

Confirmation
Activity Packet

For Candidates, Sponsors, & Parents



Our Lady of La Salette
2022-2023

Dear Candidates, Sponsors, and Parents,

The Catechism describes Confirmation as a deepening of baptismal gifts. It says that the sacrament roots us more deeply in our identity as God's children; unites us more firmly with Christ; increases in us the gifts of the Holy Spirit; binds us more closely to the Church and gives us special strength to bear witness to our faith. Confirmation shapes us as Catholic Christians.

During confirmation preparation, confirmands learn about the meaning of Catholic faith; the history and teachings of the Catholic Church and an explanation of the vows they will be professing. It is my prayer that through study, reflection, sharing, praying, celebrating, and service that not only do the candidates for Confirmation grow closer to Christ but all of those around them do as well.

The activities in this booklet are designed to encourage family and sponsor participation in the Catholic faith. The shared faith, the questions answered or raised cannot be packed into a one hour weekly session. Most require time to discern through reflection and prayer. The activities encourage full participation in the Catholic faith and allows your family to explore the works of the Holy Spirit in your everyday life.

Each activity comes with instructions for the family, links to additional resources, questions for reflection, and activities that will be turned in by the candidate. All items must be legible and completed on time.

May the Lord continue to work in each of you and your families.

God Bless,

*Jillian Guidry
Director of Religious Education
Our Lady of La Salette*

*2022-2023
jmkg*

Confirmation Activity Packet

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Your To Do List

To go deeper into your faith

1. Come to every session (if at all possible) between now and confirmation - then beyond!
2. Pray, study, listen and discern your saint, write your reflection (see form)
3. Pray, listen and discern your sponsor, ask them, write your reasons why (see form)
4. Be certain that the office has all your sacramental records - baptism, confession, first communion
5. Pray, listen and discern your decision to be confirmed and going and growing in your relationship with Jesus
6. Go to confession at least once between now and confirmation
7. Pray often for peace and God's will in your life

Resources

A few sites to look up and study the saints and find your saint:

<http://www.catholic.org/saints/>

<https://www.ewtn.com/saintsholy/>

<http://www.thecatholicdirectory.com/saint/>

Calendar: <https://www.franciscanmedia.org/sod-calendar?sotdYear=2017&sotdMonth=06>

The website for the United States Conference of Catholic Bishops: (Includes readings)

<http://www.usccb.org/>

Catholic App for your phone or tablet - Laudate:

[Laudate - Catholic App \(Android\)](#) -

<https://play.google.com/store/apps/details?id=com.aycka.apps.MassReadings&hl=en>

[Laudate - Catholic App \(Apple\)](#) - <https://itunes.apple.com/us/app/laudate-1-catholic-app/id499428207?mt=8>

Activity 1

Choosing a Confirmation Sponsor

The role of the Confirmation sponsor is rooted in the 2,000 year history of the Church. Sponsors are called to be representatives of the Church. This responsibility has been identified with three roles for sponsors: to bring candidates to celebrate the sacrament, present them to the bishop for the anointing, and help them fulfill their baptismal promises.

Step 1: As a family, list the people in your life that have a strong visible faith. A sponsor should be someone you trust, someone who's faith you admire, and someone who is accessible to you. (Be sure to review the sponsor requirements given in the parent packet.)

Step 2: Decide, of those on the list, who will be the sponsor. The final decision on a sponsor **MUST** be made by the candidate. Once a decision is made, arrange a time to speak (in person, phone, or email) to share the questions below and ask for feedback.

Sponsor & Candidate Questions:

1. What do you remember about your Confirmation?
2. What has been your most influential faith moment since being Confirmed?
3. Share an experience in your own life when it was difficult to be Catholic, a time when you were possibly made fun of for your faith or you struggled with the teachings of the Catholic Church. How did you keep your faith and find answers at that time?
4. Who has been a role model in your life to live the Catholic faith?
5. Where do you see God in your daily life?
6. What is the best thing about being Catholic? What is the greatest challenge to being Catholic?

Step 3: Take a moment to pray together and reflect on what has been shared. If you still believe they are the best choice for your sponsor- Take the plunge and ask them!

Step 4: After speaking to your sponsor, reflect on the conversation, and complete the activity 1 worksheet.

