

Confirmation



Session 5: The Gifts of the Holy Spirit

This is for you and your family to do together. Please include the Sponsor as often as possible. Take time to do this session so that you will be ready for Confirmation.

Set up:

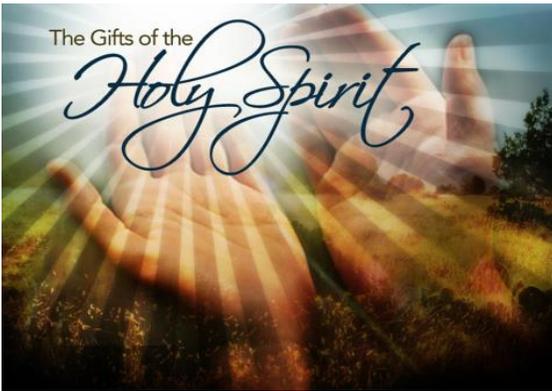
- 1 **candle** to represent the light of Christ
- Cover a table with a cloth (green for Ordinary time, Purple for Advent or Lent, white for Christmas season)
- A **Catholic Bible** – for any readings
- **At Home Exam** handy to answer questions throughout the Sessions
- **snack** – if you decide you would like one
- Music: If you choose to use music, please set a quiet atmosphere with soft music playing.
- You will need the internet to watch the YouTube video(s)

Begin **in a quiet space** without other distractions. Please turn off your phones.
We invite you to center yourselves for prayer.



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

O Lord Jesus Christ, before ascending into heaven, you promised to send the Holy Spirit to finish your work in the souls of your apostles and disciples. Grant that we may be open to the work of that same Spirit within us, that he may perfect in our souls the work of your grace and your love. Amen



1 Corinthians 12: 4-11 (adapted)

A reading from the first Letter of Saint Paul to the Corinthians,

Brothers and sisters,

There are varieties of gifts, but the same Spirit;

And there are varieties of services, but the same Lord;

And there are varieties of activities,

But it is the same God who activated all of them to everyone.

To each is given the manifestation of the Spirit for the common good.

To one is given through the Spirit the utterance of wisdom,

And to another the utterance of knowledge according to the same Spirit,

To another faith (reverence) by the same Spirit,

To another, gifts of wonder and awe by the one Spirit,

To another courage,

To another the discernment (counsel) of spirits,

To another various kinds of speech and understanding.

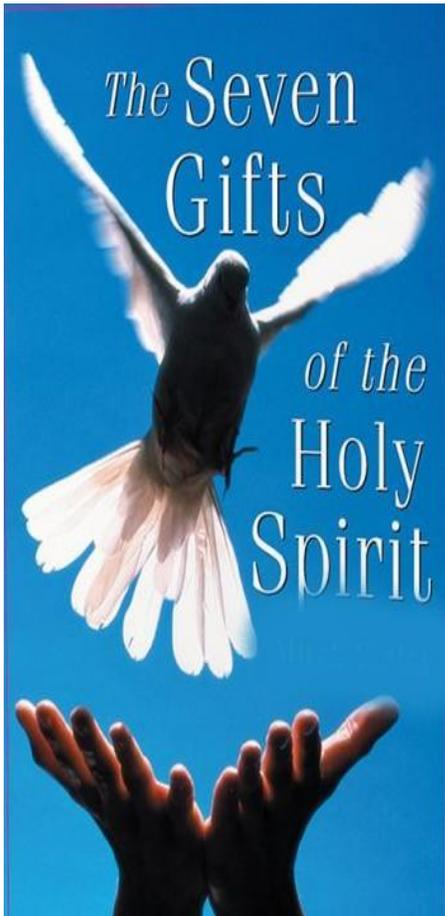
All these are activated by one and the same Spirit,

Who allots to each one individually just as the Spirit chooses.

The Word of the Lord. *Thanks be to God*

We now ask you to watch this YouTube video on "7 Gifts of the Holy Spirit" by Thomas Morris to help you to understand these gifts a little better.

<https://youtu.be/PWq3HzBSRnI>



Wisdom: This is a gift that comes over time. A wise person has learned how to look at life from all perspectives, to see and understand the “whole picture” of a situation. Some who is wise can see how everything is part of God’s love.

Question: When have we seen others (family, friends, Sponsor) act with wisdom? How do we, with the grace of the Holy Spirit, develop wisdom in our lives?

Understanding: The ability to see from another person’s “heart”, to feel the feelings of others and to put these before our own.

Question: Have you had the experience of feeling that another person absolutely know how you feel? Name some ways that understanding is needed in the world.

Knowledge: The ability to find important information and facts and to look at them objectively and intelligently.

