

LIST OF SOURCES

Blessed Pier Giorgio: <https://totheheights.com/2609/bl-pier-giorgio-frassati-quotes/>

Chiara Corbella Petrillo: <https://www.catholicnewsagency.com/news/251622/chiara-corbella-petrillo-world-meeting-families-heroic-mother> and <https://www.chiacorbella Petrillo.org/en/the-story-of-chiara/>

Blessed Carlo Acutis: <https://catholicherald.co.uk/carlo-acutis-his-life-and-legacy/>

Saint John Ogilvie: <https://www.franciscanmedia.org/saint-of-the-day/saint-john-ogilvie> and <https://www.facebook.com/ourfatherparish/photos/a.106711974327863/261148455550880/?type=3>

Saint Margaret of Scotland: <https://www.britannica.com/biography/Saint-Margaret-of-Scotland>

Saint Columba: <https://www.newadvent.org/cathen/04136a.htm> and <https://www.catholicnewsagency.com/saint/st-columba-of-iona-722>

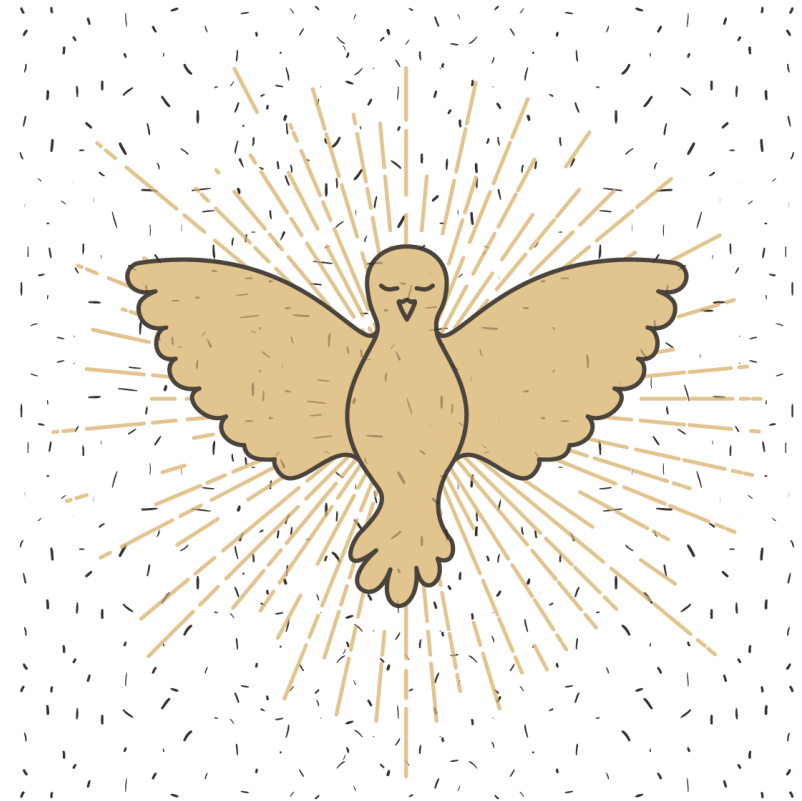
The main source of information for the "Signs and Symbols: How God Speaks" section were taken from "Understanding the Sacraments of Initiation: A Rite-Based Approach" by : Fr. Randy Stice

All scripture quotes are from the Catholic Edition of the English Standard Version (ESV) Bible, published in 2018.

Catechism of the Catholic Church. 2nd ed. Vatican: Libreria Editrice Vaticana, 2012. Print.

All other graphics were made using Canva.com or from Canva.com

THE SACRAMENT OF CONFIRMATION



As you prepare to reflect on the gift of the Sacrament of Confirmation, you are invited to pray this prayer:



Pentecost, from The Small Passion, print, Albrecht Dürer

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth Your Spirit, and renew the face of the earth. Amen.

WHY CONFIRMATION?

What would you now tell someone about why they should be confirmed?

