

The Sacrament of Confirmation

Preparation Booklet 1



" ... you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

(Acts 1:8)

What is the Sacrament of Confirmation



1

Confirmation is one of the three "**Sacraments of Initiation.**"

The other two are the Sacrament of Baptism and the Sacrament of First Communion.

"**Initiation**" means the start of something. We are starting to learn more and more about Jesus and the things he teaches.



I baptize you in the name
of the Father and of the Son
and of the Holy Spirit

What does the word

"Confirmation" mean



The word "Confirmation" means
"Strengthening."

When we were baptised, the Holy Spirit started to work inside us. When we receive the Sacrament of Confirmation, the Holy Spirit works in us even more!! We receive extra strength to live good lives like Jesus.

My Confirmation and My Baptism

The Sacrament of Confirmation is closely connected to the Sacrament of Baptism ...

1 Both are sacraments of **INITIATION**.
This means that you are on your way to becoming a full member of the Church family.



2 We are anointed with the oil of **CHRISM** in both sacraments. In Baptism God calls us by name to be his *forever*. We choose a Saint's name when we make our Confirmation.



3 Our parents make **promises** for us at our Baptism. In Confirmation we make these promises ourselves.

4 In Baptism we receive the Holy Spirit. In Confirmation, we are **sealed** with the gift of the Holy Spirit again.



Can you think of any other links between Confirmation and Baptism?

What is Chrism



Chrism is made from olive oil and has perfume added to it. Chrism is blessed at a special Mass called the "Chrism Mass" before Easter. Every parish is given some of the oil to use throughout the year.

Why is the oil used



Oil is a sign or symbol of cleansing and making clean.

Oil is a sign of healing.

Oil is a sign of strength and power.

Draw 3 pictures or write about times when people use oil.



Saint Bridget of Sweden

What is a Saint ?

A Saint is an ordinary person just like you and me who has lived a very good life and tried to follow Jesus. God gives everyone special gifts which help us to live good lives. The Saints are people who used God's gifts very well and in a special way.

How does someone become a Saint ?

When someone dies, and their friends and family think they were really good, the Church will investigate their lives. If the Church decides that they could be a Saint, the Pope agrees that they should be called "**Venerable**." The next step is to wait for a miracle. A person like you and me can pray to a Saint to ask for a special thing like healing. If a miracle happens, the Pope agrees that they should be called "**Blessed**." The last step is one more miracle. Then the Pope agrees that the person is now a **Saint**.

Do we worship Saints ?

No, we only worship God. The Saints are there to help us. The Saints bring our prayers to God. Mary is a Saint. When we pray the Hail Mary and ask Mary for something, she brings our prayer to God.



Look up these websites with an adult to help you choose a Saint ...
www.ainglkiss.com www.catholic.org/saints

St. Francis

St. Francis was born in the town of Assisi in Italy in 1181. His father, Peter, was a wealthy cloth merchant.

When Francis was twenty, Assisi was at war with the town of Perugia. Francis wanted to fight to defend his town. Many lost their lives, and Francis was taken prisoner. During his year in prison, Francis thought a lot about life but he did not become sad like other prisoners. Francis was kind to them and tried to help them. It was while he was in prison that Francis felt that God was calling him to do his work.



When Francis got out of prison, he no longer wanted to be a soldier. He wanted to help others and do God's work.

One day, Francis met a leper. Most people ran away from lepers in case they caught their disease, but kind Francis was moved when he saw the leper. He got off his horse, hugged the leper and gave him a coin. Francis understood that in life there was a different kind of battle that had to be won; to love others and forget about yourself.

Francis went to the little church of San Damiano in Assisi every day. The walls of the church were in ruin and it was very bare, but Francis loved to spend time there alone in front of Jesus on the cross. One day while praying, Francis heard a voice from the cross saying, "Francis, can't you see my house is falling down? Go and rebuild it!"

Francis started to rebuild the church. People laughed at him. His father was angry with him for spending his money on a church. He wanted his son to care about making money and being a rich cloth merchant. Francis knew better; he knew that Jesus had something else planned for him.

Francis gave up everything he owned and went around helping others. For food, he begged in the street. Francis had a special love for animals. It was St. Francis that made the first ever Christmas crib scene by using real animals.

Our Pope, Pope Francis, chose this special saint as a role model.

Francis died in 1226. He is the patron saint of animals and the environment. His feast day is celebrated on 4th October.

St. Teresa

(St. Thérèse of Lisieux - the "Little Flower.")

Saint Teresa was born in the town of Alençon, France on 2nd January 1873. She was the ninth child of Louis and Zélie Martin. Her parents brought her up to love Christ and to show Christ's love to everyone around her. Five of their children, including Teresa, became nuns. When she was fifteen, Teresa applied for permission to enter the Carmelite Convent, but was refused because she was too young. She was so determined, however, that while on holiday in Rome she was brave enough to ask the Pope for permission instead. Finally she was allowed!



Teresa never left that Carmelite convent. During the next eleven years of her religious life she became more and more kind and holy. She was asked to write the story of her life, called "The Story of A Soul."

St. Teresa's "Little Way."

St. Teresa believed that to be a saint you do not have to do anything amazing or be really clever. Teresa believed that **everyone** can become a saint just by doing very small things for others. She believed that it is these little things that make us holy. Teresa famously said that if someone drops a pin and you pick it up for them, this shows real holiness.

While Teresa worked in the convent, she had to help an old nun who was sick. This nun, because she was in pain which made her grumpy, was often mean and unkind to Teresa, but Teresa remained cheerful and kind towards the nun. This is another example of Teresa's "little way" to holiness.

