



Confirmed in Holiness

Before You Begin

- Print the Chapter 5 BLM: Knowing the Virtues found at the end of this document.
- Download and print the Chapter 5 Prayer Service: My Lord and Guardian.
- Have a Bible available during the session for reference.
- Make sure your child has his or her *My Confirmation Journal* to record any insights during the session and to do the activities on pages ii–vii and 41–50 after the session.
- If you have the *Faith to Faith* magazine, encourage your child to use it to reflect on the session with his or her sponsor.

Engage: Page 49

- ◆ You might choose to begin by reviewing the previous chapter. Invite your child to recall important concepts from Chapter 4.
- ◆ Invite your child to open his or her book to page 49. Read aloud the chapter title and discuss the questions with your child. Say: **In Confirmation, we focus on how the Holy Spirit inspires us to use our gifts and talents to serve others.** You can find additional conversation starters for this chapter at www.loyolapress.com/CISconversations.
- ◆ Direct your child's attention to the list of the Gifts of the Holy Spirit on page 100. Ask your child to read them aloud. Then say: **The Gifts of the Holy Spirit are bestowed upon us to help us spread God's Word.** Pray together the words on page 49 from the Rite of Confirmation.

Explore: Pages 50–57

- ◆ Have your child read aloud the Scripture passage on page 50. Ask: **What does it mean that we have received a spirit of adoption?** (*We become children of God.*) **What does this passage tell us about how the Holy Spirit helps us?** (*The Holy Spirit strengthens us when we are weak, interceding on our behalf with the Father in prayer.*)
- ◆ Have your child read independently *Understanding Scripture* and *Scripture and You* on page 50. Then invite your child to summarize these sections. Tell your child about a skill that you would like to develop or improve. Invite your child to share his or her own examples. Say: **Jesus gave us the Holy Spirit to help us overcome our spiritual weaknesses.**
- ◆ Ask your child to spend a few moments silently reading *Reflecting on God's Word* on page 50. Allow time for reflection. Invite your child to record any insights in his or her journal.
- ◆ Invite your child to read the first three paragraphs of *The Theological Virtues* on page 51. Say: **A virtue is an attitude or way of acting that enables us to do good.** Then ask: **How does Christopher's story help us understand the virtues?** (*We can grow in using the virtues by practicing them, just as we can grow in other skills.*)
- ◆ Take turns reading the sections *Faith*, *Hope*, and *Charity* on page 51. Discuss the Theological Virtues with your child.

- ◆ Say: **We've seen how the Theological Virtues, which come from God, can work in our lives. Now let's discuss the human, or Cardinal Virtues.** Read first paragraph of *Cardinal Virtues* on page 52, and then have your child read independently the sections on *Prudence, Justice, Fortitude, and Temperance*. Discuss the Cardinal Virtues with your child.
- ◆ Have your child complete the My Turn activity on page 52 and the Chapter 5 BLM: Knowing the Virtues. Encourage your child to record any insights in his or her journal.
- ◆ Say: **The Gifts of the Holy Spirit you received at Baptism are strengthened at Confirmation when you are anointed by the bishop. Let's take a look at the gifts that the Holy Spirit gives us.** Invite your child to read aloud the first two paragraphs of *Unwrapping the Gifts of the Holy Spirit* on page 53. Then read the bulleted list of gifts.
- ◆ Have your child read the section *Wisdom*. Ask: **How can we grow in wisdom?** (*by learning from our successes and failures, by listening to wise people*) Have your child complete the My Turn activity on page 53. Invite your child to share his or her answers.
- ◆ Invite your child to read silently *Understanding* on page 54. Ask your child how he or she would explain to a non-Christian friend what it means to be Catholic.
- ◆ Invite your child to read independently *Counsel* on page 54. Say: **The gift of counsel helps us recognize the presence of the Holy Spirit in ourselves and others so we can discern and follow the best advice.**
- ◆ Read aloud *Knowledge* on page 55. Say: **We can get to know God better by learning more about God and what he has done for us. Praying regularly is another way to get to know God better.**
- ◆ Ask your child to explain what he or she thinks *fortitude* is. (*bravery, courage, strength to do the right thing even when it is difficult*) Invite your child to read silently *Fortitude* on page 55.
- ◆ Read aloud *Piety* on page 56. Ask your child to explain what it would mean to show piety in a variety of different social situations, such as attending a music recital, texting with friends, going to Mass, or playing outside.
- ◆ Invite your child to read *Fear of the Lord* independently. Ask: **What are examples of things we see or hear every day that fill us with fear of the Lord?** (*Answers may vary.*)
- ◆ Have your child complete the My Turn activity on page 55.

Rite: Page 54

- ◆ Invite your child to read aloud *Rite* and then you read aloud *Meaning* on page 54. Say: **In ancient times, kings, prophets, and priests were anointed with oil to symbolize strength, healing, cleansing, joy, and consecration. The fragrant oil seals within us the Gifts of the Holy Spirit.**
- ◆ Explain that when the bishop anoints the confirmands with oil and says the words “Be sealed with the Gift of the Holy Spirit,” they are receiving an indelible effect—the newly confirmed will be in a permanent relationship with the Holy Spirit.
- ◆ Have your child read aloud *Daily Life*. Say: **We honor our relationship with God when we use our talents for the betterment of others.**
- ◆ Read aloud *Life of Faith*. Say: **The anointing with Chrism marks us as full members of our parish community and the universal Church. We are transformed as believers after being anointed.**

Witness: Page 56

- ◆ Invite your child to read aloud the *Witness* Section on page 56. Point out that a Doctor of the Church is someone who is recognized as a model teacher of the faith.
- ◆ Say: **Saint Catherine of Siena is known for having served others as she would serve God, with kindness and generosity.** Ask: **What do you do to be a person for others? How can you serve God through serving others?** (*Accept reasonable answers.*)

Act and Pray: Page 57

- ◆ Read aloud the *Act* section on page 57. Say: **As Catholics, we have the responsibility to take care of what God has given us—food, shelter, companions, life—and to do what we can to ensure the same for others.**
- ◆ Discuss some of the basic rights that God has given to all people. Point out that these rights also entail responsibilities. Talk about the corresponding duty that accompanies each right. For example, the right to a good reputation implies that each person must safeguard the reputation of all other people (i.e., don't gossip).
- ◆ Say: **The Holy Spirit protects us and gives us the strength to be faithful believers.** Invite your child to read independently the *Pray* section on page 57 and record any insights in his or her journal.

