

Appendix for the Confirmation Exam

What is the Sacrament of Confirmation?

The Sacrament of Confirmation is a Sacrament of Christian Initiation.

What are the Sacraments of Initiation?

The Sacraments of Initiation are Baptism, the Holy Eucharist, and the Sacrament of Confirmation. Together these Sacraments constitute the "Sacraments of Christian Initiation," whose unity must be safeguarded.

What is the purpose of the Sacraments of Initiation?

The Sacraments of Christian Initiation lay the foundations of every Christian life.

What is Confirmation?

Confirmation is the sacrament through which the Holy Ghost comes to us in a special way and enables us to profess our faith as strong and perfect Christians and soldiers of Jesus Christ

Who is the usual minister of Confirmation?

The bishop is the usual minister of Confirmation

Is the Sacrament of Confirmation necessary?

The Sacrament of Confirmation is necessary for the completion of Baptismal grace

Why should all Catholics be confirmed?

All Catholics should be confirmed in order to be strengthened against the dangers to salvation and to be prepared better to defend their Catholic faith.

What are the effects of the Sacrament of Confirmation?

Confirmation increases sanctifying grace, gives its special sacramental grace, and imprints a lasting character on the soul.

What is sanctifying grace?

Sanctifying grace is a supernatural gift from God, which gives to the soul a new life, a sharing in the life of God Himself,

What are the three divine virtues, which the Holy Spirit gives us through sanctifying grace?

The three divine virtues which the Holy Spirit gives us through sanctifying grace are: Faith, Hope, and Charity,

What does the Holy Spirit give you along with His grace?

Along with sanctifying grace and actual grace, the Holy Spirit also gives His seven gifts.

What are the seven gifts of the Holy Spirit?

The seven gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

How do the gifts of the Holy Spirit help us?

The gifts of the Holy Spirit sustain the moral life of Christians. The gifts of the Holy Spirit help us by making us more alert to discern and more ready to do the will of God.

What is the obligation of the Sacrament of Confirmation?

Those who receive the Sacrament are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.

What does the sacramental grace of Confirmation help us to do?

The sacramental grace of Confirmation helps us to live our faith loyally and to profess it courageously. The sacramental grace of Confirmation also gives us a right to the actual graces we need when tempted against the faith.

How did the Apostles impart the gift of the Holy Spirit?

The Apostles, in fulfillment of Christ's Will, imparted to the newly baptized by the laying on of hands the gift of the Spirit that completes the grace of Baptism.

Where do we find proof that the Apostles administered Confirmation?

In the Letter to the Hebrews, the doctrine concerning Baptism and the laying on of hands is listed among the first elements of Christian instruction.

Wherefore, leaving the word of the beginning of Christ, let us go on to things more perfect, not laying again the foundation of penance from dead works, and of faith towards God, Of the doctrine of baptisms, and of the imposition of hands, and of the resurrection of the dead, and of eternal judgment. And this we will do, if God will permit (Hebrews 6: 1-3).

What does the Church recognize as the origin of the Sacrament of Confirmation?

The imposition of hands is rightly recognized by the Catholic tradition as the origin of the Sacrament of Confirmation, which, in a certain way, perpetuates the grace of Pentecost in the Church.

Was anything added to the imposition of hands?

Very early, the better to signify the gift of the Holy Spirit, an anointing with perfumed oil (chrism) was added to the laying on of hands. The forehead, then, of the person to be confirmed is anointed with sacred chrism;

What is the significance of the chrism?

The anointing with chrism highlights the name "Christian," which means "anointed" and derives from that of Christ Himself Whom God "anointed with the Holy Spirit."

What is used for an anointing?

Sacred chrism is used for anointing.

What is sacred chrism?

Sacred chrism is a mixture of olive oil and balm, blessed by the bishop on Holy Thursday.

Why is oil used in anointing?