Question: Can you think of a person you respect because he or she is knowledgeable and acts for the good of others because of this knowledge? Please share

Wonder and Awe: This used to be called “The Fear of the Lord” but it is actually the Love of the Lord. The ability to be amazed by things in life, to be awake to the realization that we are always in God’s presence. This tells us that God is infinitely larger than us and

created the beauty of the universe, but He also listens and cares for us.

Question: Think of a time when you strongly felt God’s presence? How did that feel?

Reverence (Piety): This gift is honoring God and all God’s people.

Someone who listens and follows God to the best of their ability. Respect and Honor of others.

Question: What is your favorite way to pray and/or talk to God? Share with each other

Right Judgement (Counsel): The gift is which a person is open to others’ insights about a problem and to working with them to solve that problem.

Question: Think of a time when someone listened to you and then helped you to make choices that would help solve your situation or problem? Please share

Courage: The ability to follow our convictions and consciences no matter what.

Courage gives us the strength to do what is right despite obstacles and difficulties.

Question: Can you think of a time when you managed to get through a difficult situation? Please share.

The Gifts of the Holy Spirit



WISDOM: Grant us the Spirit of Wisdom that we may grow in understanding of Your love and compassion for us. Help us to love You with all our heart.

UNDERSTANDING: Grant us the Spirit of Understanding to enlighten our minds with the light of Your truth. Help us to learn about our one true faith in You.

KNOWLEDGE: Grant us the Spirit of Knowledge that we may know God and know ourselves. Help us to see ourselves and others as images of God.

WONDER AND AWE: Grant us the Spirit of Wonder and Awe, that we come to an awareness that God alone deserves our trust and our respect. This world has wondrous things for us to explore and understand. God open our eyes to the wonders around us.

REVERENCE: Grant us the Spirit of Reverence that we may be loyal and faithful to those around us and find the service of God to be kind and worthy. Help us to honour and respect all people as children and images of God.

RIGHT JUDGEMENT: Grant us the Spirit of Right Judgement that we may always choose the surest way of pleasing God and gaining our place in Heaven. Help us to make good decisions.

COURAGE: Grant us the Spirit of Courage that we may bear our cross with You and that we may overcome all obstacles without giving up hope. Help us to love God and others, especially when it is difficult.



Sharing Our Faith

The discussion items below were written to assist you in sharing your faith with each other. You may choose to discuss all of items in sequence or you may want to pick and choose items from the list. Please share this with your parent(s)

If your Sponsor(s)/Godparent(s) lives a distance away, you can discuss this with them when you contact them by Skype, Zoom, Google Meet, Face time, text or even by phone.

Most importantly, take turns sharing your faith, memories, past experiences and future hopes together and an opportunity to get to know this side of each other better.

Sharing Items: (feel free to add some of your own)

1. Share a time when you felt God's presence ...
 2. Who is someone in your life that has affected you and how?
 3. How has your faith influenced your daily life?
 4. In what ways do you see the Holy Spirit working in you and in others?
(gifts/courage/strength/community/special friendship/)
 5. Carefully reflect on each of the Gifts of the Holy Spirit.
(gifts of the Holy Spirit are depicted below)
- how will each help you to grow in these qualities that are already a part of you?
6. Focus on ONE gift that is especially important to YOU in your life today.
How will you share this gift with others?
 7. What do you hope the Sacrament of Confirmation will be for you?



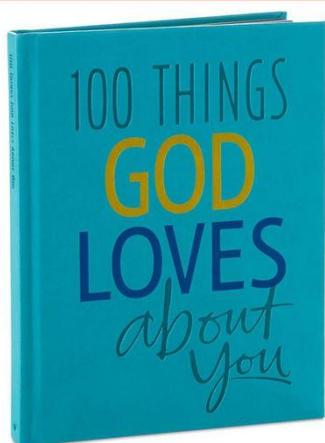
Prayer:

Dear God, we thank you for the many gifts you have given us. We know that all our blessings come from you. Help each of us take time to recognize our gifts, and work toward developing these gifts. May we be willing to reach out to others and share all that we have been blessed with. For it is in helping others that we gain joy and fulfillment here on Earth. Lord, help us today see the wonderful gifts with which we have been blessed. Help us discover the hidden talents and skills we possess.

May we recognize our potential and never underestimate all we can achieve. We ask this through Jesus, Our Lord and Savior. Amen.

Choosing a Confirmation

Patron Saint:



We encourage you to choose a Confirmation Patron Saint. The idea is to have a specific relationship and connection with a Saint. We as Catholics believe that Saints pray for us and that their prayers can be very powerful because they have a close relationship with God.

Most Saints were ordinary people who lived on earth and did extraordinary things.

Have a look at this video "Name Your Confirmation Saint" by the Diocese of San Bernardino <https://youtu.be/usQuLFM8FcQ>.