What are you most excited about receiving in this sacrament?

The Sign of Peace

After the anointing and sealing with the gift of the Holy Spirit, each person being confirmed is individually given the Sign of Peace from the bishop. This simple gesture of shaking the bishop's hand shows the Church that you desire to live in communion with all that the Church teaches and believes. It also reminds us of the words Jesus said to His Apostles after the Resurrection, "Peace be with you" (John 20:21).

The Lord's Prayer

The Our Father is a prayer that we pray at every Mass and at many other times in our life. After you are confirmed, this prayer can take on a new meaning in your life. Think back to the effects of the Sacrament of Confirmation. One of the effects is that you will be more completely conformed to Christ who prayed, "Abba, Father." At your Baptism, you became an adopted child of God and when we pray the Lord's Prayer, we pray with and in Christ who teaches us to call God our Father as well. Ask the Holy Spirit to help you pray this prayer well and with great attention each time you pray it.



WHY CONFIRMATION?

God, the Creator of both the entire universe and the tiniest flower, created you. He fell in love with the very idea of you, as Saint Catherine of Siena once said, and in a "plan of sheer goodness, God freely created" you so that you could share in His own divine life! In other words, God wants to make you like Him!

He wants to be close you, but mankind divided and wounded by sin could not fully receive His love. So, in the fullness of time, God the Father sent His only Son to be born of the Virgin Mary in the little town of Bethlehem, so that He could be both our Saviour and Redeemer. In His Son Jesus and "through Him, God invited [you] to become, in the Holy Spirit, His adopted child" and an heir of Heaven! This you became at your Baptism. At your Confirmation, you will receive a special outpouring of the Holy Spirit just like the Apostles did at Pentecost and a lot of other amazing gifts!

(Parts in quotations are excerpts from
The Catechism of the Catholic Church
(abbreviated as CCC) #1.)

REFLECTION QUESTION

What words stand out to you from the previous page?

Write them on the clipboard.



anointing with oil symbolizes Christ's own anointing. Oil also traditionally reminds us that the sacrament cleanses because people used to use it before or after a bath. Oil also limbers our body like it does for athletes, heals us from our bruises or wounds, and makes us beautiful with the strength of the Lord. Several other sacraments also use oil. Can you draw any connections with these other sacramental uses for oil?

Why do you think this anointing happens on your forehead? Your head is the physical representation of your intellect. It is in our making of decisions and thinking that we most need the Holy Spirit's guidance.

Indelible, Spiritual Seal

While you are anointed on your forehead as the bishop prays for you to be sealed with the Holy Spirit, something powerful and mysterious also happens! This outward marking reveals the wonderful reality of being more conformed to Christ and fills you with the grace needed to spread the faith to all you meet. When you reply, "Amen," you express your inner desire to receive this immense gift.

Extended Hands of the Bishop

Next, the bishop will extend his hands over your head and ask for a special outpouring of the Holy Spirit with these words:

Almighty God, Father of our Lord Jesus Christ,
who brought these your servants to new birth
by water and the Holy Spirit,
freeing them from sin:

Send upon them, O Lord, the Holy Spirit, the Paraclete;
give them the spirit of wisdom and understanding,
the spirit of counsel and fortitude,
the spirit of knowledge and piety;
fill them with the fear of the Lord.

Do you see the connection in the prayer to the Sacrament of Baptism and the seven gifts of the Holy Spirit?

Anointing with Chrism

The bishop will then make the sign of the cross on your forehead with sacred chrism as he says the words, "N., be sealed with the gifts of the Holy Spirit," to which you reply, "Amen."

These two actions, the laying over of the hands and the anointing, are the two essential elements of the Sacrament of Confirmation and both have their roots in the Holy Bible. The laying on of hands was a sign of someone being blessed in preparation for being sent on mission and the



TEACH SOMEONE

Think about what you read in the "Why Confirmation" section and what we have talked about in Torch related to the six symbols which can help us tell the story of our salvation. Retell the story of our salvation to someone at home. You can practice in the space below.



