

# YEAR 4 - LESSON 3 - CATECHIST GUIDE WK. 1



## 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

##### SACRED SCRIPTURE

JN 3:1-2;

JN 20:21-23;

ACTS 2:1-4, 8:14-17

##### REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH  
no. 1285

##### CREED

nos.  
683-  
747,  
232-67

##### LITURGY

nos.  
1212,  
1285-1321

##### LIFE

nos.  
1695-99,  
1715,  
1830-32,  
1966,  
1987-  
2029

##### PRAYER

nos.  
2615,  
2623-25,  
2644,  
2652,  
2670-72,  
2681

#### Goal(s):

- Families will learn and share about the Sacrament of Confirmation, one of the three Sacraments of Christian Initiation that perfects and completes baptismal grace.
- Families will read about and discuss the descent of the Holy Spirit at Pentecost.
- Families will reflect and share about the impact of the Holy Spirit upon the early disciples.
- Families will reflect and share about the impact of the Holy Spirit upon their own lives.

#### 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

##### WHAT'S ON YOUR 4HEAD?

This game can be played as individual families or as one large group. Just be aware that the larger the group, the longer it takes to play the game.

- Have a parent or an adult volunteer come up front to be the "caller." The "caller" turns around so he/she can't see the people.
- Ask everyone else to stand up. Tell them to pick a number between 1 and 5 and then put that number of fingers up to their forehead and hold it there. Count "1-2-3, hold." (Family members should now have their numbers set on their foreheads.)
- The "caller" (who is facing the opposite direction and can't see the crowd) calls out a number between 1 and 5. Anyone holding up the number that was called out must sit down.
- At this point, remaining players are allowed to pick another number (or keep the same one) and the game continues. If a player's number is called out, he/she are out of the game.

NOTE: This is a great game to take a picture of ... for later laughs. Everyone can look really goofy holding their fingers on their foreheads.



## MATERIALS

- Bibles
- [Paper Pentecost Candle Activity](#) (Can be colored anytime during session)
- crayons, tape or glue, scissors
- [Holy Spirit Simulation Activity](#) (Adapted from: [ourlivingwater.org](http://ourlivingwater.org)), & balloons



