


Confirmed in

# holiness



What are some of your talents? What are some things you do to improve them? Name some of the ways you are putting your talents to good use.

"Send your Holy Spirit upon them to be their Helper and Guide. Give them the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence." —*Rite of Confirmation*



## Led by the Spirit

For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!" The Spirit itself bears witness with our spirit that we are children of God. . . .

In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will.

We know that all things work for good for those who love God, who are called according to his purpose.

*Romans 8:14–16, 26–28*

### Understanding Scripture

Sometimes, trying to put your talents to use is hard work. But Paul's words to the Christians in Rome encourage us. Paul is reminding them that through Jesus' Death, Resurrection, and Ascension, they received the Holy Spirit and have become God's children. All people, Gentiles as well as Jews, can now call God *Abba*, or Father. The people God formed through Abraham now include the Gentiles as well. The Letter to the Romans discusses how the effects of Adam's sin have been reversed in Jesus, the new Adam. It also explains how the sufferings the Gentiles endure are overcome by the hope that they have been given through the "Spirit of adoption."

### Scripture and You

All of us excel in certain areas and struggle in others. Because we are adopted children of God, we are able to use our talents in spite of our natural weaknesses. When prayer is difficult for us, the Spirit intercedes, helping us be good, and calling us to be holy. In this chapter we will look more closely at the gifts the Holy Spirit gives to help us.

#### REFLECTING ON GOD'S WORD



As you quiet yourself to reflect fully on God's Word, be aware of your breath as you slowly breathe in and out. Invite the Holy Spirit to help you with anything in your life with which you may be struggling. Conclude by giving thanks for the Spirit's guidance.



## The Theological Virtues

Christopher began taking piano lessons when he was six. His parents saw that he had a real talent for music, so they gave him the chance to develop his gift. Taking time every day was not easy, and he had many disagreements with his parents about whether he practiced enough. But there was something he really enjoyed about making music, so he stuck with it. Now at 14, he's glad he continued playing the piano. There are still times he would rather do anything but practice, but he realizes now that he doesn't have to think too much about the physical part of playing. He can let the skills he has developed lead him and use his heart to make beautiful music.

As children of God, we receive the gift of the **Theological Virtues** of faith, hope, and charity through the Holy Spirit. This gift must also be nurtured and developed. These virtues have their source in God, are infused in us by him, and as we grow in using them, we are drawn more deeply into the mystery of God. That is why they are called "Theological."

Just as practicing the piano helped Christopher develop his gift for music, practicing these virtues strengthens us over time and helps us make good decisions and give the best of ourselves.

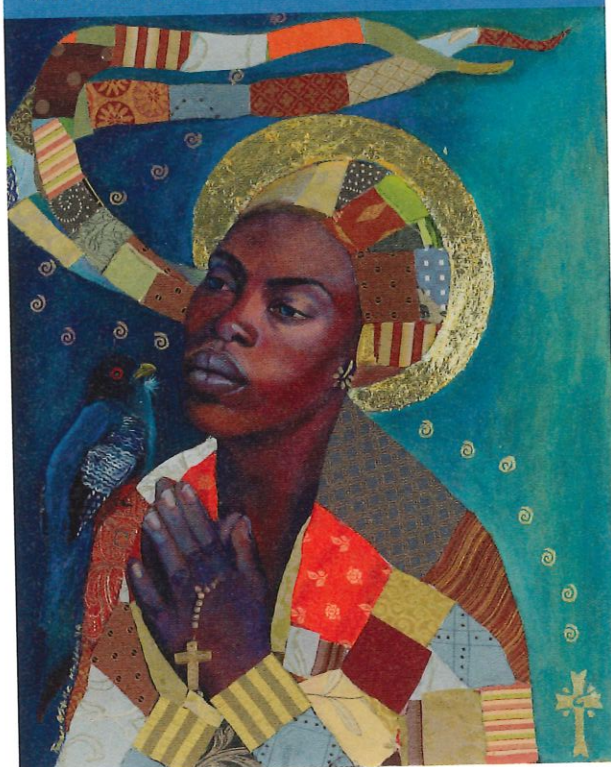
### Faith

**Faith**, God's gift to you, is the ability to believe in God and give your life to him. It makes you able to trust God completely and to accept all that he has revealed and teaches through the Catholic Church.