BIBLE PONDERINGS

Ezekiel 36: 24-28

I will take you from the nations and gather you from all the countries and bring you into your own land. I will sprinkle clean water on you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules. You shall dwell in the land that I gave to your fathers, and you shall be my people, and I will be your God

Pray: Come, Holy Spirit. Read the above passage again or read it out loud to someone at your house. What words or phrases stand out to you or them?

Is there anything that is confusing?

The Bible translation used in this booklet is from the Catholic Edition of the English Standard Version (ESV) Bible, published in 2018. In July 2020, the Scottish Bishops voted to begin the process of editing and publishing a new Lectionary based on this Bible translation. The current translation of the Scottish Lectionary is from the Jerusalem Bible.

Renewal of Baptismal Promises

At your Baptism, your parents, or you if you were older, promised that you would live the Catholic faith. The renewal of your baptismal promises is done in a simple question and response dialogue between the bishop and those to be confirmed. Let's look at it now:

- Do you renounce Satan and all his works and all his empty show? **I do.**
- Do you believe in God, the Father almighty, Creator of heaven and earth? **I do.**
- Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father? **I do.**
- Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in Confirmation? **I do.**
- Do you believe in the holy Catholic Church the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? **I do.**
- This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord. **Amen.**

Do you have any questions about any of these statements?

Participants at the Mass

At your Confirmation, there will also be a lot of people there to celebrate with you, but that is not the only reason they are present. Each person, in some sense, is also a sign of a greater invisible reality! Your parents remind you and the rest of those gathered that it is their duty to help you grow closer to God. Your bishop, a successor of the Apostles who were present at Pentecost, reveals the reality that you will be joined more closely to the Church and receive the responsibility to witness to the faith like the great saints who have gone before us. The bishop's miter or hat also can remind us of the flames which hovered over the Apostles heads at Pentecost. Your family and the church community signify and make present the Body of Christ to which you are more closely united and reveal their trust in the graces given in the sacrament. Lastly, your sponsor's presence shows that you are not alone in trying to fulfill your baptismal promises.



REFLECTION QUESTIONS

Who are some people you can trust?



Who are some people who you think love their faith? Why?

BIBLE PONDERINGS

Isaiah 11: 1-4

There shall come forth a shoot from the stump of Jesse,
and a branch from his roots shall bear fruit.
And the Spirit of the Lord shall rest upon him,
the Spirit of wisdom and understanding,
the Spirit of counsel and might,
the Spirit of knowledge and the fear of the Lord.
And his delight shall be in the fear of the Lord.
He shall not judge by what his eyes see,
or decide disputes by what his ears hear,
but with righteousness he shall judge the poor,
and decide with equity for the meek of the earth.

Pray: Come, Holy Spirit. Read the above passage again or read it out loud to someone at your house. What words or phrases stand out to you or them?

Is there anything that is confusing?

Perhaps that was not your question, though. Maybe you were asking what will physically happen at the Mass in which you will be confirmed or what words will you expect to hear. Let's turn now to the important signs and symbols which are embedded into the Sacrament of Confirmation.

SIGNS AND SYMBOLS: HOW GOD SPEAKS



Think back to our relationship analogy. If you want to grow in friendship with someone, you need to learn their language or use of symbols which reveal a deeper mystery about who they are.

Confirmation happens at Mass

First, Confirmation takes place within the celebration of the Mass to show its connection to the other Sacraments of Initiation: Baptism and Eucharist. Think back to your First Communion and your Baptism if you remember it. Each of these sacraments bring us closer to Christ and His Body, the Church. Take a moment to stop and thank God for the gift of these sacraments and the graces you have received.

WHAT WILL HAPPEN AT CONFIRMATION?