Oil is used because of its historical and Biblical symbolism. Anointing in Biblical symbolism is rich in meaning: oil is a sign of abundance and joy

Why is oil used in anointing in the Sacrament of Confirmation?

Anointing with oil has all the cleanings of Biblical symbolism in the sacramental life. The post-Baptismal anointing with sacred chrism in Confirmation is the *sign of consecration*.

Is oil used to anoint in other Sacraments?

Yes. There is a pre-Baptismal anointing with the oil of catechumens, which signifies cleansing and strengthening; the anointing of the sick expresses healing and comfort; the anointing in ordination, which is the sign of consecration.

What is received in the anointing in Confirmation?

By the anointing the confirmand receives the "mark," the seal of the Holy Spirit.

Are Christians marked with a seal?

In the sacraments of Baptism, Confirmation, and Holy Orders, Christians are also marked with a seal.

What is the character of Confirmation?

The Sacrament of Confirmation confers a sacramental character or "seal" by which the Christian shares in Christ's priesthood and is made a member of the Church according to different states and functions.

May these sacraments ever be repeated?

No. This configuration to Christ and to the Church, brought about by the Holy Spirit, is everlasting or indelible.

What does the seal of the Holy Spirit do for us?

This seal of the Holy Spirit marks our total belonging to Christ, our enrollment in His service forever, as well as the promise of divine protection in the great trial of the last days.

What is the name of the religious ceremony for Confirmation?

The Sacrament of Confirmation is celebrated in the Liturgy of Confirmation.

How does the Liturgy of Confirmation begin?

The Liturgy of Confirmation begins with the renewal of Baptismal promises and the Profession of Faith

What is the significance of the gesture of the Bishop extending his hands over the whole group of candidates for Confirmation?

Since the time of the Apostles, this gesture has signified the gift of the Holy Spirit. The bishop invokes the outpouring of seven gifts of the Holy Spirit.

Why is the forehead anointed with the Sign of the Cross?

To show that God the Father has marked those confirmed with the sign of Christ, that "Christ the Lord has confirmed you and placed His pledge, the Spirit, in your hearts."

What else does the bishop say when anointing the person he confirms?

As the bishop dips his right thumb in the chrism and makes the sign of the Cross on the forehead of the confirmandi, he rests the palm of his hand on the person's forehead and says, "Be sealed with the Gift of the Holy Spirit"

What does the bishop say when he shakes the hand of those confirmed?

He says: "Peace be with you."

What is the effect of the Sacrament of Confirmation?

The effect of the Sacrament of Confirmation is the special outpouring of the Holy Spirit as once granted to the Apostles on Pentecost.

What does the sacramental grace of Confirmation help us to do?

The sacramental grace of Confirmation helps us to live our faith loyally and to profess it courageously.

What is the character of Confirmation?

The character of Confirmation is a spiritual and indelible sign, which marks the Christian as a soldier in the army of Christ.

What does the Sacrament of Confirmation bring?

Confirmation brings an increase and deepening of Baptismal grace.

What are some examples of the deepening of Baptismal grace?

- (1) It roots us more deeply in the love of the Father.
- (2) It unites us more firmly to Christ.
- (3) It increases the gifts of the Holy Spirit in us.
- (4) It renders our bond with the Church more perfect.
- (5) It gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

How often may the Sacrament of Confirmation be given?

Confirmation is given only once. The Sacrament of Confirmation imprints on the soul an indelible spiritual mark, the "character," which is the sign that Jesus Christ has marked a Christian with the seal of the Holy Spirit by clothing him with power from on high so that he may be His witness.

Who can receive the Sacrament of Confirmation?

Every baptized person not yet confirmed can and should receive the Sacrament of Confirmation.

Are the baptized required to receive the Sacrament of Confirmation?

Yes. The faithful are obliged to receive this Sacrament at the appropriate time.

Why is the Sacrament of Confirmation required?