Activity 1: My Sponsor Worksheet

Name _____

1. My sponsor's name is _____

2. I have known my sponsor for (how long) _____

3. I admire my sponsor's faith because _____

4. I chose my sponsor because _____

5. What was one thing you learned about your sponsor's faith journey that surprised you during your meeting? _____

Give your Sponsor the Confirmation Sponsor Form he/she will need to complete and return to the Parish or Religious Education Office.

(Sponsor form was given in the parent packet, if you need an additional form contact the Religious Education office)

Activity 2

Sacraments Instituted by Christ

The Sacraments are defined as outward signs of inward grace, instituted by Christ to help individuals in their spiritual life and to grow in holiness. Sacraments are mysteries; they are signs of the sacred presence of our God in our midst today. They are more than mere signs, however, for the sacraments impart grace. The sacraments help to make people holy and build-up the body of Christ. They are a way to relate to God throughout life's transitions and help us to give praise and worship to God. They help us nourish, strengthen, and express our faith. Through the sacraments, Jesus remains with His people, strengthening, healing, feeding, and forgiving them as they face life's challenges.

The Catholic Church celebrates seven Sacraments, which were instituted by Christ during his earthly ministry and which continue to define the liturgical life of the Church today. The Sacraments nourish, strengthen, and express faith.

The Seven Sacraments can be divided into three categories;

- *Sacraments of Christian Initiation*
 - *Baptism*
 - *Confirmation*
 - *Eucharist*
- *Sacraments of Healing*
 - *Reconciliation*
 - *Anointing of the Sick*
- *Sacraments at the Service of Communion & Mission*
 - *Holy Matrimony*
 - *Holy Orders*

The Sacraments can all be found in the Holy Bible, throughout the Old & New Testaments. The Old Testament scriptural passages pre-figure the coming of Christ who established the New Covenant and the sacraments of our Church.

Step 1: Research the seven Sacraments in the Bible:

Baptism:

- Matt 3:4-17, 28:18-20
- Mark 1:4-11
- John 3:1-7
- Acts 2:36-39, 8:14-17, 8:35-40, 22:6-16
- Romans 6:1-12
- 1 Peter 3:20-21

Confirmation:

- Acts 19:3-6
- Hebrews 6:2
- Isaiah 44:3
- Ezekiel 39:29
- Joel 2:28
- Acts 8:14-17

Eucharist:

- John 6:30-71
- Mark 14:22-25
- Luke 22:19
- 1st Cor. 10:16-17, 11:24-27

Reconciliation:

- Matt 16:19
- John 20:21-23

Anointing of the Sick:

- James 5:14-15

Holy Matrimony:

- Gen 1:26-31, 2:18-25
- Matt 19:4-6
- Mark 10:2-12
- Luke 16:18
- Eph 5:31-32

Holy Orders:

- Acts 6: 3-6, 13:2-3

Step 2: Choose one Sacrament to further research, prepare either a poster or written presentation to share. You may work with your sponsor, your family, or other teens in class.

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Activity 2: Sacraments Instituted by Christ Worksheet

Name _____

Which of the Seven Sacraments have you chosen to further research?

Why? _____

Who are you working with?

Notes and Comments for Seven Sacraments Instituted by Christ presentation

Lined writing area with horizontal dashed lines.

Activity 3

Choosing a Patron Saint (Confirmation Name)

All candidates for Confirmation are responsible for identifying and choosing one of the many saints in the Catholic Church that they can relate to in their faith journey. Often our Patron Saints for Confirmation serve as role models for us throughout our lives as we aspire to grow closer to God.

We study the lives of the saints during preparation for Confirmation for a number of different reasons. We do this so that we can draw close to a specific intercessor in heaven who can pray for us during this time and throughout our whole life. We study and relate with one of the saints in particular to remind us that we are all called to be saints.

Step 1: Together, with your parents and sponsors if possible, discuss and list as many Catholic Saints as possible.

Step 2: Research the different Saints and narrow the search to the top three choices and list them in the chart below.

Step 3: Pray, ask the Holy Spirit to help you discern which Saint is best to intercede for you!

Step 4: Decide!! The final decision on a Saint for Confirmation **MUST** be that of the candidate. The candidate for Confirmation then uses the researched information to complete the activity 2 worksheet.

