening in the picture.

Read aloud the first paragraph.

Ask: What is a vow or a promise? After a few responses, reread the last sentence and review the connection between belief and action.

Read aloud the second paragraph.

Ask: What words do we say when making a vow or promise? *I do.*

Have the children underline words that describe a vow they can make *treat all of creation with respect*

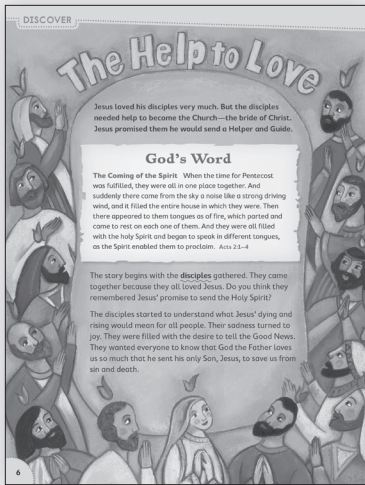
Say: Saying, "I do," strengthens our connection to the Church that is the Body of Christ on earth.

Meet Jesus

Direct the children to look at the image of **Jesus the Bridegroom** at the bottom of the page in their books.

Ask: What's one thing we know about a bride and groom? *Possible response: They love each other and want to share their love with everyone they know.*

Summarize the text. Emphasize that Jesus is the groom and the Church is his bride because Jesus loves the Church. Point out that even though husbands and wives cannot love perfectly, Jesus does love the Church perfectly.



Page 6

The Help to Love Page 6

Say: After Jesus died, his disciples were sad and didn't know what to do. They needed some help.

Read the first paragraph aloud.

Say: As we begin this story, Jesus has returned to his Father in heaven. It's been fifty days since Jesus rose from the dead.

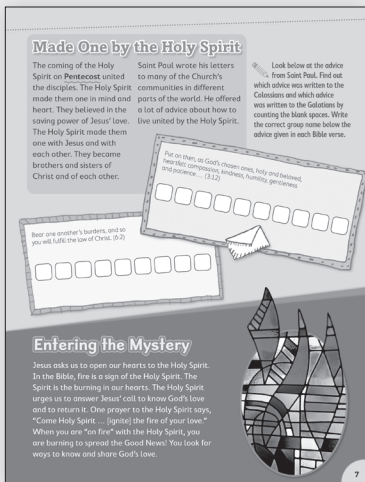
God's Word

Explain to the children that they will help you in telling the scripture story. Before you begin, place a cutout of a flame under each child's seat.

Say: When you hear the words, "a strong driving wind," I want you to blow as hard as you can. Do not stop until I raise my hand. Under your seat you have a flame. When you hear the words "tongues of fire," pick the flame up and hold it over your head.

Read the Scripture. Make sure everyone blows and raises their flames at the appropriate times. Raise your hand to stop the children from blowing as you say the words "And they were all filled with the Holy Spirit." You may also want to have a fan that you turn on and off.

Say: Look at the image on this page as I read the last paragraph.



Page 7

Made One by the Holy Spirit Page 7

Draw a large heart on the board or on newsprint along with a list of names of Jesus' Apostles, Mary, and other disciples who were in the room at the time of Pentecost.

Direct the children to write the name of one disciple on the flame they used during the scripture reading. Then point to the heart that you have drawn.

Say: This is Jesus' heart. (Have each child step forward and tape the flame inside the heart. Continue speaking as they are doing this.) When the disciples became one with Jesus, they became one with each other. They are all brothers and sisters of Christ.

Read aloud the second paragraph and the directions for the activity.

Direct the children to complete the activity by figuring out who received Saint Paul's letters.

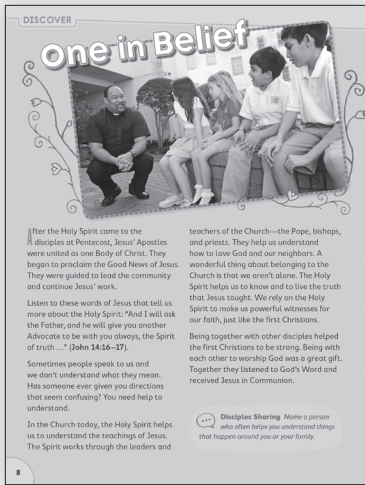
Say: Let's look at each message and talk about the advice Saint Paul is giving.

With the group, review the activity and Saint Paul's messages.

Entering the Mystery

Say: There are many symbols for the Holy Spirit. One is fire. Do you know why? *The story of Pentecost describes tongues of fire.*

Read the paragraph. Direct the children to place their fingers on the line from the prayer, "Come Holy Spirit" and read it with you.



Page 8

One in Belief Page 8

Read the first paragraph of the Child Book.

Next, instruct the children to look at the second paragraph and point to the word Advocate in the scripture verse that appears in this paragraph.

Ask: What do you think that word means? *Possible response:* someone who gives you the help you need

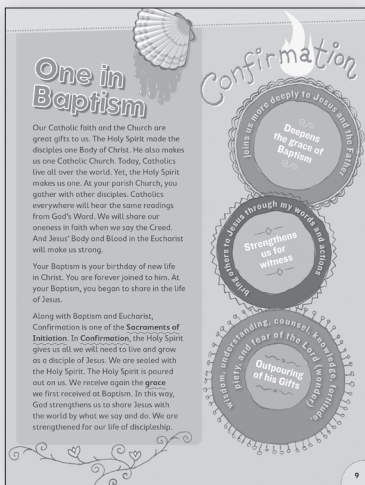
Say: Who will read the Word of God to us in a loud clear voice?