Baptism, Eucharist, and Confirmation form a unity. Without Confirmation, the Christian initiation remains incomplete.

How should the Church direct the preparation for the Sacrament of Confirmation?

Preparation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit-His actions, His gifts, and His biddings-in order to be more capable of assuming the apostolic responsibilities of Christian life.

What is essential for the reception of the Sacrament of Confirmation?

To receive the Sacrament of Confirmation, one must be in the state of grace.

What should the candidate do to prepare for the Sacrament of Confirmation?

One should receive the Sacrament of Penance in order to be cleansed for the gift of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act. Nevertheless, the fruits of the sacraments also depend on the disposition of the one who receives them.

Which truths and duties of the faith should the candidate know?

The candidate should know the basic prayers and chief Truths of our Faith. Among other things, the candidate should know the Our Father, Hail Mary, Apostles' Creed; the Commandments, the doctrine of the Sacraments, and the nature and effects of Confirmation.

Why may the candidate for Confirmation choose another patron saint?

The candidate may choose another patron saint so as to have another Heavenly protector to whom he can pray and imitate. The candidate may instead choose to emphasize his Baptismal consecration by using only his Baptismal name at Confirmation.

How should the candidates present themselves for Confirmation?

A candidate should:

- (1) be dressed neatly and modestly;"
- (2) have his or her hair arranged so as to leave the forehead free to be anointed;
- (3) approach the altar with reverence and with hands joined prayerfully.

What should those about to be confirmed be ready to recite for the Bishop?

The candidate should be ready to recite the Our Father, and the Hail Mary, and the Apostles' Creed.

Whom should a candidate seek out in preparation for the Sacrament of Confirmation?

Candidates for Confirmation, as for Baptism, fittingly should seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents.

What is required of sponsors in Confirmation?

Sponsors must be:

- (1) practicing Catholics;
- (2) confirmed;
- (3) able to fulfill their duties.

Who chooses the sponsor?

The sponsor is chosen by the candidate or 'by his parents or guardians; otherwise, by the bishop or parish priest.

What are the duties of sponsors during Confirmation?

- (1) The sponsor should accompany the candidate and present him to the bishop at the altar.
- (2) While the candidate is being confirmed, the sponsor should stand immediately behind the candidate and touch the candidate's shoulder with his right hand.

What are the duties of sponsors after Confirmation?

The sponsor should take a permanent interest in his spiritual child and should see that he receives a Christian education whenever the parents fail in this duty.

Does the sponsor contract a spiritual relationship?

The sponsor contracts a spiritual relationship with the person for whom he or she stood.

May clerics or members of religious orders act as sponsors?

No, this is forbidden without special permission.

What are the duties of parents whose children are to be confirmed?

- (1) They should be sure their children receive the sacrament at the proper time.
- (2) They must be responsible that their children are instructed properly.
- (3) They should assist them in order to make a good confession before receiving the Sacrament of Confirmation.
- (4) After Confirmation they must insist that their children receive the sacraments of Penance and Holy Eucharist frequently.

What are the duties of the confirmed?

The confirmed should:

- (1) Thank God the Holy Ghost for the graces bestowed upon the soul.
- (2) Promise to steadfastly profess the Faith and live up to it.
- (3) Continue to study the Faith in order to explain and defend it.

Who is the minister of the Sacrament of Confirmation?

The bishop is the usual minister of Confirmation.

Why is the bishop the minister of Confirmation?

Bishops are the ministers of Confirmation as the successors of the Apostles. They have received the fullness of Holy Orders.

