

Saint Rita Parish

Confirmation Study Guide



Theology: Faith Seeking Understanding

PRAYERS

Sign of the Cross

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

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;
On the third day He rose again from the dead;
He ascended into heaven,
and is seated 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.

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 our 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.

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.

Glory Be

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.

Act of Contrition

O my God, I am heartily sorry
for having offended Thee,
and I detest all of my sins
because of thy just punishments,
but most of all
because they offend Thee,
my God, who are all good
and deserving of all my love.
I firmly resolve,
with the help of thy grace
to sin no more
and to avoid the near occasions of sin. Amen.

Fatima Prayer

O my Jesus,
forgive us our sins,
save us from the fires of hell.
Lead all souls into heaven,
especially those most in need
of thy mercy. Amen.

Grace Before Meals

Bless us, O Lord, and these thy gifts,
which we are about to receive
from thy bounty
through Christ, our Lord. Amen.

Grace After Meals

We give you thanks, Almighty God
for these and all thy benefits;
who lives and reigns, world without end. Amen.
May the souls of the faithful departed,
through the Mercy of God,
rest in peace. Amen.

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness
and snares of the devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly hosts,
by the power of God,
cast into hell Satan and all the evil spirits,
who prowl about the world
seeking the ruin of souls. Amen.

Guardian Angel Prayer

Angel of God,
my guardian dear,
to whom God's love commits my here,
ever this day be at my side,
to light and guard,
to rule and guide. Amen.

Prayer for the Holy Souls

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May their souls and the souls
of all the faithful departed,
through the mercy of God,
rest in peace. Amen.

Nicene Creed

I believe in one God, the Father almighty, maker of
heaven and earth, 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 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.



TRUTHS OF THE FAITH

God is the Supreme Being, infinitely perfect (all-good, all-loving, all-powerful, all-knowing, infinite, and eternal), Who made all things and keeps them in existence.

The Holy Trinity is one God in three divine, equal, and distinct persons – God the Father, God the Son, and God the Holy Spirit.

God created the entire universe out of nothing.

Man was made in the image and likeness of God. Man is made up of body (the physical part) and soul (the spiritual part). God created man to know, love, and serve Him in this life and to be happy with Him in the next.

Revelation is God's self-communication to mankind. This is how God reveals Himself to us. The sources of Revelation are Sacred Scripture (the Bible) and Sacred Tradition.

While the books of the Bible were written by human authors, they were inspired by the Holy Spirit to remember and write down the truths God wanted us to have for our salvation. Because of the inspiration of the Holy Spirit, the Bible is also free of error.

The Old Testament is the first part of the Bible. It has 46 books and tells the story of salvation from creation up until right before Jesus is born. The 46 books can be broken into four categories:

- 1) Pentateuch/Torah (the first book is Genesis)
- 2) Historical Books
- 3) Wisdom Books
- 4) Prophetic Books

The New Testament is the second part of the Bible. It has 27 books and contains the story of the life and teachings of Christ (in the Gospels) and the history of the early Church (in Acts of the Apostles, the Epistles and Revelation). The 27 books can be broken into four categories:

- 1) Gospels (Matthew, Mark, Luke, and John)
- 2) Acts of the Apostles
- 3) Epistles/Letters
- 4) Revelation

Sacred Tradition is the consistent teaching or 'handing on' of the faith.

Faith is our response to God's communication (through Revelation) if we believe. It is belief in God.

In the Bible, we hear that Adam and Eve were the first man and woman created by God. They committed the first sin (called Original Sin), which injured their graced relationship with God. Concupiscence is one of the effects of Original Sin, which remains in us even after baptism. It is a weakness that makes us susceptible to temptation and we need God's grace to overcome it.

Jesus, the Son of God and Second Person of the Holy Trinity, is the Savior of all mankind. Jesus entered this world and took on human nature through Mary, who conceived by the power of the Holy Spirit. This event is called the Incarnation (in-carnate = in the flesh).

Teachings about Mary:

- 1) Immaculate Conception – Mary was conceived and born free of Original Sin
- 2) Mother of God – Mary is the Mother of Jesus, who is true God and Second Person of the Holy Trinity
- 3) Perpetual Virginity – Mary remained a virgin for her entire life
- 4) Assumption – at the end of her life, Mary was taken, body and soul, into Heaven.