Saint Name	Patron Saint of	Year Born/Died	Interesting Fact

Online resources:

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>
[Saints & Angels - Catholic Online](#)

Printed resources also available in the Religious Education Office

Activity 3: My Patron Saint (Confirmation Name) Worksheet

Name _____

Saint Name: _____

Feast date (birthday or date of death): _____

Why did this person become a saint? (Achievement or purpose for becoming a saint)

*Why did you choose this saint / what role does the saint have in your life?
(There should be a personal connection)*

Activity 4

The Gifts of the Holy Spirit

Confirmation imparts the gift of the Holy Spirit. The person who receives this sacrament has already received the Holy Spirit in the sacrament of baptism, and the Holy Spirit stays with a person always. The Holy Spirit comes when a person prays, reads Scripture, or asks the Holy Spirit for guidance, inspiration or courage. Confirmation is not the new arrival of the Holy Spirit, but rather an intensification of the presence and power of the Holy Spirit.

The gift of the Holy Spirit in confirmation completes the sacraments of initiation and equips a person to live one's faith as an adult. A Christian child has the support of parents and family, but when it is time to "leave home and live independently", the Holy Spirit gives the interior strength to encourage good decisions and to live a holy and virtuous life. The gift of the Holy Spirit at confirmation draws a person into a stronger bond with the body of Christ, the Church.

Step 1: Review the gifts of the Holy Spirit.

Step 2: Discuss as a family the ways the gifts have been used in each of your lives.

Step 3: The candidate for Confirmation then completes the Activity 3 worksheet.

The Seven Gifts of the Holy Spirit Explained



The Gift of Wisdom is our ability to value spiritual things over worldly ones. It enables us to desire the things of God and correctly order the things in our life. This gift helps us view the world through God's perspective and the light of our faith. It instills a desire to contemplate the things of God.



The Gift of Understanding helps us grasp the truths of the faith more easily and profoundly. Our human intellect cannot grasp all of God's mysteries, but through the gift of understanding we can be led to truth, even when we do not fully comprehend. This gift strengthens our insight through prayer, scripture, and the sacraments.



The Gift of Right Judgment/Counsel acknowledges the difference between right and wrong and bestows proper judgment. A person with right judgment avoids sin and leads a life for Christ. Counsel inspires us to speak up and encourage others to do the correct thing. It bestows upon us prudence, allowing us to act promptly and rightly in the face of difficult situations.



The Gift of Courage/Fortitude sustains our decision to follow the will of God in any situation. It allows us to stand up and defend our faith, even when threatened by bodily injury or death. This gift allows us to be steadfast in our decisions to do well and to endure evil even when we do not want to.



The Gift of Knowledge is awareness of God's plan. It is not simply an accumulation of facts, but rather an understanding of God's purpose and how we ought to respond. Knowledge helps bring to light the temptations that we face, and to discern whether to give in or live a life worthy of God's approval.



The Gift of Piety or reverence is our obedience to God and our willingness to serve him. It is not just obedience through a sense of duty or obligation, but rather obedience out of love and devotion. It facilitates a deeper respect and honor for God and His Church.



The Gift of Wonder and Awe/Fear of the Lord makes us aware of the glory and majesty of God. This gift is also synonymous with the "Fear of the Lord", in which we dread sin and fear offending God. We fear displeasing God and losing our connection with him because of our love for Him. Wonder and awe increases our desire to draw closer to God and depart from sin.

<https://www.catholiccompany.com/magazine/confirmation-the-7-gifts-of-the-holy-spirit-5808#>

Activity 3: The Gifts of the Holy Spirit Worksheet

Name _____

Which gift of the Holy Spirit do you hope to exemplify in your life? Why? How do you plan to do this?

Describe how your parents live out the gifts of the Holy Spirit.

Read Galatians 5:22-23.

Activity 5

The Fruits of the Holy Spirit

The gifts of the Holy Spirit are similar to virtues, the fruits of the Holy Spirit are the actions that those virtues produce. Prompted by the Holy Spirit, through the gifts of the Holy Spirit we bear fruit in the form of a moral action. The presence of these fruits is an indication that the Holy Spirit dwells in us.

There are nine biblically-based fruits of the Holy Spirit as given by St. Paul in his letter to the Galatians: “love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control” (Galatians 5:22-23).

There are 12 traditional fruits of the Holy Spirit, some which overlap the biblical list: charity, joy, peace, patience, kindness, goodness, long-suffering, humility or gentleness, fidelity or faithfulness, modesty, continence or self-control and chastity.