That is a good question. A lot depends on what you desire to happen! We have talked about a lot of effects of the sacrament, but simply put, Jesus promises that the Holy Spirit, our Helper and Advocate, will do three things when He comes to us according to Saint John. First, He will make His dwelling with us. The Father, Son, and Holy Spirit will make a home in your heart. The Holy Spirit will also teach you all things! But, are you willing to learn and ask for help when you do not understand something? Lastly, the Holy Spirit will remind us of all that Jesus said to us both in our hearts and in the Sacred Scriptures.

We each have a mission that God has given us and we can discover it only through the help of the Holy Spirit who desires to come to us as a friend and companion on our journey of life. Ask God to increase our faith in His power in our lives so that we can be the saints that God is calling us to be through the sanctifying grace He is constantly pouring out into our hearts through the Holy Spirit.

SPIRITUAL CHALLENGE



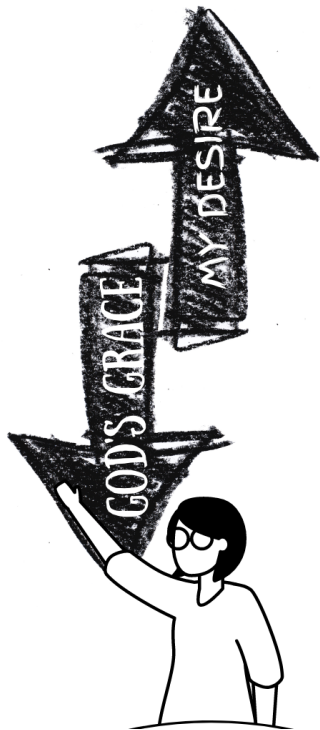
Ask someone who you think loves their faith why they do. Try to come up with 3 main reasons.

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WHY SACRAMENTS?

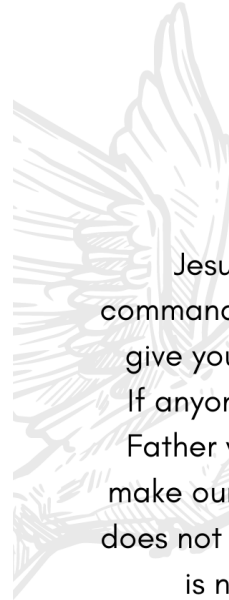


Every sacrament was instituted or planned by Christ to give us grace. Sanctifying grace is God's own life given to us freely so that we can become more like God! In your Baptism, you received this gift of sanctifying grace, became a child of God, and a temple of the Holy Spirit. Each time you receive Holy Communion these graces are increased and strengthened so that you can become more united to God and His Church if you desire to do so.



There are two main parts to every sacrament: God's action or the promise that the sacraments will do what they promise to do and give you grace, and your desire to receive God's grace and effects of the sacrament and to adore God. You could also think about it like a double-sided arrow. God always pours out His grace on us in the sacraments, but we can limit or increase their effects in our lives by our desire or intention.

BIBLE PONDERINGS



John 14:15-16, 23-26

Jesus said, If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever... If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father's who sent me.

These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

Pray: Come, Holy Spirit. Read the above passage again or read it out loud to someone at your house. What words or phrases stand out to you or them?

What does Jesus promise that the Holy Spirit, our Helper, will do for us?

REFLECTION QUESTION



Would you like to be confirmed? If yes, write a note to your priest or bishop about why you would like to be confirmed. If you would not yet like to be confirmed, what questions or concerns do you have?

A large rectangular area with rounded corners, outlined in orange, containing ten horizontal lines for writing.

In the sacraments, God also always gives us tangible things we can touch, smell, see, hear and taste. Can you think of any examples? Why do you think He does this?

Three horizontal light blue lines for writing.