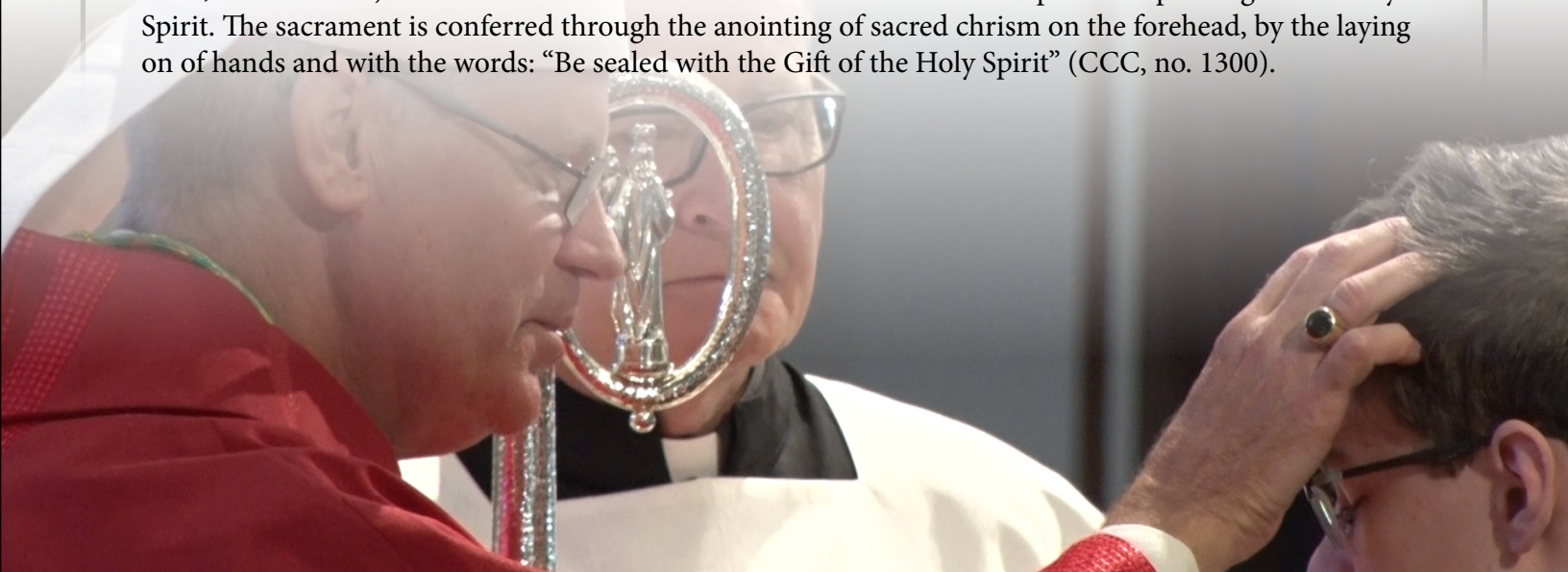
### BACKGROUND RESOURCES FOR CATECHISTS

**Book of Acts Video Series:** [What is the Holy Spirit and How do You Explain the Holy Spirit to Kids?](#)

**The Unity of the Sacraments of Christian Initiation:** Even though the three Sacraments of Christian Initiation are received at different times if one has been baptized as an infant in the Latin Church, the three Sacraments of Baptism, Confirmation, and Eucharist are united (see CCC, no. 1285). Baptism is the gateway to the Christian and sacramental life. Confirmation strengthens the baptized with a special outpouring of the Holy Spirit. And the Eucharist nourishes Christians with the Lord's Body and Blood, being the source and summit of all the sacraments. All three sacraments are necessary for full Christian initiation. This is why all three are celebrated together at the Easter Vigil for adults in need of Baptism.

**Reception of Confirmation:** In the Latin Church (distinct from the East), the celebration of Confirmation was temporally separated from the celebration of Baptism in order to reserve the celebration to the bishop and show more clearly that the sacrament strengthens one's bond to the Church in communion with the bishop. Currently in the United States, Confirmation is often celebrated after a young baptized person has already received the Sacrament of the Eucharist. In this way, it often is the last of the three Sacraments of Christian Initiation a youth will receive. Even when this is the case, the Eucharist still "completes Christian initiation" (CCC, no. 1322) as the sacrament to which both Baptism and Confirmation are ordered. Baptism and Confirmation are received only once, and both imprint an indelible mark or character upon the soul. Confirmation perfects baptismal grace and is always ordered to the Eucharist and to a eucharistic life.

**The Gift of the Holy Spirit:** Confirmation is sometimes referred to as the "Sacrament of the Holy Spirit." This is true in certain ways. Confirmation is not the only sacrament where the Holy Spirit is received. In Baptism, the Holy Spirit and His gifts are received, and the Holy Spirit is active in every sacrament. However, Confirmation is a special outpouring of the Holy Spirit similar to Pentecost, and it increases and deepens baptismal grace in many ways, for example, increasing the gifts of the Holy Spirit in us (see CCC, nos. 1302-03). The essential rite of the sacrament makes clear this special outpouring of the Holy Spirit. The sacrament is conferred through the anointing of sacred chrism on the forehead, by the laying on of hands and with the words: "Be sealed with the Gift of the Holy Spirit" (CCC, no. 1300).



# TEACH

## 1. Hook/Question

**Ask:** Which Sacrament of Christian Initiation did we learn about the last time we were together?

**Answer:** Baptism

**Explain:** This time we are going to learn about another Sacrament of Christian Initiation, which is called Confirmation.

## 2. Introduce Topic

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.

## 3. CONTENT

**Watch:** Confirmation | Catholic Central (6 min)

**Explain:** As we said before, often a person is baptized as a baby, and through that baptism the child becomes a member of the Catholic Church, the Body of Christ. Confirmation is the Sacrament of Christian Initiation that strengthens the baptized with a special outpouring of the Holy Spirit. In the Latin Church, it is generally received after the child reaches the age of reason. He/she is then sealed with the Holy Spirit and strengthened by grace to live and witness publicly to the faith as a true disciple of Jesus.



Right before Jesus ascended into Heaven, He promised that all his disciples would receive the power of the Holy Spirit.

**Ask:** What do we call the event that was the first time Jesus' disciples received the power of the Holy Spirit?  
Hint: It is the Third Glorious Mystery.

