



Photo by Josh Applegate | St. Mary's Catholic Center, College Station, Texas

LESSON SEVENTEEN

The Sacrament of Confirmation: The Holy Spirit Seals Us

Opening Prayer

*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.*

Let us pray:

*O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.
Through Christ our Lord.*

Amen.



Lesson Objectives:

- ❖ Understand the connection between Confirmation and Pentecost, recognizing a direct parallel between the outpouring of the Holy Spirit at Pentecost and the grace given in Confirmation.
- ❖ Identify and explain the seven gifts of the Holy Spirit, drawing from Isaiah 11:2, and recognize how they guide daily Christian living in a practical way.
- ❖ Recognize the five effects of Confirmation (see CCC 1303) and understand how the sacrament deepens our identity in Christ and his Church, and commissions us for the mission of living and sharing the Gospel with courage and love.

BURNING QUESTIONS

❖ Why do I need Confirmation if I'm already baptized?

Sometimes it seems as if Confirmation is just a repeat of Baptism. How are Baptism and Confirmation different?

❖ How does Confirmation help us in our daily Christian life?

Some Protestant denominations consider Confirmation a public profession of faith. In the Catholic Church, it is a sacrament. What difference could this make in your life?

St. Peter the Apostle

Feast Day: June 29 (with St. Paul) / February 22 (Chair of St. Peter)

Lived: c. 1 BC–AD 64–68 · Bethsaida (modern-day Golan Heights) · Patron of Popes, Fishermen, Rome

Peter was a fisherman and an impulsive man, keenly aware of his imperfections. He professed that Jesus was the Son of God and then hours later denied knowing him three times. He fled from the Cross in terror, but at Pentecost, when the Holy Spirit descended like a rushing wind and tongues of fire, Peter stood before thousands and proclaimed Christ with boldness—three thousand were baptized that day. The same man who begged Jesus to depart from him became the rock of the Church, dying crucified upside down in Rome rather than deny his Lord.



“Repent, and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit.”

Acts 2:38

A Personal Pentecost

Strengthened for Mission

Teenagers might perceive Confirmation as the endpoint of religious education, but it marks a new beginning: it is an outpouring of the Holy Spirit that empowers us for mission and purpose. The grace given in Baptism is now strengthened for the mission ahead, as it happened with the apostles at Pentecost. In OCIA, you have the privilege of receiving the sacraments in the order of the early Church: Baptism, Confirmation, and the Eucharist in a unified celebration of initiation.

The Rite

The essential rite is the anointing of the forehead with Sacred Chrism (a fragrant oil consecrated by the bishop at the Chrism Mass during Holy Week) together with the laying on of hands and the words: “Be sealed with the Gift of the Holy Spirit.” Like Baptism, Confirmation “imprints on the soul an *indelible spiritual mark*” (CCC 1304) and can be received only once.

“You received a spiritual seal ... Keep safe what you received. God the Father sealed you, Christ the Lord strengthened you.”

St. Ambrose

What the Spirit Does

The Five Effects of Confirmation

The *Catechism* names five principal effects (see CCC 1302–1303): it roots us more deeply in our identity as God’s beloved children; it unites us more firmly with Christ; it increases the gifts of the Holy Spirit in us; it perfects our bond with the Church; and it gives special strength to spread and defend the Faith.

Sent for Others

We are not confirmed just for our own spiritual benefit. The Spirit empowers us to go out and proclaim Christ—not only with words but with the witness of our lives.



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“God did not give us a spirit of timidity but a spirit of power and love and self-control.”

2 Timothy 1:7

Gifts, Charisms, and Fruits

Seven Gifts

The Church identifies seven gifts increased in us at Confirmation (see Isaiah 11:1–3; CCC 1830–1831): wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. These lasting graces help us follow God's will, love others as Christ loves us, and respond quickly to divine inspiration.

Charisms and Fruits

Charisms are special graces given for the building up of the Body of Christ: teaching, healing, intercession, hospitality, leadership, and many others (see 1 Corinthians 12:4–11). The *fruits* of the Spirit are the qualities that grow in a soul rooted in Christ: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22–23). Holiness, in the end, looks like love.

“They were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.”
Acts 2:4



Discussion Questions

- ❖ What was your understanding of the gifts of the Holy Spirit before you began OCIA? What is your understanding now?
- ❖ How does the analogy of the time-release capsule help you understand the effects of the Sacrament of Confirmation in your life?
- ❖ Can you imagine being empowered by the Holy Spirit to be sent on a mission? What might that look like in your life?

Faith and Fun

The Sacred Chrism used at Confirmation has been infused with a resin that gives it its distinctive fragrance. What is this resin called?

a. Frankincense

b. Balsam

c. Myrrh

d. Sandarac

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Peace Be with You

Words from the Risen Lord

These words come directly from Jesus himself. On the evening of the Resurrection, he appeared to the frightened apostles in the Upper Room and said, “Peace be with you” (John 20:19), then he breathed on them and said, “Receive the Holy Spirit” (John 20:22). His peace is not the world’s peace. It is a profound peace that “passes all understanding” (Philippians 4:7), more powerful than struggle or conflict, grief or fear.

At Mass and at Confirmation

During the Sign of Peace at Mass, the priest echoes the risen Christ, saying: “The peace of the Lord be with you always.” Our response, “And with your spirit,” acknowledges the Spirit at work in the priest by virtue of his ordination. At your Confirmation, as the bishop anoints your forehead with Chrism, these words are Christ’s gift, given to the Church, spoken to your heart.



Living It Out:

This week, write a simple prayer to the Holy Spirit asking for strength, courage, or clarity in a specific area of your life, and pray it each day.

Closing Prayer

*Come, Holy Spirit, come!
And from your celestial home
Shed a ray of light divine!
Come, Father of the poor!
Come, source of all our store!
(...)
Heal our wounds, our strength renew;
On our dryness pour your dew;
Wash the stains of guilt away.*

*(...)
On the faithful, who adore
And confess you, evermore
In your sevenfold gift descend;
Give them virtue's sure reward;
Give them your salvation, Lord;
Give them joys that never end.
Amen. Alleluia.*

Announcements / Reminders — add notes here