Reflect: Page 58

- ◆ Tell your child that you are going to celebrate a prayer service that will focus on God's gifts. Proceed to your family's prayer space.
- ◆ This chapter's prayer service includes a psalm. Before praying, point out that the psalms are prayed every day as part of the Liturgy of the Hours. Explain that when we pray the psalms, we are joining with the entire universal Church in acknowledging, thanking, and praising God and bringing our needs before him.
- ◆ Choose who will read the parts for the Leader and who will read the parts for Group A and Group B. You and your child will both read the parts labeled "All." Lead by example, participating actively and with reverence.
- ◆ Pray *My Lord and Guardian* on page 58. Adapt it to your circumstances if needed. Observe the periods of silence and keep a prayerful pace. Allow time in between sections for reflection.
- ◆ Pause for a moment of silence before concluding.

Respond: Page 59–60

- ◆ Read aloud the Faith Summary section on page 59. Ask: **What helps us be the people God wants us to be?** (*the Gifts of the Holy Spirit*) **What are the Gifts of the Holy Spirit?** (*wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord*)
- ◆ Read aloud the Remember section. Make sure your child understands the main points of the chapter.
- ◆ Encourage your child to write in the *My Confirmation Journal* to enter more deeply into this chapter. The corresponding pages to this chapter are 41–50. Remind your child that no one else will read his or her journal.
- ◆ Read aloud the Words to Know and review the definitions. Complete definitions can be found in the Glossary on pages 115–118 and in the online Glossary.

- ◆ Ask your child to choose one Reach Out item to complete and to reflect privately on the outcomes.
- ◆ Encourage your child and his or her sponsor to reflect on this chapter as they strengthen their relationship and grow in their faith. You may want to use the *Faith to Faith* magazine.
- ◆ Conclude the chapter by praying together the closing prayer on page 59. Encourage your child to use this prayer throughout the week.
- ◆ Your child can use the review activities on page 60 to review and reinforce the key concepts of this chapter.
- ◆ Use the following questions to check your child's comprehension of the chapter:
 - ◆ Can your child explain the importance of the Spirit's gifts in helping us be holy?
 - ◆ How well can your child identify and describe the Gifts of the Holy Spirit?
 - ◆ Is your child able to name and describe the Cardinal and Theological Virtues?
 - ◆ Can your child compose a letter to his or her bishop requesting the Sacrament of Confirmation?

Knowing the Virtues

Virtues are strengths we develop over time that help us make good decisions and give the best of ourselves. Below are the seven virtues. Match each virtue with the example that best describes it.

Faith 1. ____	A. Raphael watched as all his friends went in through the pried-open back door of his vacationing neighbor's home to have a party. They turned to look at Raphael, who was still waiting by the gate. "What are you waiting for?" Raphael knew his friends would give him a hard time, but he chose to walk away.
Hope 2. ____	B. At the family picnic, Jenny watched as her Uncle Steve, who had already had a few too many drinks, tried to persuade her dad to have another beer with him. Jenny was proud to see her dad politely decline, saying, "Thanks, but I'll be driving the family home soon."
Charity 3. ____	C. Therese trusted God and helped people however she could, whether it was by visiting a sick person, helping her brother with homework, or trying to cheer up a friend who was sad. Even though Therese had the best intentions, people didn't always appreciate what she did for them. But that didn't bother her. Therese continued to trust God because she knew that he would always love and care for her.
Prudence 4. ____	D. Victoria had hoped to spend a few weeks at her friend's lake house, but she knew that it would be a good idea to improve her reading skills as she began high school. In the end, she decided to attend the summer reading program and arranged an opportunity to visit her friend's lake house on a weekend.
Justice 5. ____	E. Roberto often went to the hospital to visit his aunt, who was dying of cancer. He loved his aunt and was sad that she was dying, but her positive attitude helped comfort him. "I'm looking forward to being with Jesus," she said. "I know that he will welcome me." When the priest came to administer the Sacrament of the Anointing of the Sick, Roberto's aunt was at peace. She was confident that she would be with Jesus soon.
Fortitude 6. ____	F. Dawn and her teammates had made it all the way to the finals of the academic decathlon. Her excitement turned to dismay, however, when she realized that a few of her teammates had acquired a copy of the questions ahead of time. Dawn wanted to win, but she wanted to win fairly. She decided to tell the team moderator about it. Several teammates were disqualified, but the rest of the team was allowed to compete.
Temperance 7. ____	G. Tim was excited that his parents planned a family day downtown. As he sat in the back seat of the car marveling at the skyscrapers and the hustle and bustle, he heard his dad ask his mom if she had the singles ready. Tim watched curiously as his mom replied, "Oh yeah, I almost forgot," and then dug into her purse to count out about 10 single dollar bills. "What are those for?" Tim asked, hoping it was some extra spending money for himself. "Whenever your father and I go downtown, we always have a few dollars handy. We often see a number of homeless people, and if we can help even a little bit, we try. We know that if we were ever in such a position, we'd want people to help us."