### Hope

**Hope** is closely related to faith. It is the desire for all the good things God has planned for you. Hope gives you confidence that God will always be with you and that you will live with him forever in Heaven.

### ART LINK



*Lamentation pour Haiti*, Tamara Natalie Madden, United States, 21st century.

*Lamentación por Haití*, Tamara Natalie Madden, Estados Unidos, siglo XXI.

### Charity

**Charity** leads you to love God above all things and to love your neighbor as yourself. This love involves more than just feelings; it is the way you think and act toward God and others. Charity brings all the virtues together in perfect harmony. Saint Paul writes, "So faith, hope, love remain, these three; but the greatest of these is love." (1 Corinthians 13:13)

As you practice the virtues of faith, hope, and charity and grow in your relationship with God, your ability to practice the Cardinal Virtues also grows.



# The Cardinal Virtues

The virtues you acquire by human effort are called **Cardinal Virtues**. *Cardinal* comes from the Latin *cardo*, which means “hinge.” All your moral strengths depend on these virtues. They are prudence, justice, fortitude, and temperance. These human virtues are rooted in the Theological Virtues that are given to you by God to help you act as his child.

## Prudence

**Prudence** helps you decide what is good and then choose to do it. It leads you to stop and think before you act.

### MY TURN How Virtues Help Us

Describe a situation in which you displayed one of the virtues. Which virtue did you display, and how did it help you?

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## Justice

**Justice** leads you to respect the rights of others and to give them what is rightfully theirs. The just person considers the needs of others and always tries to be fair.

## Fortitude

**Fortitude** gives you the courage to do what is right even when it is very difficult. It provides you the strength to resist the temptations you face and, even when it is challenging, to do what you know is right.

## Temperance

**Temperance** helps you balance what you want with what you need. It helps you moderate your desire for enjoyment and builds self-control.

Like playing the piano, being a good friend, playing sports, or anything else worthwhile, these virtues take time and effort to develop. But through practice they can become a natural part of your life. With God’s help, the Cardinal Virtues build character and make it easier to do what is right. These virtues will help you achieve your goals and be who God wants you to be.







## Unwrapping the Gifts of the Spirit

The Cardinal and Theological Virtues are strengths that can improve your life if you practice them. The seven **Gifts of the Holy Spirit**, which you received at Baptism, help you live a life of virtue. These gifts are strengthened in Confirmation. They help you keep your friendship with God strong and guide you in critical situations when you find it hard to cope with problems, difficult situations in life, or making decisions. They help you respond to God fully and lovingly.

Four gifts help you know God's will. The other three help you do his will. Read about each gift of the Spirit and reflect on how he is already at work in your life.

### Know God's Will

- wisdom
- understanding
- counsel
- knowledge

### Do God's Will

- fortitude
- piety
- fear of the Lord

## Wisdom

Just as piano players' music becomes more complicated the longer they play, life becomes more complex the older you get. Everywhere you turn, people are telling you how to act, what to wear, what to believe, who your friends should be, and what music to listen to. How do you know what is best for you?

**Wisdom** enables you to see life from God's point of view and to recognize the real value of people, events, and things. Wisdom keeps you from foolishly judging only by appearances. It helps you mature in the way you think and act. Wisdom leads you to see the value of being confirmed not because your parents expect it, or because everyone your age is doing it, but because you see its value for you and desire it.

### MY TURN Signs of the Spirit

1. Titus was a young bishop and a friend of Saint Paul's. Read Titus 3:1–2. What signs of the Spirit is Titus urged to show?

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2. Write how these signs can help you show loving service.

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Saint Paul.

San Pablo.



## Understanding

When you were younger, you learned that there were things you should and should not do. You learned rules and followed them because you trusted the people who made them, such as your parents. However, you may not have always understood *why* these rules were made. The same might be true with your faith. So how will you be able to really understand your faith and what it means to be Catholic?

**Understanding** grows through prayer and the reading of Scripture. It gives you insight into the truths of the faith and being a follower of Jesus', and it helps you make right choices in your relationships with God and others.

