Parents & guardians, these numbered steps guide you through the process.

In the SPIRIT

Session 1

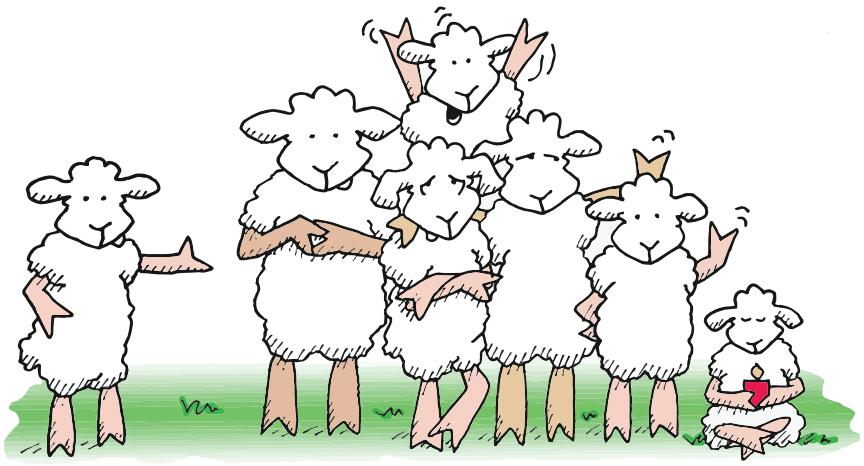
1

Thank you for guiding your child through this process. Please **scan the code or enter the link** on the back of this booklet to watch a short video explaining your role, how this session will work, and other instructions.

2

Introduce your child to the cartoon sheep on the right, called The Flock. They're not just for kids. Explain that Jesus talked about sheep a lot and called himself the Good Shepherd. We are all like sheep who are learning to follow Jesus. The Flock will help us figure it out!

The main text in this guide is meant to be **read out loud**. Throughout the process, either you or your child can be the reader. Decide who will read the text below and start.



MOVED BY THE SPIRIT

Today we begin preparing for **Confirmation**. Through this sacrament, the Holy Spirit grows stronger in us, giving us power to do great things!

In this session we will learn more about the Holy Spirit, but we need to start by looking at ourselves and what it means to be human.

3

Now start a short conversation with your child:

- With artificial "intelligence" (AI), computers are becoming better and better at pretending they are people, but they can never be human. **What makes us human?**

We will explore this more on the next page, but start by wondering together about different ways to answer that question.

BEING HUMAN



The best place to start in understanding who we are is remembering where we came from. We were all created by God, **made in God's image**. That means there are very important ways that we are like God. Here are four actions God and humans have in common.

4

Continue to read the main text out loud as a family. Then move to the next box.

Give and receive love

Freely make decisions

Be kind and care for others

Know right from wrong

5

Be clear that God does these four actions *perfectly*. We *can* also do them all, but don't always get it right. Explain each as needed:

- **"Give and receive love"** and **"Be kind and care for others"** (acting on that love) are easy to understand. To love someone is to seek what is best for them.
- **"Freely make decisions"** means being in control and responsible for what we do. (God doesn't force us to do anything.)
- **"Know right from wrong"** means truly understanding what is good. (The Holy Spirit speaks to us through our conscience to help guide us.)

6

Go through each action above, making sure your child understands that computers and AI can't do any of them. They can only imitate what we and God do. They might sometimes fool us, but they are just machines with no choice, following statistical algorithms. (Learn more on this week's At Home web page.)

7

Move to the "Who Is Loveable?" activity. Don't tell your child yet, but it has a TRICK question (there's *nothing* we need to do because God loves us all, no matter what). Let them start while you read the next parent box.

WHO IS LOVABLE?

In this activity, circle everything we need to do in order for God to love us.

Help the poor

Pray to God

Support the correct political party

Usually do the right thing

Not be racist

Be a citizen or legal resident

Follow Church teachings

Love others like we love ourselves

Go to Mass every week

Not kill anyone

HOW DO WE LOVE?

Show **Respect** to Everyone

Act with **Kindness**

Treat All with **Basic Dignity**

Care for Those in Need

Pray for Others

8

Let your child wrestle with this a little. Once they're done, have them cross out anything they circled, then share these teachings of the Church:

- **God loves everyone**, no matter what, because they're made in God's image.
- **God never gives up on anyone**, even if they've done the worst things we can imagine. God still loves them.