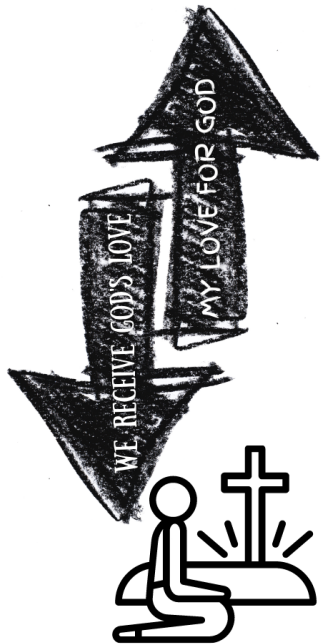
God Himself sent His only Son, Jesus Christ to become a man in the womb of the Virgin Mary while still remaining fully God. Jesus entered into our world as a person who could see, touch, taste, smell, and hear things. He also knows that this is how we learn.

As Jesus ascended into Heaven, He promised to remain with us always and He does this concretely in the sacraments. When He walked on the earth, people saw just a simple carpenter, but in reality they were seeing the mystery of God become man. When we see and taste the bread after it has been consecrated, it is no longer ordinary. With the eyes of faith, we see that the bread has become the true Body of Jesus. This is a wonderful mystery! Take a little time to ponder this gift.



ARE THE SACRAMENTS ABOUT RELATIONSHIPS?

Think about a relationship you have in your life. It could be with a parent, friend, coach, or sibling. What are some words you would use to describe this relationship? Write them on the clipboard.



In our human relationships, we would expect to be able to trust another person. We might also expect that there would be a mutual giving and receiving of love. Through the sacraments, we enter into a true relationship with God who deeply loves us and we are able to love Him in return.

WHAT ARE THE GIFTS OF THE HOLY SPIRIT?

Traditionally, the Church lists seven main gifts of the Holy Spirit which are taken from Isaiah 11:1-4 which was cited earlier in the booklet. Let us ask God to increase our desire to receive these wonderful gift!

- Gift of Wisdom– Direct Knowledge of God who is Love
- Gift of Understanding– Knowledge of the whole faith (what God is teaching us, especially in the Gospels)
- Gift of Knowledge– Understanding all of creation from God's point of view (what He loves about creation)
- Gift of Counsel– Insight into individual decisions/choices from God's point of view
- Gift of Fortitude– Spiritual strength in difficult situations
- Gift of Piety– Natural prayer from the heart and a true desire to adore God and belong to Him
- Gift of the Fear of the Lord– Being small and humble before God like loving children before their Father who loves them.

Teach someone at home the hand motions you learned for each gift!

At your Confirmation, you will receive an increase in the gifts of the Holy Spirit (see CCC 1303).

✝
Saint John Ogilvie
(1579 - 1615)



John Ogilvie converted to Catholicism at the age of seventeen after much prayer and study. Soon after he began to study for the priesthood and desired to become a missionary in Scotland even though he knew this would mean almost immediate imprisonment. Eventually he entered the country secretly disguised as a soldier returning from war and was able to serve the few Catholics that were there and make a few converts to the faith before being arrested, tortured, and sentenced to death. Even through these sufferings, he showed great fortitude and trust in God. John Ogilvie was canonized in 1976, becoming the first Scottish saint since 1250. Let us ask Saint John to help us be attentive to the Holy Spirit's gifts, especially those of fortitude and piety.

This might sound great to you or it may sound like a strange idea. You may also be saying to yourself: I have never experienced being in relationship with God through the sacraments before! How do I talk to God or know His love for me? These thoughts are all okay.

The language God speaks is different than the language you use when talking to a friend. God speaks to us in signs and gestures used in the liturgy, and in the words in the Bible and at Mass. Therefore, we need to still our hearts and attune our minds to God. This may mean turning off your phone and computer, finding a quiet place, or coming a few minutes early to Mass. Learning to attune our minds to God will also include listening to the examples of those around us and those in Heaven, known as the saints. Which of these examples might you like to try or do with your family?



BIBLE PONDERINGS

Isaiah 42: 1-3

Behold my servant, whom I uphold,
my chosen, in whom my soul delights;
I have put my Spirit upon him;
he will bring forth justice to the nations.
He will not cry aloud or lift up his voice,
or make it heard in the street;
a bruised reed he will not break,
and a faintly burning wick he will not quench;
he will faithfully bring forth justice.