Christ's Suffering and Death:

- Holy Thursday – the day on which Jesus celebrated the Last Supper and instituted the Holy Eucharist
- Good Friday – the day on which Jesus suffered and died on the cross for our sins
 - o Pontius Pilate – the Roman governor who ordered the execution of Jesus.
 - o Crucifixion – the kind of execution Jesus suffered: He was nailed to the cross.
 - o Redemption – the term which describes that Jesus offered His suffering and death to God the Father out of total obedience to free us from the slavery of sin. We are redeemed because Jesus paid the price for our sins.
- Easter Sunday – the day on which Jesus rose from the dead

Ascension Thursday was the day that Jesus ascended into Heaven. (40 days after his Resurrection on Easter)

Pentecost was the day the Holy Spirit descended upon the Apostles and filled them with the gifts they need to continue the mission of Jesus. (9 days after the Ascension)

Salvation – the everlasting life and union with God in Heaven. We can attain this because of Christ's passion, death, and resurrection.

The Four Last Things: Death, Judgment, Heaven, and Hell

- Communion of Saints – the union of the faithful on earth (Church Militant), the blessed in Heaven (Church Triumphant), and the souls in Purgatory (Church Suffering) with Christ as their head.
- Heaven is the place and state of eternal happiness in union with God. Here we see God face-to-face and are in His Love. We call this the Beatific Vision.
- Purgatory is the place of temporary punishment where the souls of those who die in the state of grace, but with the stain of sin on their soul, must be cleansed and healed before entering Heaven.
- Hell is the place and state of eternal punishment of the fallen angels and those who die in the state of mortal sin.
- Resurrection of the Body – the event at the end of time when the souls of the faithful in Heaven and Purgatory will be joined again to a glorified, perfected body, like our Lord's on Easter.
- An angel is a pure spirit and a messenger of God. Each person has a guardian angel (an angel appointed by God as their guardian).

Saints:

- Canonization is the process by which a person is officially declared a saint.
- A martyr is a saint who dies for the faith (Example: St. Maximilian Kolbe, St. Agnes)
- St. Joseph – the foster-father of Jesus, to whom God the Father entrusted the care of His only Son.
- St. Peter – one of Jesus' 12 Apostles. He was the first Pope appointed by Christ Himself. He was a martyr.
- St. Paul – the great apostle who evangelized the Gentiles (non-Jews). He was a martyr.
- St. Rita – our patroness, known as the Saint of Impossible Causes

The Ten Commandments (Exodus 20:1-20)

1. I am the Lord your God; you shall not have strange gods before Me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and 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 Two Great Commandments (Mark 12:28-31)

1. You shall love the Lord, your God, with all your heart, soul, mind, and strength.
2. You shall love your neighbor as yourself.

The Beatitudes (Matthew 5:3-10)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called sons of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit the imprisoned
7. Bury the dead



**Do to others as you would
have them do to you.**

Spiritual Works of Mercy

1. Admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead

Gifts of the Holy Spirit

1. Fear of the Lord – We respect God as God and love God above all things. Sometimes this gift is called ‘wonder and awe’ in God’s presence because it reminds us that He is great and all-powerful. Because of such respect, we see the evil of sin, do not want to sin, and do not want to face the punishment due to sin. (foundation gift)
2. Piety – We are humble before God, realizing that all of our blessings come from Him and that we ought to worship Him. We honor, respect, love, and long for God.
3. Knowledge – We receive and accept the faith. With faith, we see everything in relationship to God and our eternal destiny. This gift helps us to have true self-knowledge.
4. Fortitude – We have courage to live and to defend our faith. We are strong against temptation and persecution. We are faithful to Christ even when it is difficult to do so. (central gift)
5. Counsel – With this gift, we are better able to make good decisions, to know the difference between right and wrong, and to advise others. We are open to the Holy Spirit, make correct decisions, and all decisions are tempered with mercy.
6. Understanding – Having faith, this gift gives us deeper insight into the teachings and mysteries so that we better live it and explain it to others. God ‘moving and working’ in our soul.
7. Wisdom – This gift enables us to ‘think with the mind of Christ,’ to appreciate divine things, to see the work of God in our lives, and to set our hearts on what is truly important: God, virtue, prayer, and everlasting life. (highest gift)

