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This content is not designed to be self-guided in any way. It is to be done by the Candidate (that's you) with the guidance of both a trusted adult and the Holy Spirit.

If parents are not able to help, please consider your Confirmation Sponsor, Godparent, or Grandparent.

# FAQS

*Do not attempt on your own*

This exercise is to be led by an adult who is active and participating in their Catholic faith and equipped to help you explore these areas. Please use the additional space on each sheet to journal your responses.

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## Why do I have to be Confirmed if I already received grace and the Gifts of the Holy Spirit at Baptism?



**BAPTISM IS ONE OF THE 3 SACRAMENTS OF INITIATION. THE OTHER TWO ARE CONFIRMATION AND FIRST EUCHARIST. CONFIRMATION LEAVES AN INDELIBLE (UN-ERASABLE) MARK ON YOUR SOUL MUCH LIKE BAPTISM AND YOU ALSO RECEIVE AN INCREASE OF THE GIFTS OF THE SPIRIT.**

### THE FIVE EFFECTS OF BAPTISM

- We are granted justification or sanctifying grace**  
When we're baptised, our original sin is forgiven and, in the case of adults, personal sins.
- We receive the three theological virtues**  
Faith, hope and charity, the gifts of the Holy Spirit and the other virtues are received.
- We receive the sacramental grace**  
It offers the necessary help to live a Christian life. It makes us capable of believing in God, of waiting on Him and loving Him.
- A sacramental character is imprinted in us**  
It is an indelible spiritual mark that is imprinted during Baptism. It makes us part of the Church, Body of Christ.
- It makes us part of the common priesthood of the faithful**  
Participation is in two forms: active, through evangelization and sanctifying all temporal realities and passive, by receiving the other sacraments.

THE SEVEN SACRAMENTS CatholicLink SOURCE: CATHOLIC.NET

### THE THREE EFFECTS OF THE EUCHARIST

- We are granted sanctifying grace**  
It unites us with Christ. This is possible because we receive Christ himself, who is the author of grace.
- We receive the sacramental grace**  
This grace is "nourishing" because it is the food of the soul that comforts us and invigorates our spirit.
- Our venial sins are forgiven**  
We are forgiven for venial sins, which strengthens our soul.

THE SEVEN SACRAMENTS CatholicLink SOURCE: CATHOLIC.NET

### THE FIVE EFFECTS OF CONFIRMATION

- It brings us closer to God, our Father**  
It roots us more deeply as children of God.
- It brings us closer to Christ**  
It unites us more firmly to Jesus Christ.
- We receive the Gifts of the Spirit**  
Increases the gifts of the Holy Spirit in us: Wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.
- We become fully Catholic**  
It renders our bond with the Church (the Body of Christ) more perfect.
- It inspires us to defend the Faith**  
Gives us a special strength to spread and defend the faith as true witnesses of Christ.

THE SEVEN SACRAMENTS CatholicLink SOURCE: THE CATHOLIC COMPANY

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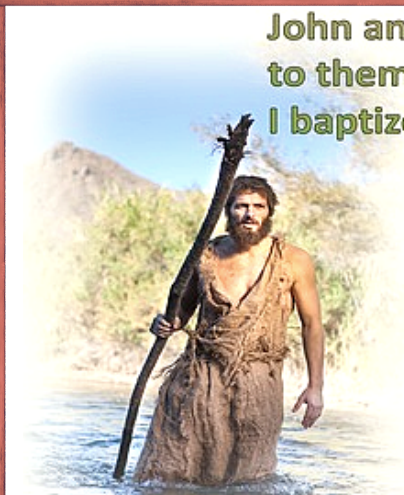
## Why not get Confirmed and Baptized at the same time instead of waiting?



**MOST LIKELY, WHEN YOU WERE BAPTIZED, YOUR PARENTS AND YOUR GODPARENTS STOOD FOR YOU AND SPOKE ON YOUR BEHALF. THEY WERE THE ONES PROMISING TO MAKE SURE THAT YOU WERE RAISED IN THE CHURCH AND WOULD BE TAUGHT ABOUT GOD'S LOVE FOR YOU. NOW THAT YOU ARE OLDER AND HAVE BEEN TAUGHT MANY THINGS, YOU ARE OF AGE TO STAND FOR YOURSELF AND PROCLAIM (YES, PROCLAIM!) THAT YOU BELIEVE AND ARE WILLING TO LIVE AS AN ADOPTED CHILD OF GOD AND A CATHOLIC. YOU CANNOT HONESTLY SPEAK FOR YOURSELF IF YOU ARE NOT OLD ENOUGH TO KNOW WHAT THAT MEANS. THIS IS YOUR MOMENT!**

**John answered and said to them all, "As for me, I baptize you with water**

**but One is coming who is mightier than I, and I am not fit to untie the thong of His sandals; He will baptize you with the Holy Spirit and fire.  
Luke 3:16**







## How do I know that I am ready to be Confirmed?



THAT YOU ASKED THAT QUESTION IS A STEP IN THE RIGHT DIRECTION DECIDING. YOU NEED TO THINK ABOUT WHAT YOU WANT. IF YOU WANT TO TAKE THIS NEXT STEP IN YOUR FAITH, YOU HAVE ACCEPTED THAT GOD LOVES YOU, THAT JESUS CAME AND DIED FOR YOUR SINS AND THE SINS OF THE WORLD, AND THAT THE HOLY SPIRIT IS HERE WITH YOU EVERY DAY TO HELP YOU LIVE GOD MISSION FOR YOU AND YOU ARE READY TO RECEIVE THAT MISSION, THEN YOU ARE READY FOR CONFIRMATION.