## Counsel

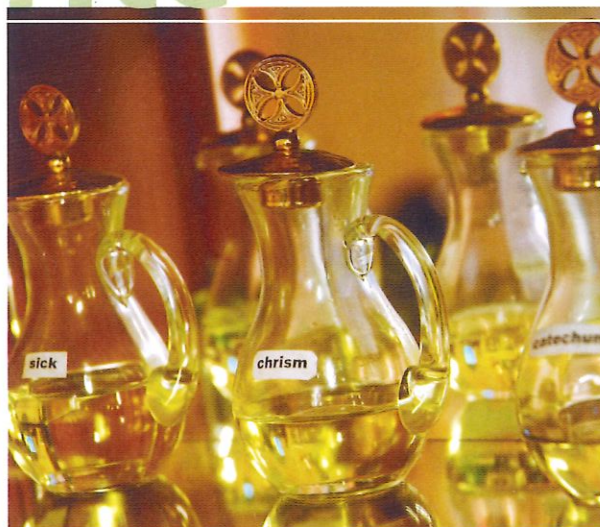
Have you ever agonized over a difficult decision? Did it make you feel confused, hurt, and alone? How did you know what was the right thing to do?



The gift of **counsel**, or right judgment, helps you seek advice and be open to the advice of others. Using this gift, you seek direction in the Sacrament of Reconciliation, and you ask advice from parents or friends. Counsel also helps you give advice. With counsel, you are able to help others with their problems. You speak up and encourage them to do the right thing.

Today, through the gift of counsel, you are determining what being confirmed means in your life. You turn to your parents, sponsor, parish priest, catechists, and others for help in taking this next step in your spiritual journey.

# rite



## Rite

The bishop anoints your forehead with holy Chrism, or holy oil, as you are confirmed.

## Meaning

Oil symbolizes strengthening, healing, cleansing, joy, and consecration. When you are anointed at Confirmation, the Holy Spirit marks your soul with the permanent spiritual seal. This seal unites us more firmly to Christ.

## Daily Life

God speaks to us through the gifts and talents he has given us. When we use our gifts to the best of our ability, it is for the betterment of ourselves and others.

## Life of Faith

By receiving the Gifts of the Holy Spirit, we have been transformed. We have been marked as Christians. We belong to our parish community as well as to the universal church.



## Knowledge

Having an awareness of God's plan will help you live a meaningful life. Knowing Jesus' teachings and taking them to heart will help you be a good Christian. How can you be open to what God has to teach you about life?

The gift of **knowledge** helps you know what God asks of you and how you should respond. You come to know God. You come to know who you are and the real value of things through your experiences. This gift also helps you recognize temptations for what they are and turn to God for help.

The gift of knowledge is at work in you as you contemplate living a Christian life. What you know of Jesus and his example and what you know of the Church—its worship, its beliefs, its teachings, and its call to serve those in need—will help you commit yourself to Christ and the Church as a confirmed Christian.

## Fortitude

There is a difference between knowing the right thing to do and actually doing it. You face pressure about using drugs and alcohol. Movies and songs tell you that sex is just about feeling good and that violence is acceptable. Popular culture, and many of the ads with which we are constantly bombarded, would have us believe that consumerism and selfishness are widely



*Seven Gifts of the Holy Spirit, Eyob Mergia, 2009.*

*Siete dones del Espiritu Santo, Eyob Mergia, 2009.*

accepted and encouraged. It's not always cool to speak out about injustices you see around you. How can you find the strength to live by the principles and values of Jesus?

The gift of **fortitude**, or courage, enables you to stand up for your beliefs and to live as a follower of Jesus. With this gift, you have the inner strength to do what is right in the face of difficulties and to endure suffering with faith. Fortitude helps you undertake challenging tasks in the service of your faith. But it also takes fortitude to be faithful to ordinary duties. It takes strength to live a good Christian life even when no one praises you or notices your efforts.

### MY TURN Prayer to the Holy Spirit

1. Which Gift of the Holy Spirit are you in need of the most? Why?

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2. Write a prayer to the Holy Spirit, asking for guidance with the gift you chose.

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## Piety

It is not uncommon to see people showing little respect for others, for the environment, even for themselves. They destroy things that God has given us to enjoy. This wouldn't happen if people had a sense of God's presence in others and in the world. How can you be more aware of God's presence in your life and in others?