Tell your child that *you* also love *them* no matter what. There's nothing they can do or not do to change that.

9

Now ask: If God loves everyone, who should we love? *(Everyone, no matter what!)*

Move to the "How Do We Love" section and read the love actions together.

- Share with each other someone you know who is hard to love. Which of the love actions might God want you to take with them?
- Now talk about a group of people that it is hardest for you to love (maybe one suggested in the top ovals). What would it look like to do these love actions for people in this group?

SCRIPTURE READING

LUKE 3:2-3, 10-16, 21-22

10

Tell your child that you will read the story in the Bible about when Jesus was baptized. Show your child the reference above and explain that the reading comes from the Gospel of Luke, in the New Testament.

Open your Bible and find the passage together. The book of Luke is about 2/3 of the way through the Bible. It starts at the second verse of Chapter 3.

11

Now have your child read the story below out loud to you or read it to them.

The word of God came to John, son of Zechariah, in the desert. So John went throughout the whole territory of the Jordan River, preaching, "Turn away from your sins and be baptized, and God will forgive your sins."

The people asked him, "What are we to do, then?"

He answered, "Whoever has two shirts must give one to the man who has none, and whoever has food must share it."

Some tax collectors came to be baptized, and they asked him, "Teacher, what are we to do?"

"Don't collect more than is legal," he told them.

Some soldiers also asked him, "What about us? What are we to do?"

He said to them, "Don't take money from anyone by force or accuse anyone falsely. Be content with your pay."

People's hopes began to rise, and they began to wonder whether John perhaps might be the Messiah. So John said to all of them, "I baptize you with water, but someone is coming who is much greater than I am. I am not good enough even to untie his sandals. He will baptize you with the Holy Spirit and fire."

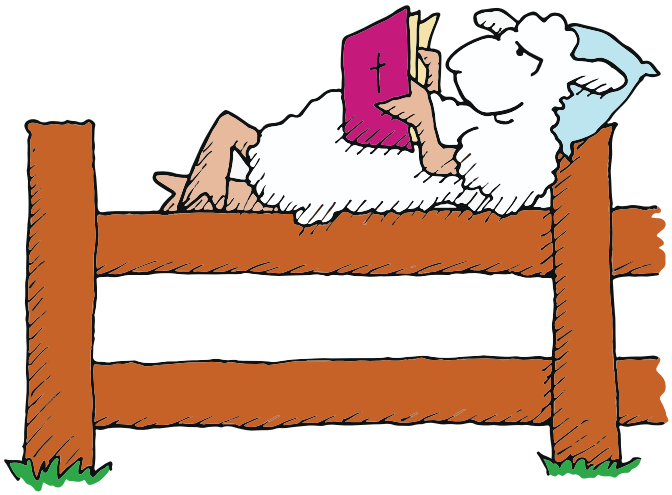
After all the people had been baptized, Jesus also was baptized. While he was praying, heaven was opened, and the Holy Spirit came down upon him in bodily form like a dove. And a voice came from heaven, "You are my own dear Son. I am pleased with you."

Scripture taken from the *Good News Translation in Today's English Version: Second Edition* Copyright © 1992 by American Bible Society. Used by permission.

12

See if your child can recognize all three persons in the Trinity in this story and underline where they appear. Help them identify them if needed: the Father *(voice from heaven)*, Son *(Jesus)*, and Holy Spirit *(dove)*.

Help your child to know that God is love itself, shown through the relationship between these three persons.



13

Answer the following questions together (we've made suggestions for some):

1. Once Jesus is baptized, we hear that God loves Jesus and is pleased with him. We are also God's children. Is it easy or hard to imagine God saying God loves us and is pleased with us? Why?
2. John the Baptist wanted to teach people to love like God does—and forgive them for not doing so earlier. If we asked John today how we should live our lives, what might he say? *(Treat others the way you want to be treated, love God, be respectful and kind.)*
3. When we were baptized, we became part of God's family. We are all God's children, and God loves us all very much. Tell your child the story of their Baptism.

