



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

GOD'S SAVING LOVE FOR US: LITURGY AND THE SEVEN SACRAMENTS

TOPIC: THE SACRAMENTS OF CHRISTIAN INITIATION: CONFIRMATION

MATERIALS

- Bibles
- Ice Breaker & Family Bible Activity: paper & pencils
- crayons, colored pencils, tape, glue, scissors
- Confirmation Fire/Flame Templates: [printout](#)

BACKGROUND RESOURCES FOR CATECHISTS

<https://mycatholic.life>

Goal(s):

- Families will read about the Holy Spirit and His role in Jesus' life and mission.
- Families will reflect and share about the Holy Spirit and His role in their own lives and mission.
- Families will discuss the Gifts of the Holy Spirit, why they are important, how they use these gifts in their daily lives, and explore how they can develop the Gifts of the Holy Spirit that are received at the Sacrament of Confirmation.
- Parents will share about their experiences and sacramentals from their own Sacrament of Confirmation.
- Parents will share what their hopes are for their children when they receive the Sacrament of Confirmation.

OPENING PRAYER

Lord Jesus Christ,
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples.
Amen.

ICE BREAKER

Art Collector

1. Give everyone a piece of paper and a pencil.
2. In 5 minutes, each must draw a picture that conveys who he or she is without writing any words or numbers.
3. At the end of five minutes, collect the pictures. Show them to the group one at a time and have them try to guess who drew it.
4. The person who guesses the most correctly gets to be the "Master Art Collector!"



REVIEW MAIN CONCEPT

Confirmation is the Sacrament of Christian Initiation that completes baptismal grace. In the Latin Church, it is generally received after a baptized child reaches the age of reason (at the discretion of the bishop). A person is sealed with the Holy Spirit and strengthened by grace and spiritual gifts to spread and defend the faith and to live as a true disciple of Jesus.



CONTENT

FAMILY BIBLE ACTIVITY

Explain: Jesus' mission on earth was carried out through the power of the Holy Spirit. We can see this right from the beginning of Jesus' life in the Mystery of the Annunciation, when Jesus was conceived by the Holy Spirit in the womb of his Mother Mary!

Invite everyone to open their bibles to [Luke 1:26](#), *The Announcement of the Birth of Jesus*.

Read: *And the angel said to her in reply, "The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore, the child to be born will be called holy, the Son of God."*
Luke 1:35

Explain: Next, we see in [Luke 1:39](#) that Mary travelled to visit her cousin Elizabeth. We call this event the Second Joyful Mystery, *The Visitation*.

Ask some or all of the following questions, giving families time to find and read the bible verses, and to discuss and write their answers. If you have a large number of families, consider designating a different question to each family. When families have answered their questions, review as a large group by inviting them to read their passages aloud to the whole group, to emphasize the role of the Holy Spirit in Jesus' life and mission.

1. In [Luke 1:41-45](#), who was filled with the Holy Spirit? What did they say about Jesus?
2. In [Luke 1:67-80](#), who was filled with the Holy Spirit and prophesized about Jesus and John the Baptist?
3. In [Luke 2:25-32](#), the Third Joyful Mystery, the Presentation of Our Lord, who was filled with the Holy Spirit and prophesized about Jesus and Mary?
4. In [Luke 3:15-16](#), who prophesized about Jesus baptizing us with the Holy Spirit and fire?
5. In [Luke 3:21-22](#), the First Luminous Mystery, the Baptism of Jesus, how was the Holy Spirit seen by the people who were there?
6. In [Luke 4:1-2](#), the Temptation of Jesus, right after His Baptism, who was it that led Jesus into the desert for 40 days?

CONTENT CONTINUED

Explain: Jesus' entire life and mission was carried out in the power of the Holy Spirit.

Read: [Luke 4:14-21](#)

Explain: Jesus taught, healed, saved, redeemed, and proclaimed the Gospel through the power of the Holy Spirit! In the Sacrament of Confirmation, we receive the Gifts of the Holy Spirit—and even more, the Gift of the Holy Spirit Himself in a special outpouring—so we can carry out the mission that Jesus shares with us!

Watch: The Holy Spirit | Catholic Central (4:30 min)



Explain: God the Father, through His Son our Lord Jesus, wants to give us the Holy Spirit in a powerful way! In Baptism, we already received the Holy Spirit and His gifts (the Gifts of the Holy Spirit) in seed-form. In Confirmation, we receive them anew, or rather they are strengthened and increased in us by a new outpouring of the Holy Spirit upon us.

Sometimes after people receive the Sacrament of Confirmation, they do not see the gifts, or they may not even live the way God would want and they may go down wrong paths. Does that mean the Gifts of the Holy Spirit given in the Sacrament of Confirmation didn't work, or are not real?

No, it does not mean that at all. God does not give gifts that don't work, or that are not real. Our Father always keeps His promises. God not only always tells the truth, but God is the Truth! Therefore, He cannot lie.

However, because God loves us, He respects us and He respects our free will. If we choose to throw His gifts in a corner, or not to even open them, that is our choice. We're not robots, and sacraments are not magic. We are human beings made in God's image, and we are free either to love God or not. His sacraments are covenants—promises that involve both God and us. The Lord always keeps His promise and invites us to respond.

So how do we respond and be open God's Gifts? It's simple.

Ask: How do you get better at a sport or develop a talent or any activity?

Answers: You join a team, practice, spend time with others who play, listen to the coach, study the plays, learn your strengths and weaknesses, workout, and play in the games.

Explain: It's the same thing with the Gifts of the Holy Spirit. You join the Holy Spirit's team. He's your coach! You spend time each day praying and listening to God, learning about your faith, reading the Bible, visiting Jesus in His Blessed Sacrament, getting stronger spiritually and working out by going to Mass and Reconciliation, spending time with friends who are good, faith-filled people, who will help you grow to be the person God our Father has called you to be.

Watch: Sacraments 101: Confirmation (why we're confirmed)
Busted Halo



FAMILY CONVERSATION

Provide each family with seven [Confirmation Fire/Flame Templates](#).

Ask families to write the names of the Gifts of the Holy Spirit on the front of Fire/Flame Templates, so that there is only one gift listed on each Fire/Flame.

Explain: The Gifts of the Holy Spirit are given to us so that we can lead happy, spiritually healthy and holy lives. Look at the list of the Gifts of the Holy Spirit. As a family share about moments in your lives, or even in your day-to-day experiences, when you have needed or will need each gift.

Ask families to turn over the templates and write a list of examples for each Gift of the Holy Spirit.

Families can color their Fire/Flames, and then tape or glue them together to make a string of Fire/Flames.

Invite families to share as a large group.

Family Conversation:

1. Model, remind, and help families to feel comfortable, by first briefly showing examples of your Confirmation sacramentals.
2. Invite the family members to show the sacramentals and photos from their own Sacrament of Confirmation.
3. Ask families to answer (some or all of) the following questions either with their children or in a large group:
 - How old were you when you were confirmed?
 - What saint's name did you choose and why?
 - Who was your Confirmation Sponsor?
 - Why did you want to be confirmed?
 - How do you think you are answering God's call to live out your mission?
 - What do you hope for your children when they are confirmed and answer God's call to share in Jesus' mission in the world?

Invite adults or young people who have not yet received the Sacrament to become Confirmed.

Provide your parish's information on how to begin the preparation process.

PRAY

Thanking the Holy Spirit for All His Gifts:

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.

REMIND

Remind families about the next meeting date and time.

