

**WHAT IS A SACRAMENT?** A Sacrament is an encounter with Jesus Christ. Jesus gave us the Sacraments to transform us spiritually. There are 7 sacraments and thru them, we receive the grace necessary to live the life God invites us to. (All seven sacraments are deeply rooted in the Scriptures and Tradition)

**WHAT ARE THE SEVEN SACRAMENTS?** The sacraments are:

Baptism  
Eucharist or First Holy Communion  
Confirmation  
Reconciliation  
Anointing of the Sick  
Marriage  
Holy Orders

Which are the **Sacraments of initiation**? Baptism, First Holy Communion & Confirmation.

**WHAT IS CONFIRMATION?** Confirmation is a sacrament of initiation where you receive a special outpouring of the Gifts of the Holy Spirit. Confirmation completes the Grace of Baptism, strengthening you and empowering you to be active in worship and the life of the church.

**WHO IS THE HOLY SPIRIT?**

The Holy Spirit is one of three persons of the Blessed Trinity and is alive and active in our lives and helps us to become stronger members of the Church.

**WHAT ARE THE EFFECTS OF CONFIRMATION?** The effect of the sacrament of confirmation is the full outpouring of the Holy Spirit, just as the apostles received at Pentecost. It makes us more completely children of the God we call 'Our Father'; it unites us more firmly to Christ his Son; it increases the gifts of the Holy Spirit in us; it makes us more perfectly members of the Church and gives us a special strength to be proud of and stand up for Christ and his Church.

**WHAT DOES "CONFIRM" MEAN?** To confirm means to strengthen. In Confirmation our faith is deepened and strengthened.

**WHO IS THE MINISTER OF CONFIRMATION?** The bishop is the ordinary minister of Confirmation but priests may confirm in certain circumstances when authorized by the bishop

**WHERE DID CONFIRMATION COME FROM?** After receiving the Holy Spirit at Pentecost the apostles shared that same Spirit with the newly Baptised 'by the laying on of hands'. In early times anointing with perfumed oil called 'chrism' was added to the laying on of hands so as better to signify this gift. Confirmation is recognized by the Catholic Church as one of 'the seven sacraments instituted by Christ.

## WHAT IS CHRISM?

It is oil consisting of a combination of olive oil and balsam. It is used in several sacraments: Baptism, Confirmation, and Holy Orders.

**WHY IS OIL USED AT THE CONFIRMATION CELEBRATION?** Oil is a rich symbol of cleansing, limbering, healing, strengthening and beautifying, and all these meanings carry over to our sacraments. Specially consecrated oils were used in ancient times to anoint priests, prophets and kings. Still today they are used in preparing catechumens, in Baptism, in the ordination of priests and bishops, in the coronation of kings and queens, for the consecration of altars, when anointing the sick, and of course in Confirmation.

## WHAT ARE THE GIFTS AND FRUITS OF THE HOLY SPIRIT RECEIVED AT CONFIRMATION?

*(You are welcome to review each meaning -Page 123 of the Chosen book Or In the Decision Point book page 197 and 200)*

At Confirmation the **Holy Spirit** brings us the following **7 gifts**:  
the spirit of wisdom and understanding,  
the spirit of right judgment and courage,  
the spirit of knowledge and piety,  
the spirit of holy fear of the Lord (also known as wonder and awe).

**WISDOM** – the power to recognize things like Jesus would and make decisions and act like Jesus would.

**UNDERSTANDING** – the power to help us understand the mysteries of life and religion, to know how to live my life as a follower of Jesus and seeing the true.

**RIGHT JUDGMENT / COUNSEL**– the power to make good decisions in the matters of right and wrong

**COURAGE / FORTITUDE** – the power to stand up for what is right even when it is difficult. It allows a person to be directed by God in matters necessary for his/her salvation.

**KNOWLEDGE** – the power to know the value and worth of things and to see all of life and creation through God's eyes as to never wander from the straight path of justice.

**PIETY** – the power to love and worship God and to be respectful and generous to others.

**FEAR OF THE LORD /WONDER AND AWE** – the power to recognize how awesome God is and to recognize our dependence on him and to want to continue to be in a relationship with him.

When we use the gifts of the Holy Spirit we activate in ourselves **The fruits of the Holy Spirit** which are:

Charity (Love),  
Joy,  
Peace,  
Patience,

Kindness,  
Goodness,  
Generosity,  
Gentleness,

Faithfulness,  
Modesty  
Self-control,  
Chastity.