**Piety**, or reverence, is a gift that helps you love and worship God. It calls you to be faithful in your relationships with God and others. Piety also helps you be respectful and generous.

In the Sacrament of Confirmation, piety helps you strengthen your relationship with God and increase your love for others and the world—for all that God has created.

## Fear of the Lord

Out of respect, Moses removed his sandals when God spoke to him from the burning bush. (Exodus 3:1–15) Many Jews today do not pronounce the name of God out of respect. We can learn from their example by honoring God, who is awesome and who loves us.

**Fear of the Lord**, sometimes called wonder and awe, helps you recognize the greatness of God and your dependence on him. It leads you to marvel at God's incredible love for you.

The gift of fear of the Lord increases your desire to draw closer to God by confirming the great gift you received in Baptism. Awe will inspire you to celebrate the Eucharist. You will experience awe in celebrating the Sacrament of Reconciliation as you recognize God's great love in forgiving you of the sins you've committed.

Right now you are deciding to reflect on your faith seriously. It is difficult to try to change your habits and follow Jesus more completely. It's a challenge to pray more, to participate in the Eucharist more intentionally, to serve others. However, the Gifts of the Holy Spirit, the Theological Virtues, the Cardinal Virtues, and the community of believers who surround you will help and guide you.

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## WITNESS



### Doctor of the Church: Saint Catherine of Siena

The Holy Spirit helps us be good and calls us to holiness. Catherine of Siena heard that call at an early age and decided to devote her life to God. Catherine joined the Third Order of Saint Dominic at age 16. She often locked herself in her room to pray, leaving only to attend Mass. After three years, Jesus spoke to her, saying, "The only way you can serve me, Catherine, is in service of your neighbor." Catherine realized that she had been given gifts with which to serve others. She began to visit prisoners, encouraging them to repent. When a plague came, she took care of the plague-ridden, brought food and clothing, and buried the dead. Her gifts of prophesy and spiritual guidance became widely recognized, and she dictated more than 400 letters and two books. At this time the pope, a Frenchman, lived in Avignon and took orders from the French king. This confused Christians. Catherine went to Avignon and persuaded the pope to return to Rome. In 1970 the Church gave her the special title of Doctor of the Church. Saint Catherine of Siena's feast day is April 29.

holiness



## 2 ACT



### Rights and Responsibilities

Saint Catherine of Siena was called to serve the Church. She felt it was her duty and responsibility to use her gifts and offer her life for the good of the Church. We as human beings have both rights and responsibilities. We have intelligence and free will. We have a fundamental right to life and the right to things we need to live such as food, shelter, employment, health care, and education. Along with these rights, we have corresponding responsibilities to respect the rights of all people. Our rights and responsibilities are universal and inviolable. This means that they cannot be taken from us and we cannot give them away. We cannot claim our rights while neglecting our duty to protect these rights for others. The Church teaches that government authority carries serious responsibilities. The chief concern of civil authorities must be to ensure that the rights of individual citizens are acknowledged, respected, defended, and promoted.