**Watch:** Pentecost (3 min)

Or

Acts of the Apostles: What is Pentecost? | What's in the Bible? (2 min)

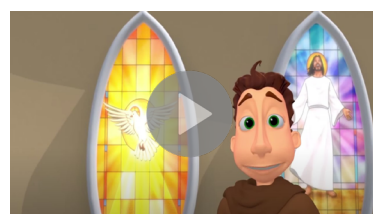


**Invite** families to open their bibles and read along in: [Acts 2](#)

**Explain:** When the disciples received the Holy Spirit they went from hiding in fear to boldly proclaiming to everyone how much Jesus loves them! So what did Jesus tell us about the Holy Spirit?



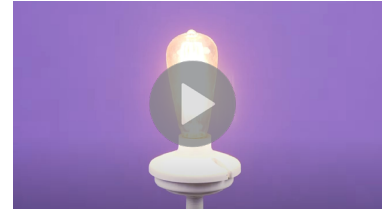
**Watch:** Brother Francis "What did Jesus tell us about the Holy Spirit?" (1:29 min)



&/or

What Does the Holy Spirit Do: Elementary Lesson  
(Stop at 5:08 min)

[Filled with the Holy Spirit Simulation](#) (Activity)  
(need balloons)



## FAMILY CONVERSATION

When and where in your lives have you seen the Holy Spirit at work in big ways and/or in small ways?

### MISSION

# 1

#### First, Introduce Mission Activity

Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

# 2

#### Second, Explain Activity

- i. Watch the videos about the Sacrament of Confirmation and Pentecost.
- ii. Parents find Confirmation items or sacramental(s) that they received when they were confirmed. These could be a prayer book, rosary, or crucifix/cross, stole, photos, or a picture of the saint whose name you chose for your Confirmation.
- iii. Bring those items to the Week 3 gathering.
- iv. Place your Paper Pentecost Candle on your home altar next to your family bible and pray a decade of the Rosary together meditating on the Third Glorious Mystery, *The Descent of the Holy Spirit*.

# 3

#### Last, Share Your Experience!

Show the families your own Confirmation sacramentals and a picture of your home altar with the Paper Pentecost Candle you have placed there. Share about the saint whose name you chose for your Confirmation and why!

## REVIEW & CLOSE IN PRAYER

Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy.

-St. Augustine



## SUPPORTING QUOTES FROM CHURCH DOCUMENTS

### ***Catechism of the Catholic Church, no. 1316:***

Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds.

### **Second Vatican Council, Dogmatic Constitution on the Church *Lumen Gentium* (1964), no. 11:**

Incorporated in the Church through baptism, the faithful are destined by the baptismal character for the worship of the Christian religion; reborn as sons of God they must confess before men the faith which they have received from God through the Church. They are more perfectly bound to the Church by the sacrament of Confirmation, and the Holy Spirit endows them with special strength so that they are more strictly obliged to spread and defend the faith, both by word and by deed, as true witnesses of Christ. Taking part in the Eucharistic sacrifice, which is the fount and apex of the whole Christian life, they offer the Divine Victim to God, and offer themselves along with It. Thus both by reason of the offering and through Holy Communion all take part in this liturgical service, not indeed, all in the same way but each in that way which is proper to himself. Strengthened in Holy Communion by the Body of Christ, they then manifest in a concrete way that unity of the people of God which is suitably signified and wondrously brought about by this most august sacrament.

### **Pope Francis, Wednesday General Audience (May 30, 2018):**

As the coming of the Holy Spirit requires hearts gathered in prayer (cf. Acts 1:14), after the silent prayer of the community, the Bishop, extending his hands over the confirmands, asks God to instill in them his Holy Spirit Paraclete. There is only one Spirit (cf. 1 Cor 12:4), but in coming to us he brings with him an abundance of gifts: wisdom, understanding, right judgment, courage, knowledge, reverence, and awe in the presence of God (cf. RC, n. 25). We have heard the Bible passage with these gifts which the Holy Spirit brings. According to the Prophet Isaiah (11:2), these are the seven virtues the Spirit poured out on the Messiah for the fulfilment of his mission. Saint Paul also describes the abundant fruits of the Spirit which are “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Gal 5:22). The one Spirit distributes the multiple gifts which enrich the one Church...