Fruits of the Holy Spirit

1. Charity (Love)
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness (Fidelity)
10. Modesty
11. Self-Control (Continence)
12. Chastity



THE SACRAMENTS

Sacrament – an outward sign, instituted by Christ, to give grace

Grace is a supernatural gift from God for our sanctification and salvation:

- Sanctifying grace – a free gift from God (like Faith), that refers to the divine life of God in our soul; this is how we share in the life and love of the Holy Trinity.
- Actual grace – the grace that helps us to act well. It enlightens our mind and strengthens our will to do good and avoid evil
- Sacramental grace – the special grace given by each sacrament.

Types of sacraments:

- Sacraments of Initiation: Baptism, Holy Eucharist, and Confirmation are the sacraments of initiation because with these sacraments, we become full members of the Church.
- Sacraments of Healing: Confession and Anointing of the Sick – these sacraments heal our souls.
- Sacraments of Vocation/Mission: Holy Orders and Matrimony – these sacraments give people the graces to minister to others.
- Character Sacraments – Baptism, Confirmation, and Holy Orders are character sacraments because they leave a permanent mark (character) on the soul.

Baptism: This is the first sacrament we receive. It washes away Original Sin and all sin, fills the soul with sanctifying grace, makes us a child of God and a member of the Church.

- Minister – ordinary minister: priest or deacon; extraordinary minister: anyone can administer the sacrament in an emergency! (You just need the proper form and matter, and a desire to do what the Church intends.)
- Two special types of baptism:
 - o Baptism by Desire: a person through no fault of their own does not know the faith but truly desires God and lives a good life as best he knows how.
 - o Baptism by Blood: a person dies for the faith even though he has not received the sacrament of baptism.

Holy Eucharist: This sacrament is the Body and Blood, Soul and Divinity, of Jesus Christ.

- The bread and wine become the body and blood at the moment of consecration during the Mass. (When the priest says ‘This is My Body’ and ‘This is My Blood’)
- Transubstantiation – the bread and wine are transformed into the Body, Blood, Soul, and Divinity of Jesus Christ.

- The Eucharist is the body, blood, soul, and divinity of our Lord Jesus Christ (Council of Trent). It is the Real Presence of Jesus.
- The Eucharist is the source and summit of the Christian life. (CCC 1324)
- The Eucharist is a Sacrament AND a Sacrifice – the perfect sacrifice.
- In the Eucharist we receive grace AND the source of all grace: Jesus Christ.
- The Eucharist preserves us from mortal sin and strengthens us to avoid venial sin.
- The Eucharist is reserved in the tabernacle, a gold box in the Church with a lit red vigil light nearby.
- The Mass:
 - o The Last Supper was the first Mass ever offered. Jesus is the true High Priest. He offered the first Mass. Through the sacrament of Holy Orders, all Catholic priests act in His person.
 - o Mass is considered a sacrifice because it participates in the ever-present, ever-living offering of our Lord on the cross.
 - o Mass is considered a meal because Jesus shared Passover with His apostles and nourished them with His Body and Blood.
 - o The four major parts of the Mass:
 - 1) Introductory Rites
 - 2) Liturgy of the Word
 - 3) Liturgy of the Eucharist
 - 4) Concluding Rites

Confirmation: This sacrament increases our strength to profess, defend, and spread the faith as adults with the gifts of the Holy Spirit.

- Minister – bishop
- Effects – receive a character/seal upon the soul identifying us with Christ; receive an outpouring of the Holy Spirit to strengthen our baptismal grace and His Gifts to spread and defend the faith.
- The sacrament of Confirmation is necessary for the completion of Baptismal grace. (CCC 1285)
- The sacrament of Confirmation gives us the special strength of the Holy Spirit to learn, live, love, and defend the Faith.
- The sacrament of Confirmation, like Baptism and Holy Orders, imprints an indelible mark (permanent character) on our soul signifying that we belong totally to Christ.
- In the sacrament of Confirmation, we receive the same outpouring of the Holy Spirit as the Apostles did at Pentecost, and we are ‘sealed’ with the gift of the Holy Spirit.