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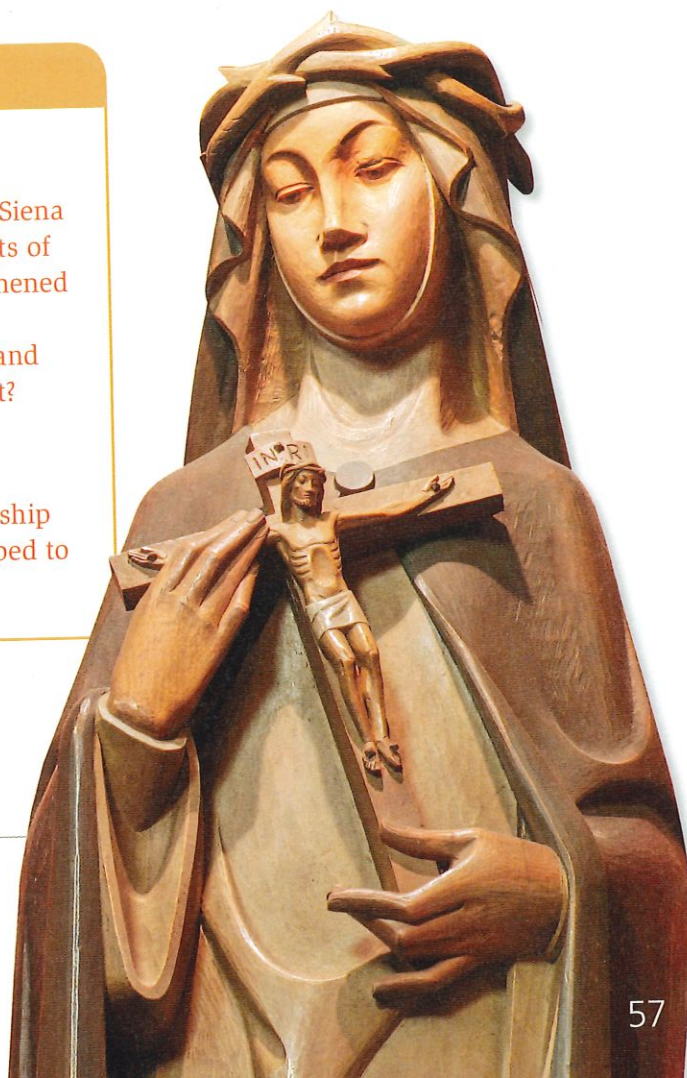
## 3 PRAY

### Gifts of the Spirit

The Gifts of the Holy Spirit guided Saint Catherine of Siena in her devotion to the Church. Through Jesus, the Gifts of the Holy Spirit that we receive in Baptism are strengthened in the Sacrament of Confirmation. They are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. Which gift do you identify with most?

### Call to Prayer

Through the Sacrament of Confirmation, our relationship with God is made stronger. In this way we are equipped to become better witnesses to Christ in the world.



Wood sculpture of Saint Catherine of Siena,  
Blessed Sacrament Church, Seattle, Washington.

Santa Catalina de Siena, talla en madera,  
Iglesia del Santísimo Sacramento, Seattle, Washington.



# pray

## My Lord and Guardian

**All:** In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**Leader:** Gathered as a community of believers, let us listen to God, speaking to us in his Word today and always.

For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!" The Spirit itself bears witness with our spirit that we are children of God. . . .

In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will.

We know that all things work for good for those who love God, who are called according to his purpose.

Romans 8:14–16, 26–28

**Leader:** The Spirit of God comes to our aid, guides us, and blesses us with many gifts. Let us pray together and think about the wonderful gifts from the Lord, who helps and protects us always.

**Group A:** I raise my eyes toward the mountains.  
From where will my help come?

**Group B:** My help comes from the LORD, the maker of heaven and earth.

**Group A:** God will not allow your foot to slip;  
your guardian does not sleep.

**Group B:** Truly, the guardian of Israel never slumbers nor sleeps.

**Group A:** The LORD is your guardian; the LORD is your shade at your right hand.

**Group B:** By day the sun cannot harm you, nor the moon by night.

**Group A:** The LORD will guard you from all evil,  
will always guard your life.

**Group B:** The LORD will guard your coming and going both now and forever.

adapted from Psalm 121

**Leader:** Confirmation is an opportunity to pause and recognize the gifts we have already received and the gifts we will receive from the Holy Spirit, to thank God for them, and to ask for help in using them to serve God and others. Let us join now in praying the Glory Be to the Father.

**All:** Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.  
Amen.



# summary

## FAITH SUMMARY

The Gifts of the Holy Spirit help us be the people God calls us to be.

## REMEMBER

### What are the Gifts of the Holy Spirit?

The Gifts of the Holy Spirit are powers given to us at Baptism and strengthened at Confirmation. They help us live virtuous lives, persevere in our friendship with God, and guide us in our decisions and conduct so we become more like Jesus. The Gifts are wisdom, understanding, counsel, knowledge, fortitude, piety, and fear of the Lord.

### What are the Theological Virtues?

The Theological Virtues of faith, hope, and charity are graces received by God. They have their source in God, are infused in us by him, and as we grow in using them, we are drawn more deeply into the mystery of God.

### What are the Cardinal Virtues?

The Cardinal Virtues are qualities acquired by human effort. They are prudence, justice, fortitude, and temperance. All of your moral strengths depend on these virtues. They are rooted in the Theological Virtues given to you by God to help you act as his child.