PICTURING THE SPIRIT

14

Help your child start on the activity on the next page, then continue reading the next box. Find the answer on the At Home web page (link on the last page).

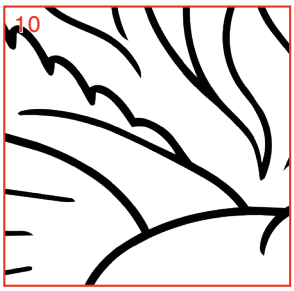
15

This preparation process is a unique opportunity to connect with your child, especially around your faith.

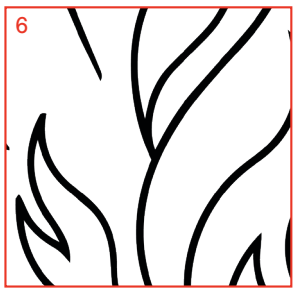
If you hope your child will embrace the Catholic faith, the best approach is to lead by example. Show them that your faith is important to you through your actions.

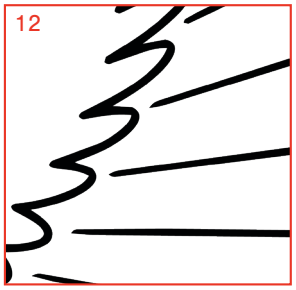
We encourage you to be very intentional during this process, and we will make suggestions: participating in Mass regularly, praying together daily, reading the Bible together, etc.

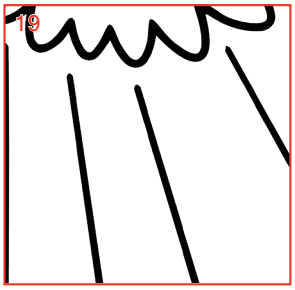
Know that your child is watching you (more than you may think), and your actions speak louder than words.