Penance/Confession/Reconciliation: This sacrament forgives sins committed after baptism, even mortal sins.

- The six points to make a good confession are:
 - 1) Examination of conscience
 - Mortal sin – a serious sin/offense that destroys all grace in our soul and separates us from God. An offense against God that meets all three of these criteria:
 - 1) Grave matter – it is seriously wrong
 - 2) Full knowledge – we must know it is seriously wrong
 - 3) Full consent of the will – we freely commit the sin anyway
 - Venial sin – a lesser sin/offense against God that weakens our relationship with God and is dangerous to our well-being. However, venial sin does not separate us from God – we are still in a state of grace and able to receive Holy Communion
 - 2) Sorrow for sin
 - Perfect contrition – sorrow for sin because you offended God (love of God)
 - Imperfect contrition – sorrow for sin because of the punishment – i.e. hell, loss of heaven, etc. (fear of God)
 - 3) A firm resolve to avoid sin in the future (an act of the will)
 - 4) Confession of sins
 - 5) Act of Contrition
 - 6) Completing the assigned penance (make satisfaction)

Anointing of the Sick/Extreme Unction: This sacrament gives spiritual healing and graces to help a person accept illness, prepare for surgery, or prepare for death.

Holy Orders: This sacrament gives the power and the grace to men to perform the sacred duties of bishops, priests, and deacons.

Matrimony: This sacrament unites a man and woman as husband and wife.

<u>Sacrament</u>	<u>Form (words)</u>	<u>Matter (physical)</u>
Baptism	‘I baptize you...’	natural water
Holy Eucharist	words of consecration	bread and wine
Confirmation	‘Be sealed...’	chrism oil
Penance	words of absolution	confessing sins
Anointing of the Sick	words of anointing	oil of the sick
Holy Orders	words of ordination	imposition of hands
Matrimony	‘I, name, take you...’	exchanging of vows

THE CATHOLIC CHURCH

The Catholic Church was founded by Jesus Christ. It was the first Christian Church (denomination or religion).

Apostolic Succession is the authority Christ gave to the apostles and their successors: this authority has been handed on to bishops to our present day through the sacrament of Holy Orders.

The Magisterium is the teaching authority of the Church, guided by the Holy Spirit.

- Infallibility is a special gift from the Holy Spirit by which the Church teaches without error on matters of faith and morals.

Marks of the Church:

The Nicene Creed was written centuries ago to help Christians remember the important beliefs of the Faith. In the Nicene Creed we identify the four marks of the Church. The four marks of the Church are not characteristics that the Church creates or develops. They are qualities that Jesus Christ shares with His Church through the Holy Spirit. The four marks of the Church are:

- The Church is **ONE** – One God, One Faith, One Creed, One Holy Sacrifice of the Mass; Unity
- The Church is **HOLY** – Holy in origin (Jesus), Holy in its members (Communion of Saints), Holy in its purpose (Heaven)
- The Church is **CATHOLIC** – ‘Catholic’ means ‘universal’; Salvation is meant for everyone, the Church’s mission is to proclaim Christ and the Good News to the entire human race.
- The Church is **APOSTOLIC** – the Pope and bishops are the successors of the Apostles, there is an unbroken line from St. Peter to the present day.

Hierarchy of the Church (hierarchy = structure of leadership)

Jesus	Founder and invisible head of the Church
Pope	The Bishop of Rome, successor to St. Peter, and the vicar of Christ on Earth. He is the visible head of the Church (Our current Pope is Pope Francis)
Bishop	A successor to the Apostles, responsible for a particular area of the Church (called a diocese). St. Rita's is located in the Diocese of Arlington and our current bishop is Bishop Michael Burbidge). A man who has received the third (and final) level of the sacrament of Holy Orders. He can administer all of the sacraments a priest and deacon can, plus Confirmation and Holy Orders.
Priest	A man who has received the second level of the sacrament of Holy Orders. He can administer all of the sacraments a deacon can, plus Confession, Holy Eucharist, and Anointing of the Sick.
Pastor	The priest who is the head of a Parish Church (Our parish is St. Rita and our current pastor is Fr. Christopher Christensen)
Parochial Vicar	A priest who assists a pastor at a particular parish (Our parochial vicar is Fr. Nicholas Schierer)
Deacon	A man who has received the first level of the sacrament of Holy Orders. He can administer the sacrament of Baptism and officiate weddings.