\* NOT TO BE CONFUSED WITH DONE LEARNING AND GROWING IN YOUR FAITH THOUGH.

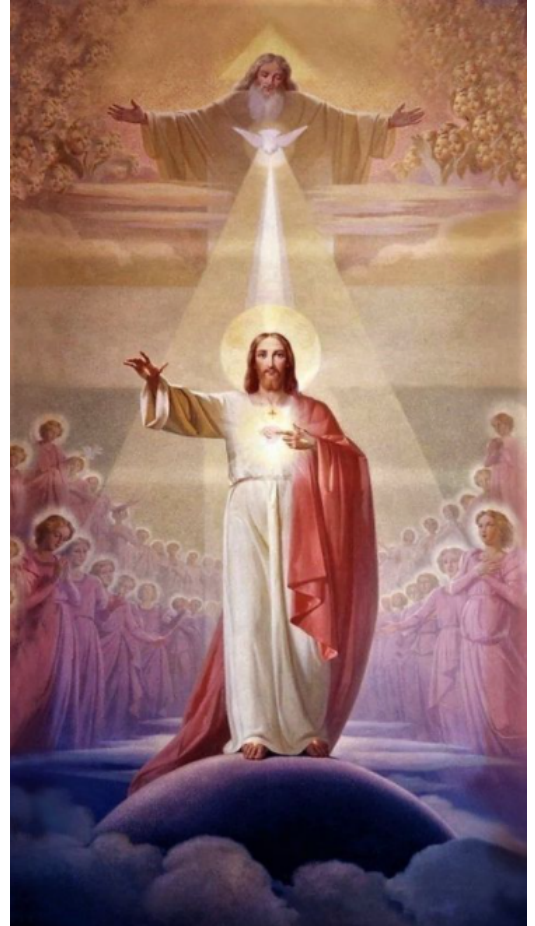
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We talk about the Holy Spirit a lot this year, but where does Jesus fit into all of this?

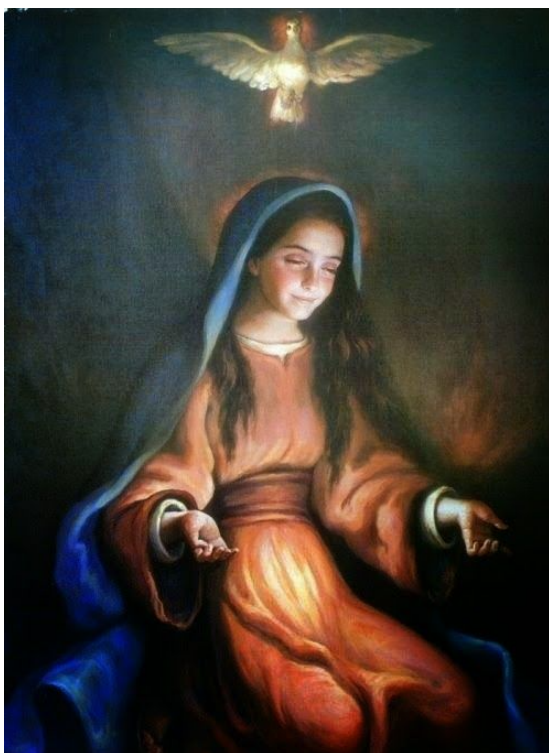


EVERYWHERE! THIS YEAR WE LOOKED AT HISTORY'S GOLDEN THREAD AND EVEN THOUGH WE HAVEN'T YET TALKED DIRECTLY ABOUT JESUS AND THE GOOD NEWS OF THE GOSPEL, ALL THE EVENTS WE HAVE STUDIED SO FAR POINTS DIRECTLY TO JESUS AND HIS SACRIFICE AND VICTORY FOR YOU AND FOR US. WHEN GOD THE SON CAME DOWN FROM HIS THRONE TO OUR LEVEL, ALONG WITH ETERNAL SALVATION, HE ALSO SHOWED US HOW TO LIVE AND HOW TO LOVE. HE THEN ESTABLISHED THE CHURCH SO THAT WE WOULD KNOW HOW TO WORSHIP AND HAVE COMMUNITY. WITHOUT THOSE VERY ESSENTIAL GIFTS AND SACRIFICE, WE WOULD FIND IT ALMOST IMPOSSIBLE TO HAVE THE KIND OF RELATIONSHIP WITH GOD THAT WOULD ALLOW US TO OPEN OURSELVES UP TO THE SPIRIT AND ALLOW THE SPIRIT TO WORK IN AND THROUGH US.



When we talk about saints in the Catholic Church, one we can hardly overlook is our Blessed Mother.

In Catholic devotion we tend to focus—as we should—on the relationship between Mary and her divine Son. But Mary also has a special and unique relationship with the third person of the Trinity. As Luke 1:35 informs us, Christ was conceived by the power of the Holy Spirit, which came to “overshadow” Mary. This relationship between Mary and the Holy Spirit continues long after the Incarnation, which is why—to take just one example—it’s no coincidence that Mary was present, along with the apostles, at the first Pentecost. In *True Devotion to the Holy Spirit*, Archbishop Luis Martinez writes that both are involved in our sanctification. The Spirit is the Sanctifier by essence while Mary “is the cooperator, the indispensable instrument.” What better way than to learn how to be devoted to the Holy Spirit than from the immaculate virgin whose devotion was so great she conceived a divine Child through Him? Put another way, true devotion to Mary is true devotion to the Holy Spirit.



## Facts & Stats

**Feastday:** January 1

**Patron:** all of humanity

**Birth:** September 8, Nativity of Mary

**Death:** August 15, Assumption of Mary