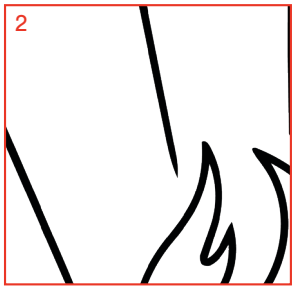


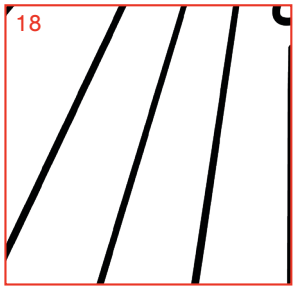


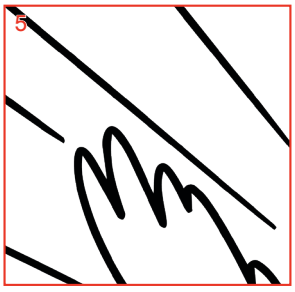


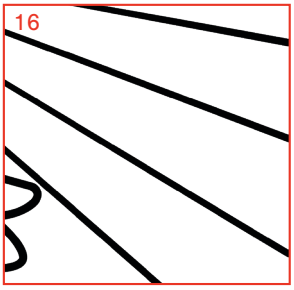


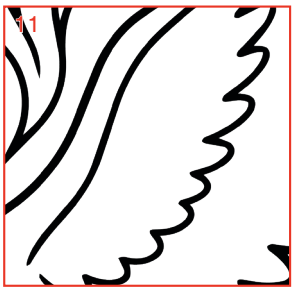


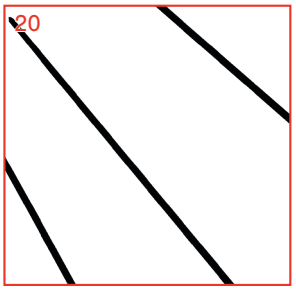


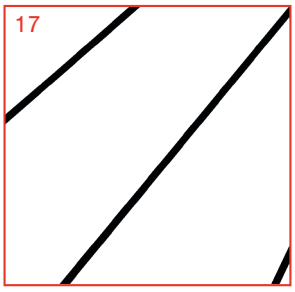


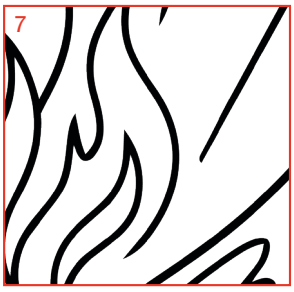


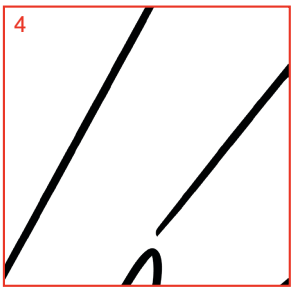


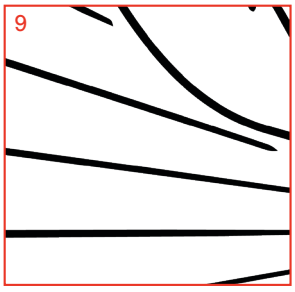


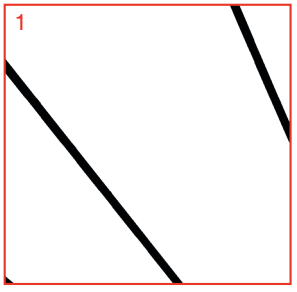


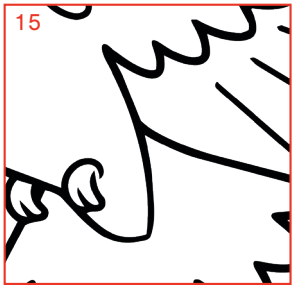


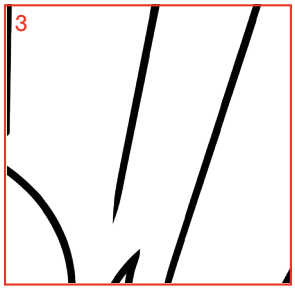


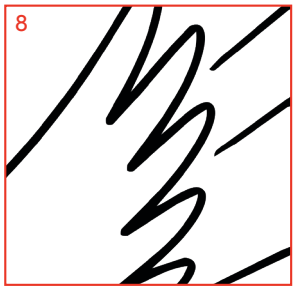


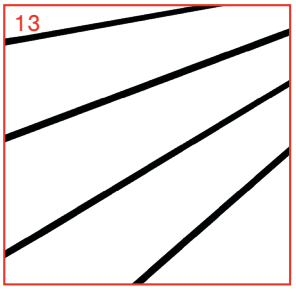












1	2	3	4
5	6	7	8
9	10 	11	12
13	14	15	16
17	18	19	20

Re-draw the lines and shapes from each numbered box on the left page into the box with the same number above. The first has been done for you.

PRAYER Celebration

COME, HOLY SPIRIT

16

Prepare your space to pray together and get ready to play the song (the video is on the web site, referenced on the last page of the booklet).

Then **lead the prayer** on the right with your child.

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

Leader: Come, Holy Spirit,

All: **fill the hearts of your faithful**

Leader: And kindle in them the fire of your love.

All: **Send forth your spirit**

Leader: and they shall be created

All: **and you shall renew the face of the earth.**

Leader: O God, who have taught the hearts of the faithful by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise and ever rejoice in his consolation.

Through Christ our Lord.

All: **Amen.**

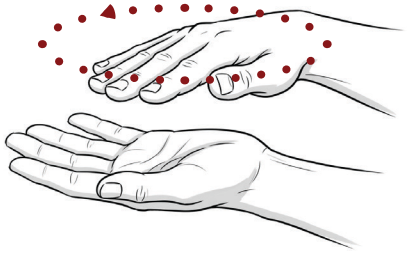
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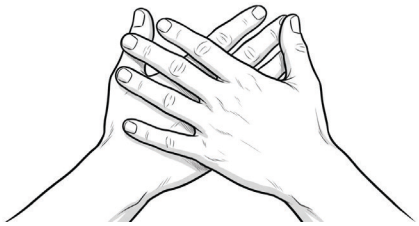
We now invite you and your child to prayerfully enter into a song about the Holy Spirit by following the simple hand motions, singing the refrain, and/or silently listening (perhaps with eyes closed).

Practice the hand motions on the next page, which go along with the song's refrain. Sing the words and do the motions together each time you hear the chorus.

Now **play the song**. Sing along with your child, and listen carefully to the lyrics.