## Words to Know

|                  |                     |
|------------------|---------------------|
| Cardinal Virtues | justice             |
| charity          | knowledge           |
| counsel          | piety               |
| faith            | prudence            |
| fear of the Lord | temperance          |
| fortitude        | Theological Virtues |
| Gifts of the     | understanding       |
| Holy Spirit      | wisdom              |
| hope             |                     |

holiness

## MY CONFIRMATION JOURNAL

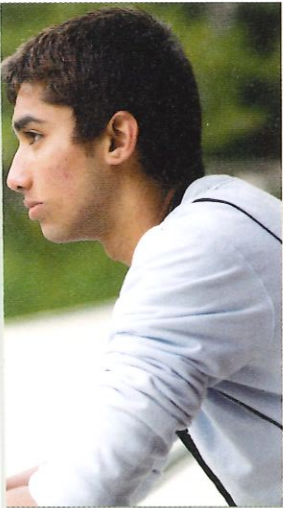
Use your journal to enter more deeply into this chapter. Quietly spend time reflecting and recording on journal pages 41–50.

## REACH OUT

Review the Theological Virtues. Then using pictures from magazines or your own drawings, design a collage that depicts each of the three virtues. When you have finished, write your own act of faith, hope, and love.

## WITH MY SPONSOR

Arrange with your sponsor to share your insights, questions, and ideas from this chapter and how they relate to your conversations from the *Faith to Faith* magazine.



*Father, Son, and Holy Spirit, be with me, protect me, and guide me. Help me know your will and have the strength and courage to do your will. Amen.*



# review

## FINDING THE HIDDEN SACRAMENT

Fill in the blank lines. When finished, the boxed letters will spell the sacrament that is being described. Write the name of the sacrament on the last blank line.

1. It helps us \_\_\_\_\_ love like our favorite clothes.
2. In it we share in the very life of \_\_\_\_\_.
3. It helps us live lives of \_\_\_\_\_.
4. In this sacrament, Jesus becomes present through the power of the \_\_\_\_\_.
5. Jesus' Body and Blood take the appearance of \_\_\_\_\_ and wine.
6. The \_\_\_\_\_ works in the community gathered for this sacrament.
7. It \_\_\_\_\_ us as People of God.
8. The Word of God proclaimed in this sacrament is the \_\_\_\_\_ all over the world.
9. When we share in it, God unites us to himself and \_\_\_\_\_.

## CHECKING THE FACTS

Place a check mark by the true statements.

- \_\_\_\_\_ 1. Mortal sin breaks our relationship with God and others.

- \_\_\_\_\_ 2. Venial sin weakens our relationship with God and others.
- \_\_\_\_\_ 3. Members of Jesus' community are "one body."
- \_\_\_\_\_ 4. The Holy Spirit does not make Jesus present in the world.
- \_\_\_\_\_ 5. The Spirit makes you one with Jesus.
- \_\_\_\_\_ 6. The Liturgy of the Word and the Liturgy of the Eucharist are the two main parts of the Mass.
- \_\_\_\_\_ 7. You pray only for your own needs at Mass.
- \_\_\_\_\_ 8. It is not important to pray, sing, or respond during Mass.
- \_\_\_\_\_ 9. A confirmed Christian is part of a community that is without grace.
- \_\_\_\_\_ 10. Our sins are forgiven when we receive absolution.

## MATCHING MEANINGFUL TERMS

For each definition write the letter of the word that matches it best.

- |                        |                             |
|------------------------|-----------------------------|
| a. mortal sin          | d. Paschal Mystery          |
| b. absolution          | e. venial sin               |
| c. Liturgy of the Word | f. Liturgy of the Eucharist |

- \_\_\_\_\_ 1. Jesus' life, Death, Resurrection, and Ascension
- \_\_\_\_\_ 2. unites us in one faith to believe in one God
- \_\_\_\_\_ 3. unites us with Jesus and his sacrifice
- \_\_\_\_\_ 4. must be confessed in the Sacrament of Reconciliation
- \_\_\_\_\_ 5. the forgiveness of sins
- \_\_\_\_\_ 6. lesser sins