Precepts of the Church:

The precepts of the Church describe the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move well beyond the minimum by growing in love of God and love of neighbor.

1. Attend Mass on Sundays and Holy Days of Obligation and rest from servile labor.
2. Confess your sins at least once a year.
3. Receive the sacrament of the Eucharist at least during the Easter season.
4. Observe the days of fasting and abstinence established by the Church.
5. Help to provide for the needs of the Church (time, talent, treasure).

Liturgical Seasons of the Church (listed in order from the beginning of the Church year):

- Advent
- Christmas
- Ordinary Time (short)
- Lent
- Triduum (Holy Thursday, Good Friday, Holy Saturday)
- Easter
- Ordinary Time (long)

Holy Days of Obligation on the Universal Church Calendar

**6 Holy Days of Obligation are celebrated in the United States*

- January 1 – Mary, Mother of God*
- January 6 – Epiphany (moved to the following Sunday)
- March 19 – Feast of St. Joseph (no longer mandatory in the US)
- Easter (always celebrated on a Sunday)
- Forty days after Easter – Ascension Thursday*
- Pentecost (always celebrated on a Sunday)
- 2nd Sunday after Pentecost – Corpus Christi (permanently on a Sunday)
- June 29 – St. Peter and Paul (no longer mandatory in the US)
- August 15 – Assumption of the Blessed Virgin Mary*
- November 1 – All Saints Day*
- December 8 – Immaculate Conception*
- December 25 – Nativity of Our Lord Jesus Christ*

The following days are extremely important, but not Holy Days of Obligation:

- Ash Wednesday – 1st day of Lent
- Holy Thursday – the Mass of Our Lord’s Last Supper
- Good Friday – the day Our Lord was crucified and died
- All Souls Day – November 2

Liturgical Colors of the Church:

<u>Color</u>	<u>Symbolizes</u>	<u>When is it worn?</u>
Green	Eternal life/hope	Ordinary Time
White	Purity/joy	Christmas, Easter, Feasts of saints (not martyred), weddings, this color can be worn at ANY Mass
Red	Passion/Martyrdom/Fire/Blood	Pentecost, Feasts of the Lord’s Passion, Martyrs, Confirmation
Purple	penance/preparation/humility	Advent and Lent
Rose	joy	Gaudete Sunday (3 rd Sunday of Advent) Laetare Sunday (4 th Sunday of Lent)
Black	Mourning/Sorrow	All Souls Day, Mass of the Dead
Gold	Joy	Can replace white, red, green

MORALITY

Vice and Virtue

Vice – bad habits

Virtue – a habitual disposition to do good; good habits that put reason and order to our passions and emotions.

- Natural virtues are acquired through repeated action.
- Supernatural virtues are freely given to us by God.

Theological Virtues – given by God, ordered towards God. We cannot merit them as they are a gift, freely given. We first receive them in Baptism.

- Faith – belief in God. This helps us to know and believe in God personally and through Divine Revelation (the door)
- Hope – trust in God. This is the virtue by which we desire and trust God and know that heaven is our eternal reward (the journey)
- Charity – love of God and neighbor. This is the virtue that help us to become like God and to love God above all things. Charity always endures, even in Heaven (the goal). (Charity is the only theological virtue that will exist in heaven, we will not need the other two.)