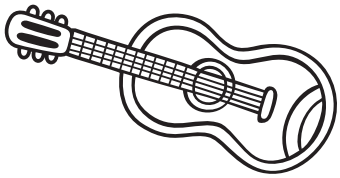






Holy Spirit, come,

Holy Spirit, come now, come now.



Ven, Espiritu, Santo Espíritu, ven, oh ven.



18

Now take two prayer slips from the prayer basket, one for you and one for your child.

Each of you is invited to write a prayer asking God to send the Holy Spirit to help you give and receive love more fully in a relationship that is challenging for you. Then pray this intention quietly in your heart.

19

When you are both done, share your prayers with each other, then place the slips in the prayer basket. Close by leading the final prayer below.

Leader: Let us pray together. Please pause after each line.

All: Holy Spirit, we can't do everything well on our own.
We need your help to act with kindness,
care for those in need,
and know right from wrong.

We need your help to live the way Jesus calls us to live.
Come and help us. Come, Holy Spirit!

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Holy Spirit, Come Now / Santo Espiritu Ven © 2006, 2011, Jesse Manibusan. Published by Spirit & Song®, a division of OCP. All rights reserved. Used with permission. (76175)

THE SACRAMENT OF CONFIRMATION

20

In each session, we will learn about parts of the Sacrament of Confirmation. As a family, read out loud the text on the right and below. Discuss each requirement thoughtfully and prompt your child to check the box next to the ones they meet so far. If you have questions, ask your parish leader.

A CHECKLIST FOR YOUR JOURNEY

As you set off on this new adventure, make sure you have everything you need. What is required in order to receive the Sacrament of Confirmation?







☐ BAPTISM

Baptism is the first sacrament and brings us into God's family, giving us the gifts of grace and faith. Confirmation completes that grace and confirms that faith. ***Have you been baptized?***

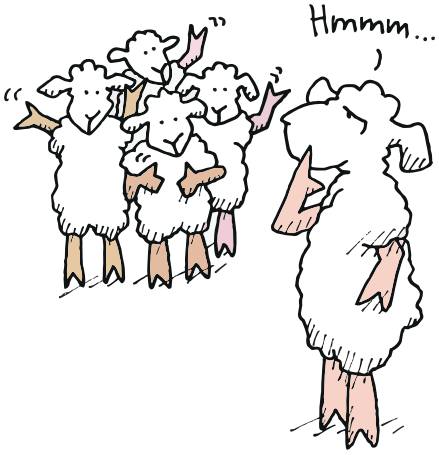
☐ AGE

You must be at least seven years old to receive the sacrament because by then you become morally responsible for your actions. You have developed a better sense of right and wrong and have more self-control. ***Are you old enough?***

☐ OPEN HEART

Make room in your heart for God during this process! God is bigger and more powerful than we can imagine, and loves us more than we know. This is a chance to experience God's power and love in your own life. ***Have you opened your heart to God?***







☐ CONFESSION

You want to have a clean heart when you receive any sacrament so that God's grace can be fully activated in you! Be sure to celebrate the Sacrament of Reconciliation before Confirmation. ***Have you celebrated this sacrament recently or do you plan to?***

☐ SPONSOR

If you were baptized young, your family chose godparents for you then. Now you will choose a sponsor who will continue to walk with you on your journey. Learn more about sponsors on page 14. ***Do you have a sponsor yet?***

☐ PREPARATION

You need to be ready! Will you prepare with enthusiasm and joyful expectation? Complete these sessions with your family, attend Mass regularly, and pray together often. ***You still have some work to do, but you can check this later!***

ROLES OF THE HOLY SPIRIT

The Holy Spirit plays many roles in our lives and the life of the Church. Guess the name of each role based on the description.

Then use the key at the bottom of these pages to decode them.



Makes us feel better when we're sad or scared.

__ __ __ __ __ __ __ __ __



Grants charisms and other gifts to prepare us for our holy work.

__ __ __ __ __ __ __ __ __

21

Have your child read the instructions above and then help them as needed to understand each role and complete the activity.

The answers (which you may need to cover if your child may peek) are: 1. comforter, 2. counselor, 3. sanctifier, 4. gift giver, 5. advocate, 6. teacher.