Remember, gifts are to be used to bear fruit. All who are confirmed are equipped with the gifts of the Holy Spirit to live a virtuous and holy life, and sent forth to bear much fruit, something that is possible only when one stays firmly attached to Jesus, the vine (see John 15:1-8). The graces of the Spirit strengthen confirmed Christians to carry out their vocations for the good of others and the benefit of the Church and the world.

Step 1: Review the fruits of the Holy Spirit.

Step 2: Discuss as a family the ways the fruits have been used in each of your lives.

Step 3: The candidate for Confirmation then completes Activity 4 worksheet

The 12 Fruits of the Holy Spirit

Charity (or Love)- Charity is the love of God and of neighbor, without any thought of receiving something in return. It is not a "warm and fuzzy" feeling, however; charity is expressed in concrete action toward God and our fellow man.

Joy- Joy isn't emotional, in the sense that we commonly think of joy; rather, it is the state of being undisturbed by the negative things in life.

Peace- Peace is a tranquility in our soul that comes from relying on God. Rather than getting caught up in anxiety for the future, Christians, through the prompting of the Holy Spirit, trusts God to provide for them.

Patience- Patience is the ability to bear the imperfections of other people, through a knowledge of our own imperfections and our need for God's mercy and forgiveness.

Kindness- Kindness is the willingness to give to others above and beyond what we own them.

Goodness- Goodness is the avoidance of evil and the embrace of what's right, even at the expense of one's earthly fame and fortune.

Long-Suffering- Longanimity is patience under provocation. While patience is properly directed at others faults, to be long-suffering is to endure quietly the attacks of others.

Gentleness- To be mild in behavior is to be forgiving rather than angry, gracious rather than vengeful. The gentle person is meek; like Christ Himself, Who said that "I am gentle and humble of heart" (Matthew 11:29) he does not insist on having his own way but yields to others for the sake of the Kingdom of God.

Faith- Faith, as a fruit of the Holy Spirit, means living our life in accordance with God's will at all times.

Modesty- Being modest means humbling yourself, acknowledging that any of your successes, achievements, talents, or merits are not truly your own but gifts from God.

Continence- Continence is self-control or temperance. It does not mean denying oneself what one needs or even necessarily what one wants (so long as what one wants is something good); rather, it is the exercise of moderation in all things.

Chastity- Chastity is the submission of physical desire to the right reason, subjugating it to one's spiritual nature. Chastity means indulging our physical desires only within the appropriate contexts—for instance, engaging in sexual activity only within marriage.

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Activity 5: The Fruits of the Holy Spirit Worksheet

Of the twelve fruits of the Holy Spirit, name three that you believe you possess and how you show them to others?

1. _____

2. _____

3. _____

Activity 6

Prayer

Prayer is an important part of Catholic life as it provides the opportunity to communicate with God. The Catholic Catechism states, **Prayer is the raising of one's heart and mind to God or the requesting of good things from God** (Catholic Catechism 2259). This shows that prayer is considered a two-way process. Catholics pray to God and God has the power to answer prayers.

Set or rote prayers are prayers when Catholics pray together, for example The 'Sign of the Cross and the Hail Mary are two examples of set prayers. Informal prayers do not follow a set format. They can contain an element of personal reflection and these prayers may be performed silently.

Prayers can have different purposes according to the type of prayer. Set prayers help Catholics to come together and worship as part of a community. Informal prayers can be used when someone wishes to communicate with God privately and reflect on their relationship with God in a more personal way. The acronym **ACTS** is often used to remember four key components that are found in many prayers. We should also try to include them in our informal or personal prayers.

Adoration - Praising God, eg "Dear God, I know that you are all-loving..."

Confession - Saying sorry, eg "Please forgive me for the horrible things I have said about..."

Thanksgiving - Thanking God, eg "Thank you for the amazing weather this week..."

Supplication - Asking for something, eg "Give me strength to..."

A fifth common component is intercession

Intercession - Praying for someone who may be ill, eg "Please remember my cousin, who is ill, and help them to heal after their operation."

The five forms of prayer can collectively be called ACTS and I.

Activity 6

Prayer

Step 1: As a family, discuss different Prayers and Prayer experiences that you know.

Step 2: Together read **I Kings 19:9-13** and discuss the following questions below.

