



**Archdiocese
of Glasgow**

RE Department



Preparing Your Child for the Sacrament of Confirmation

How Can I Support My Child to Prepare for the Sacrament of Confirmation?

“How precious is the family as the privileged place for transmitting the faith!”

Pope Francis

As a parent/guardian, you model the life of faith for your child. The following practices will help you to demonstrate why your faith is important to you:

- Now that the churches have reopened, it is essential that your child attends Mass as regularly as possible. If you are unable to book into Sunday Mass, due to restrictions on numbers, try attending a Mass during the week or on a Saturday.
- Pray with your child regularly. See the book of prayers for children on our webpage: [Sacramental Preparation at Home \(rercglasgow.org\)](http://rercglasgow.org)
- Prior to receiving the Sacrament of Confirmation your child should receive the Sacrament of Reconciliation. Encourage your child to examine their conscience regularly but especially before the Sacrament of Reconciliation. See the examination of conscience below or the audio file: [Examen for Children by Pray as you go \(soundcloud.com\)](https://www.soundcloud.com)
- Read Scripture stories and stories of the lives of the saints with your child. There are a few good websites that you can access: Catholic.Org , Loyola Press It will be important for your child to be familiar with many saints so that they can choose their Confirmation Saint's Name.
- Create a prayer space in your home. You may wish to include a crucifix, a cloth with the liturgical colour, a Bible etc.
- Access the resources for the Sacrament of Confirmation on our webpage: [Sacramental Preparation at Home \(rercglasgow.org\)](http://rercglasgow.org)
- Prepare your child to participate in the celebration of Confirmation by ensuring they know what the priest will say and how they should respond. See the Rite of Confirmation section below.
- Once your child has celebrated their Confirmation, ensure that you regularly attend Mass as a family to help them grow in their own faith.

Simple Examination of Conscience for Children Using the Lord's Prayer

Do I give time every day to God in prayer?

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used bad language?

Have I missed Mass on Sunday or any holiday of obligation?

Do I arrive at church late or leave early?

Do I try to be reverent and pay attention during Mass?

Do I respect and obey my parents?

Am I willing to help around the house or must I be nagged a hundred times?

Do I try to get along with my brothers and sisters?

Do I give a good example, especially to younger siblings?

Do I respect others?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Have I taken things that were not mine?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrow? In good condition?

Am I honest?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?

Choosing a Saint's Name and Sponsor

Choosing a saint's name: As you know, your child will be asked to choose a Confirmation name. This should be the name of a saint whose life provides an example of Christian living for your child. You can assist your child in selecting a Confirmation name by encouraging them to read short stories of the lives of the saints. It is important that your child knows something about the saint's life in order that they can relate to the saint and ask for the saint's intercession, not only during this time of preparation but also for the rest of their lives.

Choosing a sponsor: A sponsor should be; a practising, Confirmed Catholic; at least sixteen years of age; the child's Baptismal Godparent if possible; someone willing to help the child grow as a Christian; someone who will show the child, by their way of life, how to live as a Christian.

Gifts of the Holy Spirit

In Baptism and Confirmation, the Holy Spirit gives us seven gifts to help us live as a follower of Jesus Christ.

Wisdom

This gift helps you to see life from God's point of view and to recognise the real value of people, events, and things in your life. It helps you to value spiritual things over worldly things. It helps us to desire God's will and to live it out.

Knowledge

This gift gives us an awareness of God's plan. It helps you know what God asks of you and how you should respond. Through this gift you come to know God better.

Understanding

This gift grows through prayer, the reading of Scripture and the sacraments. It gives you insight into the teachings of the Jesus and the church and how we should live our lives.

Counsel

This gift helps us to acknowledge the difference between right and wrong. It helps us to avoid sin and lead a life for Christ even in challenging situations.

Fortitude

This gift 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 even when it is difficult. It helps you undertake challenging tasks in the service of your faith.

Piety

This gift helps us to pray to God in true devotion. It helps you to love and worship God and calls you to be faithful in your relationship with God and others. It also helps you to develop a deeper respect and honour for God and His Church.