The Apostles' Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He arose again from the dead; He ascended into Heaven, sits at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Seven Sacraments

1. Baptism
2. Confirmation
3. Penance
4. Anointing of the Sick
5. Holy Eucharist
6. Holy Orders
7. Matrimony

The Holy Days of Obligation in the United States

(in order of the liturgical calendar)

1. The Immaculate Conception (December 8)
2. Christmas (December 25)
3. Solemnity of Mary, Mother of God (January 1),
4. Ascension Thursday (40 days after Easter)
5. The Assumption (August 15)
6. All Saints' Day (November 1)

The Ten Commandments

- I. I am the Lord thy God. Thou shalt not have strange gods before Me.
- II. Thou shalt not take the name of the Lord thy God in vain.
- III. Remember thou keep holy the Lord's day.
- IV. Honor thy father and thy mother.
- V. Thou shalt not kill.
- VI. Thou shalt not commit adultery.
- VII. Thou shalt not steal
- VIII. Thou shalt not bear false witness against thy neighbor.
- IX. Thou shalt not covet thy neighbor's wife.
- X. Thou shalt not covet thy neighbor's goods.

The 7 Gifts of the Holy Spirit

The gifts of the Holy Spirit are powers given to us at Baptism and strengthened at Confirmation. They help us persevere in our friendship with God and guide us in our decisions and conduct so that we become more like Jesus. The seven gifts of the Holy Spirit are:

1. **Wisdom** - enables us to see things from God's point of view so we can better love His purpose and plan and live in a way that helps bring His purpose about.
2. **Understanding** - enables us to have insights into our own faith so we can grasp the meaning of what God revealed to us about Himself and His creation.
3. **Right Judgment / Counsel** - enables us to seek and accept advice especially in difficult situations so we can live out a good Christian life. It also enables us to give such advice to others.
4. **Courage / Fortitude** - gives us strength to stand up for our beliefs and choose what is right despite adversity so we can live as true disciples of Jesus.
5. **Knowledge** - enables us to know the value of things through our past experiences.
6. **Reverence / Piety** - inspires us to love and worship God and to show generosity and respect towards all His people and all His creation.
7. **Wonder and Awe / Fear of the Lord** - enables us to recognize the majesty of God and our dependence on Him so we can marvel at His incredible love for us.

Sample Questions from the Confirmation Exam

Which Commandment? _____

- | | |
|--|--------------------------|
| 1. I am the Lord your God. You shall have no other gods beside Me. | A. 1st _____ |
| 2. You shall not covet anything that belongs to your neighbor. | B. 2nd _____ |
| 3. You shall not kill. | C. 3rd _____ |
| 4. You shall not steal. | D. 4th _____ |
| 5. You shall not take the name of the Lord your God, in vain. | E. 5th _____ |
| 6. You shall not commit adultery. | F. 6 th _____ |
| 7. You shall not bear false witness against your neighbor. | G. 7th _____ |
| 8. Honor your father and mother. | H. 8th _____ |
| 9. You shall not covet your neighbor's wife. | I. 9 th _____ |
| 10. Remember to keep holy the Sabbath day. | J. 10th _____ |

Short Answer

Why should all Catholics be confirmed?

What are the duties of the Confirmed?

How do the gifts of the Holy Spirit help us?

What is the significance of chrism?

Matching: GIFTS OF THE HOLY SPIRIT

- _____ 11. Enables us to see things from God's point of view so we can love His purpose & plan and help bring it about.
- _____ 12. Enables us to have insights into our own faith, to grasp the meaning of what God has revealed to us about Himself/creation.
- _____ 13. Leads us to seek advice especially in difficult situations about living a Christian life and enables us to give such advice.
- _____ 14. Gives us strength to stand up for our beliefs and choose what is right despite adversity.
- _____ 15. Enables us to know the value of things through our past experiences.
- _____ 16. Enables us to recognize the majesty of God and our dependence on Him so we can marvel at His love for us.
- _____ 17. Inspires us to love and worship God and to show respect towards all His people and all that He has created.
- A. Courage/Fortitude
- B. Wisdom
- C. Reverence/Piety
- D. Wonder & Awe or Fear of the Lord
- E. Right Judgment or Counsel
- F. Understanding
- G. Knowledge