Pray: Come, Holy Spirit. Read the above passage again or read it out loud to someone at your house. What words or phrases stand out to you or them?

Who do you think the prophet Isaiah is talking about?

Is there anything that is confusing?

Have you ever been scared to talk to people about your faith in Jesus? By your Confirmation, you will receive a "special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross (CCC 1303)." Do you think that this is possible? Ask God to help you believe that this is true!

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Saint Columba
(521-597)



Columba came to pagan Scotland in 563 from Ireland with a few companions. Eventually he founded a monastery on the island of Iona which would be the home base for their missionary preaching. At times he experienced sufferings at the hands of the pagan Druid priests, but he and his companions persevered in spreading the truth of the Catholic faith to much of Scotland. May we ask Saint Columba to intercede for us and help us be open to witnessing to the truth of Christ to our culture.

You Confirmation will also more firmly unite you to Christ (see CCC 1303). Jesus once told His Apostles, "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing" (John 15:5). Think about the branches of a vine. Can you see where the vine ends and the branches start? No. That is how close we are meant to be to God!



Growing up in Italy, Carlo loved video games, computer programming, and football. From the time of his First Communion, he fostered a great love for the Holy Eucharist as well as Our Lady even though his family was not very devout. He told people that "the more often we receive the Eucharist, the more we will become like Jesus, so that on this earth we will have a foretaste of heaven." At times, he was compelled to stand up to bullies who made fun of other kids at his school. After being confirmed at the age of eleven, Carlo became a catechist for younger students and often stood up for his faith at school. Let us ask Blessed Carlo to help us become more united to Christ each time we receive a sacrament in the Church.

GROWING IN A RELATIONSHIP

When we grow in friendship with someone, we learn to trust them. God is worthy of our trust but He will not force us into relationship with Him. He is the One who the prophet Isaiah said will not break a bruised reed or squelch a candle that is already burning faintly. He will come gently and encourage those who are struggling. God will also send us people in our lives to help us love and understand Him better.

SPIRITUAL CHALLENGE

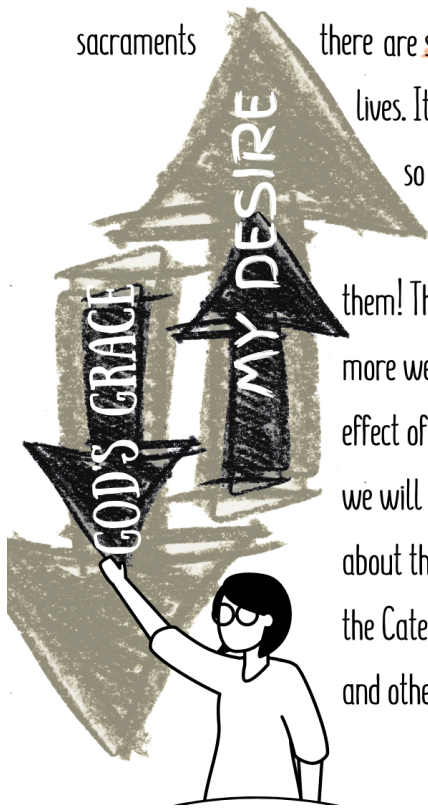


We all need people in our lives who can help us understand more about God's love and encourage us on our journey of faith. In the Sacrament of Confirmation, you usually pick a sponsor to help you grow closer to God. This person can be one of your Godparents from your Baptism or it can be another adult in your life besides your parents who loves his faith. Look back at the lists you made earlier. Could you ask one of these people to be your Confirmation Sponsor? Ask the Holy Spirit to help you.