1. Why do you think God wanted Elijah to hear him in the silence? What lesson do you think Elijah learned?
2. How comfortable are you with silence? For example, are you able to ride in the car without the radio on or music playing? Are you able to be with someone when there are periods of silence without social media?
3. How do the noises and distractions of your daily life affect you?
4. How successful have you ever been in setting aside time to pray in the morning or at some point during the day? What are some obstacles you face that might prevent you from doing so?
5. Do you believe that you can hear God speaking to you in prayer? Do you recall an instance in your life in which you got a sense about something from the Lord, whether during prayer or at some other time?

Step 3: Complete one of the following prayer experiences

- A Holy Hour – Adoration
- Rosary
- Lectio Divina (explanation found at www.valyermo.com/ld-art.html)

Step 4: Candidate for Confirmation completes Activity 5 worksheet.

Activity 6: Prayer Worksheet

Name _____

What meaning does prayer have in your life?

Prayer doesn't change God's mind, prayer changes us. What is your reaction to this statement?

*Which prayer experience did your family complete?
(Adoration, Rosary, Lectio Divina)*

Describe the experience for you in 2 – 3 sentences

How do you see your prayer life changing?

Activity 7

Discipleship (Service)

Jesus calls all of us to be His disciples. Being a disciple means participating in the mission of Christ to be a leader and witness to Him in the world. We are sustained in this mission by our relationship with Him. It doesn't matter who we are, where we have been, what we have done, or how "holy" we perceive ourselves to be. Christ calls everyone to follow Him – when he was preaching he called on tax collectors, sinners, prostitutes, Pharisees, rich and poor. Christ calls and challenges us continually. We are called to a different standard than what the world sets, and we are called to share our faith in Christ with others.

What Is Catholic Discipleship? One of the characteristics of Catholic discipleship is that it requires a conscious choice to pursue a Christian life. Therefore, it is a commitment that involves more than merely attending Mass and other Catholic observances in a passive manner. The Catholic who demonstrates discipleship exercises discipline in pursuing spiritual observances -- such as prayer or fasting -- as well as good works. Indeed, all aspects of the Christian life are to be performed according to God's will.

Catholic discipleship requires that the individuals be willing to use their talents and blessings in building the "Kingdom of God." This is the goal of all Christian activity on earth. Since talents and blessings are seen as coming from God, the Catholic disciple is expected to be willing to use these for appropriate purposes. Another mark of discipleship is an unwillingness to resort to excuses to explain inaction or poor performance.

Step 1: Together or with your sponsor answer and discuss the questions below

1. What makes a good disciple? How would you define a "disciple disciple?"
2. Who are your Catholic role models? Do you have a person/people who have influenced you in a positive way? How?
3. Are you a role model? To who? Are you a good role model? Why or why not?

Step 2: Candidate for Confirmation completes the Activity 6 worksheet

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Activity 7: Discipleship (Service) Worksheet

Name _____

Have you heard the call to follow Christ? Describe the experience.

If not, write a prayer to ask for God's will in your life.

Where do you struggle to live our Catholic faith?

Why are the sacraments and prayer so important to growing closer to Christ as a disciple?

Activity 8

Confirmation Day!

With many of the most important events in our lives, we don't realize their importance until they are over, and sometimes not until many years later. And even when we know an event is important and we really try to be present and absorb it for all it is, it still passes us by so quickly.

The day of your Confirmation will pass very quickly. Try to be present. On the day of your Confirmation, find ten minutes before the ceremony to reflect on what is about to happen. It also helps to understand what will happen on that day so that when it is happening you can be present to it. Let's go step by step through the Confirmation experience.

The Rite of Confirmation has five parts, which will take place at different times during the Mass:

- *the presentation of candidates*
- *homily*
- *renewal of baptismal promises*
- *laying on of hands and anointing with chrism*
- *general intercessions*

The Mass will begin, as always, with the Sign of the Cross, which is itself one of the shortest and most powerful prayers of all time. The bishop will then lead us in the Opening Prayer.

We will then listen to the Word of God in the readings. The Holy Spirit helps us to understand the readings and teaches us to discern what God is saying to us through them.

You will then be presented to the bishop for Confirmation. You will be called by name. By standing before the bishop you are expressing your desire to be Christian and to live the life God invites us to.

This is followed by the homily. Now the bishop will speak to you about the Scripture readings, the Sacrament of Confirmation, and the incredible life God is inviting you to.