Fear of the Lord

This gift makes us aware of the greatness of God and therefore dread sin and fear offending Him. It makes us look to God with wonder and awe, (as it is sometimes known) increases our desire to draw closer to God and turn away from sin.

Fruits of the Holy Spirit

The fruits of the Holy Spirit show the work of the Holy Spirit in us and in the lives of others; they are signs of using one or more of the seven gifts of the Holy Spirit.

Love

We show love by our unselfish devotion and care for God, ourselves, our world and others. We are sure that we are loved unconditionally by God.

Joy

We share our joy with others and people can see that we are happy because of our faith. We know that joy comes, not from money or possessions, but from knowing, loving and serving God.

Peace

We work and pray for peace throughout the world. We don't worry about small things because we have the peace of knowing God in our hearts.

Patience

We show patience by treating others with thoughtfulness and tolerance. We know that God is always with us, so we can cope with difficult times.

Kindness

We show others kindness by treating them as we ourselves want to be treated. We can see the kindness of God through the beauty of His creation.

Goodness

We can be witnesses to goodness when we make good choices by avoiding sin and always trying to do what we know is right. We know the Gospel is the Good News that will help direct our lives.

Generosity

We show the world the meaning of generosity when we share our gifts, talents and possessions with others. We are aware of how generous God has been to us by surrounding us with our loved ones and giving us our gifts and talents.

Gentleness

When we are gentle we act calmly and avoid doing things to upset others. We can see that gentle things in nature are also strong and we know that being a disciple does not mean we are weak.

Faithfulness

We are faithful when we live our lives following the teachings of Jesus. We are sure that God remains faithful to us, even when we make mistakes.

Chastity

We live the virtue of chastity when we use the gift of our sexuality wisely, according to God's plan.

Modesty

We exhibit modesty by being pure in our thoughts, words, and dress.

Self-control

We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

The Celebration of Confirmation

Please note that some of the following may be adapted or excluded due to Covid restrictions.

Presentation of the Candidates

After the Gospel, the candidates are usually called by name. Those to be confirmed stand as their name is called and say "I am here".

The Renewal of Baptismal Promises

After the homily those to be confirmed should stand to renew their Baptismal Promises, responding 'I do' to each of the statements read by the priest:

Do you renounce Satan, and all his works and empty promises?

I do.

Do you believe in God, the Father almighty, Creator of heaven and earth?

I do.

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

I do.

Do you believe in the Holy Spirit, the Lord, the giver of life, who today through the Sacrament of Confirmation is given to you in a special way just as he was given to the Apostles on the day of Pentecost?

I do.

Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

I do.

Priest: This is our faith. This is the faith of the Church.

We are proud to profess it in Christ Jesus our Lord.

The gathering of the faithful gives its assent by replying:

Amen.

The Laying on of Hands

Following the Renewal of Baptismal Promises the priest stands and after a period of prayer stretches his hands over the candidates before praying the Prayer for the Laying on of Hands. The silence that accompanies this prayer should be strictly observed.

The Anointing with Chrism

After the Prayer for the Laying on of Hands the priest anoints the candidates with the Oil of Chrism. During this anointing, the congregation continues to pray and to sing. Each candidate makes their way to the priest accompanied by their sponsor or parent (if sponsors are not present) who places his or her hand on the shoulder of the person who is to be confirmed. The priest will say "Be sealed with the gift of the Holy Spirit" to which the child responds "Amen".

Prayers to the Holy Spirit Your Child Should Know

Breathe in me, O Holy Spirit, that my thoughts may all be holy.

Act in me, O Holy Spirit, that my work too, may be holy.

Draw my heart, O Holy Spirit, that I love but what is holy.

Strengthen me, O Holy Spirit, to defend all that is holy.

Guard me, then, O Holy Spirit that I may always be holy.

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.

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant us in the same Spirit to be truly wise and ever to rejoice in His consolation. Through Christ our Lord. Amen.



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