ENCOUNTERING GOD IN THE SACRAMENTS

As you get to know a new friend better, there are effects of this relationship that become evident in your life. You may be happier when you are in his presence or feel encouraged. You may also start to use some of his phrases or enjoy the things he enjoys doing. When we encounter God in the sacraments

there are **supernatural** and **desirable effects** in our lives. It is important to learn about these effects so that we can increase our desire to receive them and thus become more open to them! Think back to our double-sided arrow. The more we increase our desire and knowledge of the effect of the sacraments, the more of God's grace we will receive! In the next pages, you will learn about the specific effects of Confirmation given in the Catechism and seen in the lives of the saints and others who love their faith.



Did you know that at your Baptism you received an indelible or unremovable spiritual mark on your soul? Well, because Confirmation completes Baptism, you will receive another spiritual mark on your soul that shows you totally belong to Christ (see CCC 1304).

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Servant of God Chiara Corbella Petrillo

(1984-2012)



Chiara was baptized soon after she was born and was raised in a loving Italian family. In 1995, she was confirmed. After marrying Enrico several years later, they suffered the loss of their first two children soon after they were born. During her third pregnancy, Chiara found out she had cancer but refused any treatment that would harm her unborn son. She gave birth to a healthy baby boy and began cancer treatments but died soon after her son's first birthday. Recently, Pope Francis met with Chiara's parents and said, "As a wife, alongside her husband, she followed the way of the Gospel of the family, simply and spontaneously... Chiara's heart also welcomed the truth of the cross as a gift of self: Hers was a life given to her family, to the Church, and to the whole world." She was able to give something beautiful to God because He had first given Himself totally to her in the sacraments.

At your Baptism, you became a child of our Heavenly Father and an heir of the Kingdom of Heaven. Your Confirmation will increase the graces from your Baptism and root you more deeply in your identity as a son or daughter of the Most High God. Jesus prayed to God His Father by calling Him, "Abba!" which can be translated as "Daddy." God is a good Father and we can speak to Him intimately. (see CCC 1303).

✝
Blessed Pier Giorgio Frassati
(1901-1925)



From a young age, Pier Giorgio had a desire to worship God both in the glorious nature He created and in the Holy Eucharist. He once said, "When you are totally consumed by the Eucharistic fire, then you will be able more consciously to thank God, who has called you to become part of His family." Additionally, he saw each person as part of his spiritual family so he often served the poor and visited the lonely in his community. Let us ask him to help us become more rooted in the knowledge that we are a child of God and to thank God continually for this incredible gift!



Jean Alaux, *The Sacrament of Confirmation*

EFFECTS OF CONFIRMATION



The main effect of the Sacrament of Confirmation is the "full outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost" (CCC 1302). After Pentecost, the Apostles were able to boldly proclaim the truth of God's love for His people even though just hours before they were scared of being killed just like their Master. As you are confirmed, you, too, will receive this full outpouring of the Holy Spirit and be able to do things which you thought were impossible! It will be your personal Pentecost! Ask God to help you be open to all that He wants to do in and through you. Write a simple prayer in the space below for this intention.

A large, empty, rounded rectangular box with a green border, intended for writing a prayer. The box is light gray and has a subtle drop shadow.

By your Baptism, you became a member of the mystical Body of Christ known as the Church (see CCC 1267) and by your Confirmation, this bond is strengthened and made more perfect (CCC 1303). You will receive the grace, if you desire it, to see the Church as your home and family. Additionally, you will want to do all you can to see the Church flourish.


Saint Margaret of Scotland
(1045-1093)



Growing up in Hungary, Margaret and her family fled to Scotland after her father died. She eventually married Malcom III, the King of Scotland, and together they raised eight children in the Roman Catholic faith. Margaret did much to help the Church during her life. At her request, English Benedictine monks and other priests came to Scotland to teach people about the Christian faith and establish places of prayer. Margaret also personally helped the poor in Scotland and funded the building of Churches, burial sites, and places of rest for pilgrims. She was canonized in 1250. Let us ask Margaret to help us be more open to being united to the Church, sharing our faith, and helping the most vulnerable.