You will then be invited to renew your baptismal promises. Each question is an invitation to which you respond, **“I do.”**

V: Do you reject Satan? **R: I do.**

V: And all his works? **R: I do.**

V: And all his empty promises? **R: I do.**

V: Do you believe in God, the Father Almighty, creator of heaven and earth? **R: I do.**

V: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? **R: I do.**

V: Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

R: I do.

V: God, the all-powerful Father of our Lord Jesus Christ, has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ forever and ever. **R: Amen**

After a short prayer the bishop will invite you and your sponsor to come before him for the Laying on of hands and Anointing with chrism. Your sponsor will place his or her hand on your right shoulder, you or your sponsor will tell the bishop your Confirmation name, then the bishop will trace the sign of the cross on your forehead with the sacred oil chrism and say, **“Be sealed with the Gift of the Holy Spirit.”** You respond, **“Amen.”** Then the bishop will extend to you a sign of peace, saying, **“Peace be with you.”** You respond, **“And with your spirit.”**

After all the candidates have stood before the bishop, the Mass continues with the General Intercessions. This is that time in the Mass when we pray for all the needs of every member of the community, and for the whole world. You will experience a special unity as we pray together the Lord’s Prayer, offer each other a Sign of Peace, and receive Holy Communion.

The bishop will then bring the Mass to a close with a Solemn Blessing and send you into the world to witness to God’s love by living out the mission he has entrusted to you.

Activity 8: Confirmation Day! Worksheet

Name _____

I want to encourage you in a special way to be mindful of that moment when the bishop lays his hands on you and anoints you with the chrism. That is going to be one of the most powerful moments of your life. Focus on that moment and ask God to open your heart, mind, and soul to every good thing he wants to bestow upon you.

If you could ask the Bishop one question, what would you ask?

Are you nervous about your Confirmation? Why or Why not?

How are you preparing for Confirmation?

In what ways do you sense preparing for Confirmation has/is changing you?

How will this experience influence you ten years from now? What will you remember most?

What new habit have you developed since you started Confirmation Preparation?

What is one thing you would recommend changing about the program (good or bad)?

What one thing surprised you the most?

Information you should know

Common Prayers

- Sign of the Cross
- Glory Be
- Our Father
- Hail Mary
- Blessing before meals
- Prayer to St Michael
- Act of Contrition

Seven Gift of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

Fruits of the Holy Spirit

1. Charity
2. Modesty
3. Faithfulness
4. Goodness
5. Joy
6. Peace
7. Chastity
8. Generosity
9. Gentleness
10. Patience
11. Kindness
12. Self-control

Seven Sacraments of the Church

Sacraments of Initiation

- 1- Baptism
- 2- Eucharist
- 3- Confirmation

Sacraments of Healing

- 4- Anointing of the Sick
- 5- Reconciliation

Sacraments of Service

- 6- Holy Orders
- 7- Marriage

Four Gospels

- *Matthew
- *Mark
- *Luke
- *John

Additional Topics

- Liturgical Seasons
- Holy Days of Obligation
- Parts of the Mass

The Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead

The Spiritual Works of Mercy

- Admonish the sinner- Stand up for what you believe in. Treat all others with respect.
- Instruct the ignorant – Learn about the Catholic faith. Teach by example.
- Counsel the doubtful – Be positive. Encourage others to put their hope and trust in God.
- Comfort the sorrowful (afflicted) – Walk with others through their pain. Encourage others.
- Bear wrongs patiently- Try not to be critical. Overlook other's mistakes. Assume the best of others.
- Forgive all injuries (offenses) – Pray for those who have hurt you and pray for the grace to forgive.
- Pray for the living and the dead – Keep a list of those for whom you promise to pray. Visit the graves of loved ones. Pray for those who have helped you in your life.

Beatitudes

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- Blessed are the meek: for they shall possess the land.
- Blessed are they who mourn: for they shall be comforted.
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the clean of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called the children of God.
- Blessed are they that suffer persecution for justice's sake, for theirs is the kingdom of heaven.

Ten Commandments

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods

Laws (precepts) of the Church

- To attend Mass on Sundays and Holy Days of Obligation and resting from servile works.
- To observe the days of abstinence and fasting.
- To confess our sins to a priest, at least once a year.
- To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season.
- To contribute to the support of the Church.
- To obey the laws of the Church concerning Matrimony.
- To participate in the Church's mission of Evangelization of Souls. (Missionary Spirit of the Church)

2022-2023

jmkg