

Sponsor Meeting 2 – Holiness

Opening Prayer (Together): 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.

Activity and Discussion:

- 1) On your smart phone or tablet, go to www.blessedsacramentchurch.org/confirmation and watch the video under the post Sponsor Meeting 2 – Holiness.
- 2) When you have watched the video, read through the reflection on the following page, and use the discussion questions as a guide for a conversation with the confirmand on this topic.
- 3) Ask the confirmand to fill out the summary form, and then both of you should sign it.
- 4) Use the following prayer to conclude your time together. **Closing Prayer: Colossians 3:12-17**

Sponsor says: *“Let us remember we are in God's Holy Presence.”*

Sponsor and Confirmand take a moment to quiet themselves and place themselves in God's presence.

Confirmand Reads:

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do. And over all these put on love, that is, the bond of perfection. And let the peace of Christ control your hearts, the peace into which you were also called in one body. And be thankful. Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

They pause for a brief time to listen to the Lord speak to them in the scriptures.

The sponsor continues: Lord God, in your life on earth, you revealed to us what it means to be happy. We desire happiness, and so, Lord, we desire the holiness that only you can give. By the power of your spirit, make (Confirmand's Name) holy. Continue in him/her the good work that you have already begun that it might be brought to completion. We ask this in Jesus' name. Amen.

Holiness is a funny word. We use it all the time when we are in Church, yet, when asked what it means, we often find ourselves at a loss for words. What is holiness? Most simply stated, holiness means union with God. In this sense, we are already holy. When we were baptized, God chose

us for himself and sent his Holy Spirit to dwell within us. We share in his life, and so are united to him. This makes us holy. This holiness, however, is not yet perfect. It is part of our responsibility as Christians to constantly pursue holiness in our lives. In this sense, holiness means perfection. We strive, with God's help, to become perfect. We strive to become saints.

Obviously, very few people are perfect. We sin all the time. This is a result of the consequences of original sin with which we were born. We have weak wills, darkened intellects, and disordered passions. It is not easy for us to know the truth, to choose what is good, and we desire things that are not good for us. In spite of all these truths, however, God does not abandon us.

The power of the Holy Spirit makes it possible for us to overcome sinfulness. This power is what we call grace. Grace is the presence and action of God in our lives. It makes it possible for us to overcome sin and temptation, and ultimately to be perfectly united with God in Heaven. Grace helps us to acquire virtues, which are like good habits of the soul. Virtues strengthen our minds and our wills so that we can consistently choose what is good and avoid what is evil.

God gives us a variety of ways by which we can measure our progress toward holiness. First, his son, Jesus, gives us an example of what humans ought to do. The extent to which our lives are a mirror of his life becomes one of the ways by which we know we are becoming holy. Second, he gives us the Sacred Scriptures. Passages such as the Ten Commandments, the Beatitudes, and other teachings from the Bible tell us what we ought and ought not to do to become holy. Finally, we have the Church, founded by Christ himself, who teaches us how to become holy people. We can trust that in doing what the Church asks of us, we are doing what is necessary to become holy.

Even though we are still far from perfect, we know that perfection is within our reach. God, through the power of the Holy Spirit, gives us everything that we need to become perfect, or in other words, to become saints. In fact, the saints whose lives we celebrate as Catholics are proof that it can be done. They have become perfect. They are fully united with God in Heaven. For this reason, even though we still sin at times, we continue to try to become better people, because God has made it possible that we can become truly and perfectly united to him. This is what we hope to experience in Heaven one day.

In the end, holiness boils down to love. To be holy means loving the way that God loves. It means giving ourselves away entirely, just as Jesus gave himself entirely away to us. If we want to be holy, we need to learn to love better.

Sponsor Meeting 2 – Holiness (Confirmand)

Reflection Questions #2 – Due November 18th (please use the resources provided):

- 1) Who is a model of holiness in your life? Why?
- 2) What is original sin? What is the consequence of original sin? In what ways do you experience that consequence in your life? (CCC 338-409, 1264)
- 3) What concrete steps have you taken to become holier?
- 4) What are the Ten Commandments? (CCC 496-497; YouCat 349-350)
- 5) In what areas of your life do you still need to work toward holiness?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Student's Name (Print): _____ Sponsor Signature: _____