Teresa wrote that we are all like flowers in a big garden. We are different in shape and size - just like the variety of flowers God has created - lilies, roses, daisies, etc. This, Teresa believed, is how God sees all his children. We are all beautiful in our own way, and God loves us just as we are. This is why this saint is known as "The Little Flower."

Teresa died at Lisieux on 30th September 1897 aged just 24. Her feast day is celebrated on 1st October.

Confirmation Wordsearch



I	U	I	O	I	L	A	N	B	U	D	S
A	O	T	Q	L	Z	J	O	T	R	M	Z
N	M	I	E	Q	N	K	I	N	Q	S	M
C	U	R	M	X	E	R	T	E	W	I	N
H	U	I	A	T	V	R	A	M	S	T	Z
R	A	P	N	A	E	U	M	A	Z	P	V
I	K	S	U	Z	S	K	R	R	S	A	Z
S	F	Y	Q	I	X	H	I	C	A	B	S
M	J	L	B	U	K	P	F	A	I	M	M
R	O	O	T	K	V	A	N	S	N	G	U
J	O	H	Z	L	A	I	O	S	T	C	C
B	G	R	I	Q	U	I	C	V	Q	K	V

BAPTISM

CHRISM

CONFIRMATION

HOLY SPIRIT

NAME

OIL

SACRAMENT

SAINT

SEVEN

Worksheet 1 What is the Sacrament of Confirmation? 10 mins approx.

Aim: to explain that the Sacrament of Confirmation is the next important step in their journey to becoming full members of the Church.

1. Set the scene by talking about the Sacraments they have made so far. This will put the children at ease and make them feel comfortable to talk.
Ask questions like: "What was the first Sacrament you made?" "Who made the special promises for you?" "What did your parents promise?" "What did you do at First Confession?" "When did you make your First Holy Communion?" "Does anyone want to tell us all about their Communion day?"
2. Explain the word "Initiation" - that it means the start of something. Emphasise that making the Sacraments are a lifelong journey. Explain that Baptism was the first step, and that parents made special promises for them. Now they are older and will make these promises for themselves.
3. Explain the word "strengthening" - giving extra power or help. The Holy Spirit will be poured into them to help them in their lives. (More will be done on the Holy Spirit in another session).
4. If time, let them colour the Baptism picture.

Worksheet 2 My Baptism and Confirmation ? 10 mins approx.

Aim: to highlight the direct link between Baptism and Confirmation.

1. Read 1-4 and highlight the words in bold. Explain them briefly - Chrism is the focus of the next worksheet, so don't spend long on it here.
Explain again that they are older and will make promises for themselves. Remind them that they were given a name at Baptism. Tell them that they will choose a Saint's name for Confirmation. This always interests children! It's a good chance to remind them that their name shows their uniqueness-there is no-one else like them in the world - God loves everyone for who they are and calls them by name!
Ask them to look out photos of their Baptism over the next few weeks and discuss their Baptism day with their parents.

Worksheet 3 What is Chrism?

15 mins approx.

Aim: to explain the symbol of the oil of Chrism. It's a good idea to have some chrism oil available as a prop.

1. Show the children some oil of chrism. Talk a bit about the Chrism Mass and how every parish uses this chrism, and that this happens every Easter all over the world (this makes them more aware that ours is a Universal Church!). Ask the children to make the sign of the cross on their forehead - this is what the bishop/priest will do at their Confirmation.
2. Explain that oil has healing and cleaning power. Relate this to times in their own everyday lives when they or their friends/family use oil Oil for the bath, healing cream/oil/ointment if they fall and cut themselves, clove oil for toothache, oil to clean/ maintain parts of the car, baby oil to take care of a baby's skin ... tell them that athletes used to be massaged with oil before races - to give them extra strength to run, etc. Explain that the oil of Chrism is a sign of the strength they receive from God to live good lives.
3. Help them to draw/write 3 examples in the boxes.

Worksheet 4 What is a Saint ?

10 mins approx

Aim: to help the children understand what a Saint is, that we are all called to be saints and to get them thinking about a Saint's name for themselves.

1. Set the scene by asking if they know of any Saints. Who? Do you know what this Saint did? Do they know about their school's saint - St. Brigid?
2. Children are fascinated by Saints but are rarely told about the process of canonisation - so take the opportunity to explain it, but briefly. Emphasise the fact that saints were just ordinary people. Some were bad but turned good, e.g. Saint Paul used to be mean to Christians but then became a great one himself ... St. Augustine was a bad lad but later became a Doctor of the Church, etc ...
3. Emphasise the fact that Saints intercede for us-they take our prayers to Jesus for us. Mary is the greatest of all the Saints. Understanding this is important, as it encourages children to pray!!

4. Ask questions like, "What kind of things could we do to become a saint?" "What should we not do?" How should we treat others?"
5. **HOMEWORK!!!** Encourage them to look up the Saints' websites with an adult. Ask them to choose someone who inspires them - not just someone who has a nice name! Or they might want to consider a Saint whose feast day/birthday is on their own birthday or on a date that is special to them in some way.

Worksheets 5 and 6. St. Francis and St. Teresa. 20 mins approx

Aim: to show the lives of two well-known Saints and to get the children thinking ahead about a Saint's name for themselves.

1. This can be given as a homework reading exercise with parents if there isn't enough time, or simply read out to the class as a reflection at the end of the session.

Worksheet 7 - Wordsearch

10 mins approx

This is quite tricky so they might need help!

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