Have that person read aloud the scripture verse from the second paragraph.

Read aloud the third paragraph and ask the children for examples of times when they needed help to understand something. Continue reading the next paragraph.

Have the children circle the titles of the people who are the teachers of the Church. When you read the sentence about how we rely on the Holy Spirit to make us powerful witnesses for our faith, explain that you will talk more about what it means to be a witness in Session 4.

Direct the children to read the last paragraph to themselves, and then discuss the Disciples Sharing question.



Page 9

One in Baptism Page 9

Say: As I read this next part, if you are a girl, stand and then sit every time you hear the word "Catholic." If you are a boy, stand and then sit every time you hear the word "Church."

Read the first paragraph aloud. As you read, have the children underline all the things that make us one Catholic Church.

Invite the children to share what they have underlined. *Possible responses:* the Holy Spirit; parish church; the same readings from God's Word; the Creed; Jesus' Body and Blood

Ask: When did you begin to share a new life in Jesus and become part of his Church? *Baptism*

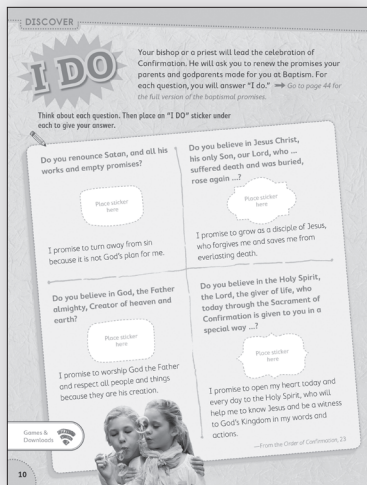
Invite a volunteer read the paragraph about Baptism.

Then read the last paragraph together. Have the children listen for the reason why we are confirmed and what happens when we are confirmed.

Confirmation

Use the circles on the right side of the page in the Child Book to process what happens through Confirmation. Read the inner and outer rings of each circle.

Pair the children so they are facing each other. When you read the inner circle, each pair will hold right hands and keep them held. Then when you read the outer circle, the pairs hold left hands. Repeat this for all three circles.




Page 10

“I DO” Page 10

Share your excitement for the group as they will soon receive the Sacraments of Confirmation and Eucharist.

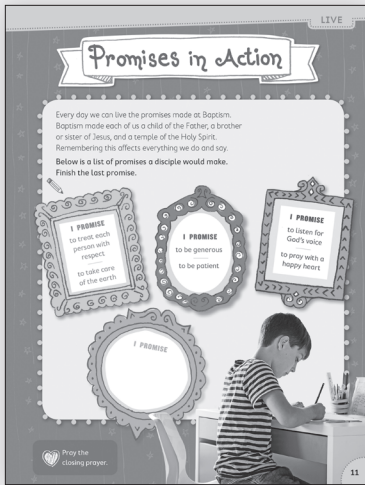
Have the children follow along with their fingers as you read aloud the first paragraph.

Say: We are going to think about each of the questions you will be asked so you know what they mean.

 Guide the children as they complete the activity in their books.

- Read aloud each question.
- Invite the children to read the explanation below each question to help understand what they are being asked to promise.
- Read the question again and direct them to stand and answer, “I do.”
- Have the children place one of the “I DO!” stickers in the blank spaces provided.
- Follow these steps for all of questions.

Say: Wow! These are some serious promises, but you have the whole rest of your life to learn all that it means to be a disciple of Jesus. The Holy Spirit is always right there to help guide you.




Page 11

Promises in Action Page 11

Remind the children that when we make a promise, we must choose to be faithful to that promise every day.

Say: Jesus, our Bridegroom, has promised to be faithful to us. We are his Church, and we promise to be faithful disciples.

 Read aloud the directions in the Child Book. As the children complete the activity, circulate through the room and affirm any appropriate answers.

Closing Ritual Prayer

Gather the children in a prayer space that has a bowl of holy water, a Bible, a cross, and a candle.

Leader: God, through your gift of water and the Holy Spirit, in Baptism we are reborn to a new life in Christ. In your goodness, may you continue to pour out your blessings on your sons and daughters. Wherever they may be, make them always faithful members of your holy people.

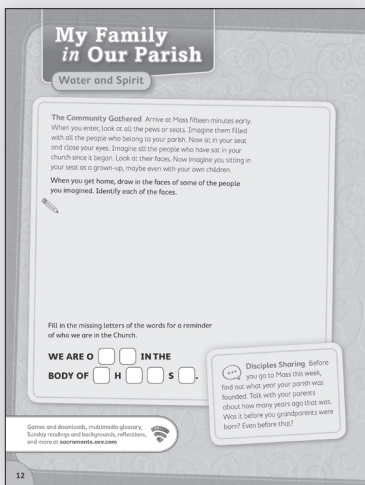
Children: We pray, dear Jesus, that when the sun comes up each day we will remember our promise to be your disciple.

Leader: May the Lord send his peace upon us who are gathered here, in Christ Jesus our Lord.


Direct the children to make the Sign of the Cross when you do.

Leader: Now, all of us will dip our hands in the bowl of holy water together. Repeat after me: "I do believe in (making the Sign of the Cross) the Father, the Son, and the Holy Spirit."

All: Amen.



Page 12

 If books go home, remind the children to complete page 12 and bring their books back. Distribute copies of the Session 1 **Family + Faith Pages**.