CODE KEY: A B C D E F G H I J



2 Guides us to make good choices and follow God's way.



3 Brings holiness to our souls and the whole Church.



5 Stays close by our side to help us and defend us from evil.



6 Helps us to understand the Bible and learn about God.

K L M N O P Q R S T U V W X Y Z

CHOOSING A SPONSOR



When babies and very young children are baptized, parents choose godparents to help them guide their children in faith as they grow up.

You get to choose a sponsor to continue your faith journey with you! Some people choose one of their godparents. That's great and shows the connection between Baptism and Confirmation, but it is also okay to choose someone different.

Requirements for a Confirmation sponsor

- At least 16 years old
- Already baptized and confirmed
- A member of the Catholic Church
- Lives out their faith in their daily life
- Not the candidate's parent or guardian

22

Begin by reading the above text out loud with your child. Then move on to review the requirements of a sponsor on the right.

23

Tell your child about their godparents and why you chose them. Are they still active in your lives? If not, now is a great time to reach out again!

24

Work with your child to list on the next page all the important adults in your lives who could be a good faith mentor.

- Think of family members (not parents), godparents, coaches, teachers, neighbors, and family friends who you are comfortable talking to.
- Don't worry about the sponsor requirements so much. Just brainstorm with your child for now.

25

Now narrow down the list.

- Cross out the names of people who do not fit the requirements for being a sponsor (above).
- From the remaining names, help your child choose two or three top choices. Save these pages as a reminder.
- Spend time in prayer with your child this week, asking the Holy Spirit to guide you to choose your sponsor.

26

Once your child has a name, double-check that the person has received Confirmation themselves.

Afterwards, have your child call this person and invite them to take this journey with them! Make sure your child is ready to say why they chose them.

Who Could Be My Sponsor?





27

You will end each session by blessing your child with the prayer on the right. Make the Sign of the Cross over each body part (forehead, eyes, etc.) while you say the lines, beginning with a green cross (✚). Hug them on the last line.

HOLY FAMILY BLESSING

✚ **This is a holy mind.** May it be filled with thoughts of God.

✚ **These are holy eyes.** May they see God in those around you.

✚ **This is a holy mouth.** May it always speak with God's kindness.

✚ **This is a holy heart.** May it be filled with the love of God.

✚ **These are holy hands.** May they always do the work of God.

(Hug!) **You are my holy child.**
May we learn together about God's great love. **Amen!**

AT HOME THIS WEEK

28

Every session, this last page will point you to ideas, tools, and goals to explore before the next session. Carefully read the whole page and commit to following through on the three goals below.

29

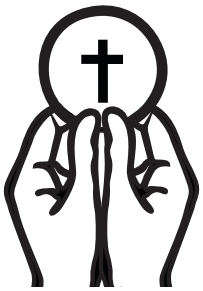
Our website offers deeper reflections and resources, including videos and extra tips for you as a parent. Be sure to check it out! Use the code or link at the bottom of the page.



It is important that you grow in your faith, guide your child in their faith journey, and model regular participation. These are all essential parts of sharing the gift of faith.

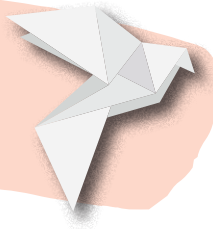


Help your child choose their sponsor if they haven't already (p.14-15). Then prompt them to reach out to that person to ask if they accept.



Commit right now to prayerfully participate in Mass as a family every Sunday and Holy Day, beginning with this preparation process.

On the web: Videos on the Holy Spirit, origami doves, and more!



RELATIONSHIP WITH GOD

Many parents are embarrassed to admit they don't have much of a prayer life or personal relationship with Jesus. Please don't be! Everyone has to start somewhere, and now is a great time to begin—or to go deeper.

We'll offer tips along the way for how to foster this relationship and your commitment to following Jesus. The more you can be honest with your child about your own relationship with God, the more you will model for them how to keep growing in this way. Talk to them about how you can both work on this together.

One of the easiest ways to grow closer to God is through daily prayer. St. Ignatius encourages us to talk to God "as if to a friend." When can you make it a habit to just talk to God? At a mealtime prayer? Before going to sleep? While driving to work? While in the shower? Even brief daily "check-ins" with God will begin showing up in greater virtue and holiness.

SCAN ME

→ https://confirmation.family/m1

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