

RITUAL MOMENT

SPONSOR

Ritual Element

“As far as possible the person to be confirmed is to have a sponsor. The sponsor’s function is to take care that the person confirmed behaves as a true witness of Christ and faithfully fulfills the duties inherent in this sacrament.” (*Code of Canon Law*)

Word of God

“Then he went along about among the villages teaching. He called the twelve and began to send them out two by two...”
(Mark 6:7)

Word to Remember: COMPANION

We are not sent out to live and proclaim our faith alone—even Jesus sent his disciples out two by two!

Practice: Asking for Support

Often we are not good at asking others for the support we need to live out our faith as fully as possible.

Activity

What do you need from other Christian companions to help you be a true witness of Christ?

What do you need from family members?

As a family or as an individual, make a list of the support you need and then beside each item on the list write down the name of someone who might be able to support you in that way and seek them out.

RITUAL MOMENT

BAPTISMAL PROMISES

Ritual Element

“When confirmation is celebrated separately from Baptism, the Liturgy of Confirmation begins with the renewal of baptismal promises and the profession of faith by the confirmands. This clearly shows that Confirmation follows Baptism. When adults are baptized, they immediately receive Confirmation and participate in Eucharist”
(*Catechism of the Catholic Church* #1298)

Word of God

“So they called them and ordered them not to speak or teach at all in the name of Jesus. But Peter and John answered them, ‘Whether it is right in God’s sight to listen to you rather than to God, you must judge; for we cannot keep from speaking about what we have seen and heard.’” (Acts 4: 18-20)

Word to Remember: PROFESS

“...for we cannot keep from speaking about what we have seen and heard.”

Practice: Sharing Faith

Have you ever shared with someone else what it means for you to be a Christian?

Why do you choose to be in relationship with Jesus and a community of believers?

Activity

Write out or verbally share what it is about Jesus that fascinates you and draws you to want to be in relationship with him. What are the gifts and challenges of being in relationship with him?

RITUAL MOMENT

CHRISM AND ANOINTING

Ritual Element

Chrism is perfumed oil blessed by the bishop at the diocesan chrism Mass. It is an ancient symbol of strength. Soldiers, athletes, and kings were always anointed with oil. The word chrism has the same root as the word, “Christ”, “anointed one.” It carries a meaning that those anointed with it have been chosen to do God’s work.

Word of God

“Israelite kings and prophets were anointed with oil to symbolize the powerful spirit of God that was present to them as they fulfilled their important role. The Hebrew word *mashiah*, translated in 1 Samuel 24:6 as “anointed [one],” is the root of the English word messiah. (*Catholic Youth Bible*, p. 293)

David’s response to his men who were encouraging him to harm King Saul: “He said to his men. ‘The Lord forbid that I should do this thing to my lord (Saul), the Lord’s anointed, to raise my hand against him: for he is the Lord’s anointed.’” (1 Samuel 24:6)

Word to Remember: ANOINTED

Called, gifted, anointed, sent!

Practice: Nonviolence

Dare I lift my hand to hurt another anointed of God? Jesus gently and lovingly received the anger and violence that was directed to him as the Messiah, the anointed one of God.

Activity

How do you usually deal with anger at someone? Shout, scream, hit, name call? How do you process and own your anger without resorting to physical violence?

As a household, decide how you will handle conflict and anger from a nonviolent perspective. Create a refrigerator sized poster to post on your refrigerator that reminds one another how to deal with conflict in the manner of an “anointed” presence of God.

RITUAL MOMENT

THE LAYING ON OF HANDS

Ritual Moment

The laying on of hands is an ancient symbol of the transmitting of the blessing and power of God from one person to another. This action traditionally claims you as God’s own, under his care and protection. The bishop will extend his hands over you during the prayer for the gifts. The bishop will also lay his hand directly on your head as he anoints you. At Confirmation, the laying on of hands signifies that the power of the Holy Spirit is given to each candidate.

Word of God

“Now when the apostles at Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them. The two went down and prayed for them that they might receive the Holy Spirit (for as yet the Spirit had not come upon any of them; they had only been baptized in the name of the Lord Jesus.) Then Peter and John laid their hands on them, and they received the Holy Spirit.” (Acts 8:14-17)

Word to Remember: POWER

Transmitting the blessing and power of God through the laying on of hands.

Practice: Gentle and Wise Use of Power

Practice the gentle and wise use of power. We all have power—the ability to influence and bring about change within ourselves and within our world.

RITUAL MOMENT

SEAL OF THE HOLY SPIRIT

Ritual Moment

The bishop will mark your forehead with the chrism oil, as he says, "Be sealed with the sign of the Holy Spirit." Being sealed means being marked with Christ, that you belong to Christ. When the bishop signs us by saying our name and the words "Be sealed with the Holy Spirit" we say Amen to this to say that we accept being sealed and the gifts that we have received because of it. Our Amen says, "Yes, I believe."

Word of God

"I have found my servant David, with my holy oil I have anointed him, my hand shall always remain with him; my arm shall also strengthen him." (Psalm 89: 20-21)

Word to Remember: ACCEPT

Through God's invitation, we choose, we accept to be marked with Christ, sealed with the Spirit.

Practice: Gratitude

Be grateful for the daily gifts and challenges God gives his people.

Activity

Practice simple gratitude. Choose a day during which you place extra energy in seeing and appreciating the gifts that God blesses you with.

At the end of the day write or say a prayer of gratitude for the blessings and surprises of that day. Practice closing every day with a prayer each evening praising God for the gifts of the day.