Cardinal Virtues – these four human virtues determine what kind of life we will lead – all other virtues ‘hinge’ on them

- Prudence – helps us to do good and avoid evil by making correct decisions in life.
 - o chief moral virtue that directs the other virtues/wise judgment and proper action, always towards good (know the right thing to do, and have the will to do it)
- Justice – moves us to respect the rights and dignity of all human beings.
 - o give to others what is theirs by right (what is ‘due’ to them); act fairly and honestly
- Fortitude – gives us strength and determination in loving God and one’s neighbor, and gives us courage to defend the faith and face persecution.
 - o courage to do good despite fear, danger, difficulty
- Temperance – helps us to enjoy pleasures with moderation and use everything properly
 - o self control, moderation, master our passions/desires

The seven capital sins and opposing virtues:

<u>Capital Sin</u>	<u>Virtue</u>
Pride	Humility
Avarice (Greed)	Generosity
Lust	Chastity
Envy	Charity
Gluttony	Temperance
Anger	Meekness
Sloth	Diligence

DEVOTIONS

Mysteries of the Rosary

Joyful Mysteries of the Rosary – Monday and Saturday

- 1) The Annunciation
- 2) The Visitation
- 3) The Nativity
- 4) The Presentation
- 5) The Finding of the Child Jesus in the Temple

Luminous Mysteries of the Rosary – Thursday

- 1) The Baptism of Jesus in the Jordan
- 2) The Wedding at Cana
- 3) The Proclamation of the Kingdom of God
- 4) The Transfiguration
- 5) The Institution of the Eucharist/The Last Supper

Sorrowful Mysteries of the Rosary – Tuesday and Friday

- 1) The Agony of Jesus in the Garden
- 2) The Scourging at the Pillar
- 3) The Crowning with Thorns
- 4) The Carrying of the Cross
- 5) The Crucifixion and Death of Jesus

Glorious Mysteries of the Rosary – Sunday and Wednesday

- 1) The Resurrection
- 2) The Ascension
- 3) The Descent of the Holy Spirit
- 4) The Assumption of Mary into Heaven
- 5) The Coronation of Mary as Queen of Heaven and Earth



Stations of the Cross – (14 ‘stations’ detailing Jesus’ last day on earth as a man, commonly prayed during Lent)

- 1) Jesus is condemned to death
- 2) Jesus carries His cross
- 3) Jesus falls the first time
- 4) Jesus meets His mother
- 5) Simon of Cyrene helps Jesus to carry His cross
- 6) Veronica wipes the face of Jesus
- 7) Jesus falls the second time
- 8) Jesus meets the women of Jerusalem
- 9) Jesus falls the third time
- 10) Jesus is stripped of His clothes
- 11) Jesus is nailed to the cross
- 12) Jesus dies on the cross
- 13) The body of Jesus is taken down from the cross
- 14) Jesus is laid in the tomb

LIVING THE FAITH

The Faith – Learn it. Live it. Love it. Defend it. At school, at Religious Education, on the weekends, during the summer, on vacation, at practice, at my friend’s house, all day, every day. Here are practical, concrete ways to grow in holiness, prepare in earnest for Confirmation, and **sanctify my life!**

- 1) Attend Mass on Sundays and Holy Days of Obligation. Make efforts to:
 - a. Attend daily Mass
 - b. Attend Eucharistic adoration
 - c. Stop in the Church and visit Our Lord and pray for a few minutes.
- 2) Frequent the sacrament of Penance. Weekly or monthly is an awesome schedule! But, at the very least, I will go to confession once during the year.
- 3) PRAY!
 - a. Morning Offering
 - b. Angelus – at noon
 - c. Divine Mercy Chaplet – 3 PM (the hour of mercy)
 - d. Examination of Conscience - at the end of the day
 - e. Grace before and after meals
- 4) Remember to ask myself on a daily basis: What would Mary do?
 - a. Ponder – withdraw often in prayer to Jesus
 - b. Speak – Jesus be in my every word
 - c. Act – Jesus be in my every action
- 5) Ask the Blessed Virgin Mary, my Confirmation saint, and my Guardian Angel for daily assistance in living a life of virtue.
- 6) Research and learn about my Confirmation saint, deepen my relationship with my saint through knowledge and prayer, and celebrate my saint’s feast day in a special way.
- 7) Study! Daily scripture reading, even little bits at a time, allow God to speak to me through His sacred word. Read, meditate, pray, contemplate, act. Make daily/weekly use of my confirmation study guide.
- 8) Periodically review the guidelines for sponsor, and discuss options with my parents, then prayerfully consider selecting a Confirmation sponsor.
- 9) Remember to complete and track my service hours – minimum of 20 hours.

