

## **Study Guide for Confirmation**

### **Nicene Creed**

I believe in one God, the Father almighty,  
maker of heaven and earth,  
and of all things visible and invisible.  
I believe in one Lord, Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God, begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
He suffered death and was buried,  
And rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified, who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen

### **The Our Father**

Our Father, who art in heaven,  
hallowed be thy name, thy kingdom come,  
thy will be done, on earth as it is in heaven.  
Give us this day, or daily bread,  
and forgive us our trespasses as we forgive those who  
trespass against us. And lead us not into temptation,  
but deliver us from evil. Amen.

### **The Hail Mary**

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen

### **Doxology**

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

### **The Act of Contrition**

My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In His name, my God, have mercy. Amen

### **The 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.

### **The Seven Sacraments of Holy Church**

1. Baptism
2. Confirmation
3. Penance (or Reconciliation)
4. Eucharist
5. Marriage
6. Holy Orders
7. Anointing of the Sick

\*Know basic things about the sacraments for miscellaneous questions.

## The Seven Gifts of the Holy Spirit

**Wisdom:** We see God at work in our lives and in the world. For the wise, the wonders of nature, historical events, and the ups and downs of life take a deeper meaning. We see God as our Father, appreciate the dignity of others, and find God in all things.

**Understanding:** In understanding, we comprehend how we need to live as followers of Christ. A person with understanding is not confused by the conflicting messages in our culture about the right way to live. The gift of understanding perfects a person's speculative reason in the apprehension of truth. It is the gift whereby self-evident principles are known.

**Counsel (Right Judgment):** With the gift of counsel/right judgment, we know the difference between right and wrong and choose to do what is right. A person with right judgment avoids sin and lives out the values taught by Jesus.

**Fortitude (Courage):** With the gift of fortitude/courage, we overcome our fear and are willing to take risks as followers of Jesus Christ. A person with courage is willing to stand up for what is right in the sight of God, even if it means accepting rejection, verbal abuse, or physical harm. The gift of courage allows people the firmness of mind that is required both in doing good and in enduring evil.

**Knowledge:** With the gift of knowledge, we understand the meaning of God. The gift of knowledge is more than an accumulation of facts.

**Piety (Reverence):** With the gift of piety/reverence, we have a deep sense of respect for God and the Church. A person with reverence recognizes our total reliance on God and comes before God with humility, trust, and love. Piety is the gift whereby, at the Holy Spirit's instigation, we pay worship and duty to God as our Father, Aquinas writes.

**Fear of the Lord (Wonder and Awe):** With the gift of fear of the Lord we are aware of the glory and majesty of God. We know that God is the perfection of all we desire; perfect knowledge, perfect goodness, perfect power, and perfect love. Aquinas describes it as a fear of separating oneself from God, as a "filial fear," like a child's fear of offending his father, rather than a "servile fear," that is, a fear of punishment. Fear of the Lord is the beginning of wisdom (Prov 1:7) because it puts our mindset in correct location with respect to God: we are the finite, dependent creature, and He is the infinite, all-powerful Creator.

## The Twelve Fruits of the Holy Spirit

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

## The Theological Virtues

1. Faith
2. Hope
3. Charity

## The Cardinal Virtues

1. Prudence
2. Justice
3. Temperance
4. Fortitude

## The Seven Capital Sins

1. Pride
2. Avarice
3. Lust
4. Anger
5. Greed
6. Envy
7. Sloth

## The Four Last Things

1. Death
2. Judgment
3. Heaven
4. Hell

**\*These five precepts of Holy Mother Church\*(You do not need to have these memorized but should have basic knowledge)**

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor. The faithful are required to attend the celebration of the Eucharist every Lord's Day (Saturday vigil or Sunday Mass) and the holy days of obligation as established in the liturgical calendar, unless excused from a serious reason. [i.e. illness or the care of infants.]
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the prescribed days of fasting and abstinence established by the Church.
5. You shall help provide for the needs of the Church, each according to his own ability.

**Possible Miscellaneous Questions**

1. What is the mystery of the Holy Trinity?
2. What is the Incarnation?
3. Who is Jesus Christ?
4. Why did Jesus Christ become man?
5. What is the Holy Eucharist?
6. When was the first Holy Eucharist celebrated?
7. What is it that we commemorate when we celebrate the Holy Eucharist?
8. What does "transubstantiation" mean?
9. When I receive the consecrated bread and wine in Holy Communion, is it still just bread and wine?
10. What is Confirmation?
11. What does Sacred Scripture say about Confirmation?
12. What happens in the soul at Confirmation?
13. Who is the Holy Spirit?
14. What does it mean to "live in the Spirit" and not in the flesh?
15. What is it that the Holy Spirit empowers me to do?
16. How do I become more attentive to the promptings of the Spirit?
17. How does the reading of Sacred Scripture help me become more attentive to the promptings of the Spirit?
18. Why is prayer so important to the able to live an authentic "life in the Spirit"?

## **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
- Instruct the ignorant (This and the next work are extremely pertinent categories today, when so many people are confused by what the Church teaches on contraception, abortion, homosexuality, etc.)
- Counsel the doubtful
- Comfort the sorrowful
- Bear wrongs patiently
- Forgive all injuries
- Pray for the living and the dead