

# Doctrinal Session

APPRENTICES IN FAITH: A Resource for the RCIA  
Confirmation

## Catechist Preparation

### Clarifying the Essentials

The goal of Confirmation is to lead the Christian to a more intimate relationship with Christ and a more lively familiarity with the Holy Spirit.

- ◆ Even though Confirmation is sometimes described as the Sacrament of Christian maturity, an adult faith does not necessarily equate with physical growth or length of years (see *Catechism of the Catholic Church* 1308).
- ◆ Candidates for Confirmation, as for Baptism, enlist the support, guidance, and spiritual help of a sponsor (see CCC 1311).

Without the Sacraments of Confirmation and Eucharist, a person's Baptism is valid and effective, yet incomplete.

- ◆ Christian Initiation is completed by three Sacraments whose unity together must be upheld: Baptism, Confirmation, and Eucharist (see CCC 1285).
- ◆ When Confirmation is delayed (and not immediately celebrated after Baptism), unity with Baptism as a Sacrament of Christian Initiation is expressed by a renewal of baptismal vows and profession of faith (see CCC 1321).

### Why Is This Important?

We are not just given new life in Baptism and then sent forth. We are equipped for the life of faith and maturation in our witness to that faith by the Sacrament of Confirmation.

The Holy Spirit acts as a guide and a helper. The Holy Spirit illumines our hearts as well as kindles within them the fire of divine love, that we might persevere and overcome all obstacles in our path that keep us from realizing the mission of Christ.

*Guard what you have received.  
God the Father has  
marked you with his sign.*

SAINT AMBROSE

## Doctrinal Session Guide

(Approximately 60 minutes)

Arrange the space with chairs and a focal point with a red cloth, the Bible, and Sacred Chrism. Provide name tags and have some refreshments available.

### Welcome

Greet the participants as they arrive, and take time for introductions. Proclaim Acts 8:14–17 (from the participant page) for the gathering prayer.

### Engage

1. Ask the group to recall any experiences they might have had of attending a Confirmation celebration.
2. Invite the group to read and reflect on the life story in Insight. Ask them to share their response to the story, and explore the For Reflection questions together.

### Teach

Summarize or invite the group to read Church Teaching. Then discuss the following:

- ◆ Confirmation is one of the three Sacraments of Christian Initiation—Baptism, Confirmation, Eucharist.
- ◆ The bishop of the diocese or his designate is the minister of Confirmation.
- ◆ Like the Apostles who were made bold by the coming of the Holy Spirit, the newly confirmed are sent forth to make a difference in the world to continue the mission of Jesus Christ and to proclaim the Good News of Salvation.

### Apply

Review the Gifts of the Holy Spirit. Invite the participants to choose one Gift that they would like to explore further and to consider how that Gift will help them to live as a better disciple of Jesus Christ and to make a difference in the world.

### Pray

Light a candle, if possible, and invite all to extend both hands high and pray 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 will renew the face of the earth. Amen.*