So how do I find a Saint that fits with me?

You can go on the internet and google many Saints and who they were, but this is not what we would like you to do.

- 1) Pray about it.
- 2) Can start by looking up a Saint name that is similar to your own name or ethnic background.
- 3) What are you Passionate about in your life? What are your dreams?
(eg: helping people, animals, learning/growing, outdoors/creation, music, sports)
- 4) Then type in on your google search "Parton Saint of _____."
- 5) Looking up recently Canonized or Blessed that you might be guided to.
- 6) This will help you to nail down a few Saints that might be similar to you.
- 7) You can choose someone who is Blessed also, like Blessed Carlo Acutis, or you can choose a Saint like Saint Pope John Paul II. There are many to choose from.
- 8) Choosing a Saint is to have one more person from heaven that can pray for you and walk with you on this journey through things. Someone who lived here on earth that might be similar to you. You can't go wrong.

This is just an option and not something you have to do. It might be interesting to explore different Saints and what they did in their lives to become saints.

God asks each of us to work towards becoming closer to Him. This is one way.

Here are a few Saints that you might want to look up:

- 1) Holy Mary, Mother of God**
- 2) St Michael the Archangel**
- 3) St Francis of Assisi**
- 4) St Thomas Aquinas**
- 5) St Elizabeth Seton**
- 6) St Patrick**
- 7) St Teresa of Avila**
- 8) St Martin de Porres**
- 9) St Pope John Paul II**
- 10) St Mother Teresa of Calcutta**
- 11) St Padre Pio**
- 12) St Joseph**
- 13) St Christopher**
- 14) St Anthony**
- 15) St Angela**
- 16) St Catherine**
- 17) St Sofia**
- 18) St Monica**
- 19) St Sebastian**
- 20) St Peter**
- 21) St Paul**
- 22) St Rose**
- 23) St Bernard**
- 24) St Maria Goretti (one of the youngest Saints)**
- 25) St Gabriel the Archangel**
- 26) St Mary Magdalene**
- 27) St Gerard**
- 28) St Abigail**
- 29) St Matthew**
- 30) St Mark**

- 31) St Luke
- 32) St John
- 33) St Vincent de Paul
- 34) St Dominic Savio
- 35) St Juan Diego
- 36) St Andrew
- 37) St John Vianney
- 38) St James
- 39) St Christina
- 40) St Barbara
- 41) St Martha
- 42) St Veronica
- 43) St Bridget
- 44) St Edward
- 45) St Anne
- 46) St Adele
- 47) St Benjamin
- 48) St David
- 49) St Patricia
- 50) St Cecilia

There are 100's more Saints, but this will get you started.

Here are a few people who are **Beatified "Blessed"** – on their way to being Canonized and becoming Saints

- 1) Blessed Carlo Acutis
- 2) Blessed Alvaro del Portillo
- 3) Blessed Anacleto Gonzalez Flores
- 4) Blessed Guadalupe Ortiz de Landázuri
- 5) Blessed Teresa Demjanovich

Have a look at this video to find out how the church declares people as Saints. It is harder than you think.

<https://youtu.be/IUGRdpRJWYA>

(How Does the Catholic Church Declare Official Saints? – Busted Halo)

THE DYNAMIC CATHOLIC PRAYER

Loving Father,

I INVITE YOU INTO MY LIFE

TODAY

& MAKE MYSELF **AVAILABLE** TO YOU.

HELP ME TO BECOME

the Best-Version-of-Myself

BY SEEKING YOUR WILL & BECOMING A LIVING EXAMPLE

OF YOUR **LOVE** IN THE **WORLD**.

Opens my Heart TO THE AREAS OF MY LIFE THAT **NEED** Change.

IN ORDER FOR ME TO CARRY OUT THE **MISSION**

& EXPERIENCE THE **JOY** YOU HAVE IMAGINED FOR MY LIFE.

INSPIRE ME TO LIVE THE Catholic faith IN WAYS THAT ARE

DYNAMIC & **ENGAGING**.

SHOW ME HOW TO **BEST** GET INVOLVED IN THE LIFE OF MY PARISH.

MAKE OUR COMMUNITY **HUNGRY** FOR BEST PRACTICES

AND *continuous* **LEARNING**

GIVE ME **COURAGE**

WHEN I AM **AFRAID**,

hope WHEN I AM **DISCOURAGED**,

AND CLARITY IN TIMES OF **DECISION**.

Teach ME TO **ENJOY** UNCERTAINTY & LEAD YOUR CHURCH

TO BECOME *all you* **IMAGINED** IT WOULD BE

FOR THE **PEOPLE** OF OUR TIMES.

Amen.