

Saint Rita Parish
Confirmation Study Guide



Theology:
Faith Seeking Understanding

The Ten Commandments

Exodus 20: 1-20

Moses gave us the Law.

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 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 Eight Beatitudes

Matthew 5: 3-12

Jesus completed the Law and gave Grace and Truth.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

The Two Great Commandments

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

Gifts of the Holy Spirit **(Corresponding Beatitude)**

Fear of the Lord	<u>Foundation Gift</u> / Desire not to offend God / grateful to God (Poor in Spirit)
Piety	give honor, respect and love to God / longing for Him (Meek)
Knowledge	see all creation and creatures in light of God / true self-knowledge (Mourn)
Fortitude	<u>Central Gift</u> / Persevere and fight for holiness / sensing God's presence (Hunger and Thirst for Righteousness)
Counsel	Open to the Holy Spirit / make the right choice/all decisions are tempered with mercy (Merciful)
Understanding	Understanding the mysteries and truths of the Faith / God "moving and working" in our soul (Pure of Heart)
Wisdom	<u>Highest Gift</u> / See everyone and everything as God does/only concern is God (Peacemakers)

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 Seven Sacraments

Sacraments of Initiation Initiate, Indoctrinate

1. **Baptism**
2. **Holy Eucharist**
3. **Confirmation**

Sacraments of Reconciliation Heal, Restore, Reconcile

4. **Penance**
5. **Anointing of the Sick**

Sacraments of Mission Vocation, Service, Universal Call to Holiness

6. **Matrimony**
7. **Holy Orders**

Sacrament – an outward sign of inward grace instituted by Christ.

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.

<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
Penance	Words of Absolution	Confessing sins
Anointing of the Sick	“Through this Holy....”	Oil of the Sick
Holy Orders	Words of Ordination	Imposition of Hands
Matrimony	“I, (name) take you....”	Exchanging of Vows

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.

Faith To know and believe in God personally and through Divine Revelation (**The Door**)

Hope To desire and trust God, and to know that heaven is our eternal reward (**The Journey**)

Charity (Love) To become like God / To love God above all things / Love always endures, even in Heaven – we do not need the other 2 virtues once we get to heaven (**The Goal**)

Cardinal Virtues These four human virtues determine what kind of life we will lead – all other virtues “hinge” on them

Prudence 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 Give to others what is theirs by right (what is “due” to them) / act fairly and honestly

Fortitude Courage to do good despite fear, danger, difficulty

Temperance Self control, moderation, master our passions/desires

The Seven Capital Sins and Opposing Virtue

Pride **Humility**

Avarice (Greed) **Generosity**

Lust **Chastity**

Envy **Charity**

Gluttony **Temperance**

Anger **Meekness**

Sloth **Diligence**

Sacrament of Penance

The six points to make a good Confession are:

1. Examination of conscience

Mortal Sin – an offense against God that meets these criteria: 1) it is seriously wrong (Grave Matter), 2) we must know it is seriously wrong (Full Knowledge), and 3) we freely commit the sin anyway (Full Consent of the Will). Mortal sin destroys all grace in our soul and separates us from God.

Venial Sin – an 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 (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)

The Mysteries of the Rosary

Joyful Mystery of the Rosary Monday & Saturday

- I. The Annunciation of the Lord to Mary
- II. The Visitation of Mary to Elizabeth
- III. The Nativity of our Lord Jesus Christ

- IV. The Presentation of our Lord
- V. Finding Jesus in the Temple at age 12

Luminous Mystery of the Rosary Thursday

- I. The Baptism in the Jordan
- II. The Wedding at Cana
- III. The Proclamation of the Kingdom
- IV. The Transfiguration
- V. The Institution of the Eucharist

Sorrowful Mystery of the Rosary Tuesday & Friday

- I. The Agony of Jesus in the Garden
- II. The Scourging at the Pillar
- III. Jesus is Crowned with Thorns
- IV. Jesus Carried the Cross
- V. The Crucifixion of our Lord

Glorious Mystery of the Rosary Wednesday & Sunday

- I. The Resurrection of Jesus Christ
- II. The Ascension of Jesus to Heaven
- III. The Descent of the Holy Ghost
- IV. The Assumption of Mary into Heaven
- V. Mary is Crowned 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

1st Station: Jesus is condemned to death

2nd Station: Jesus carries His cross

3rd Station: Jesus falls the first time

4th Station: Jesus meets his mother

5th Station: Simon of Cyrene helps Jesus to carry his cross

6th Station: Veronica wipes the face of Jesus

7th Station: Jesus falls the second time

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time

10th Station: Jesus is stripped of His clothes

11th Station: Jesus is nailed to the cross

12th Station: Jesus dies on the cross

13th Station: The body of Jesus is taken down from the cross

14th Station: Jesus is laid in the tomb

Works of Mercy

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

Spiritual Works of Mercy

Counsel the doubtful

Comfort the afflicted

Instruct the ignorant

Admonish the sinner

Forgive all injuries

Bear wrongs patiently

Pray for the living and the dead

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. The 4 marks of the church are qualities that Jesus Christ shares with his Church through the Holy Spirit. **The four marks of the Church are that it is ONE, HOLY, CATHOLIC, APOSTOLIC.**

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 Saint Peter to the present day

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
2. Confess sins at least once a year
3. Receive Holy Communion at least once a year during the Easter season
4. Observe the days of fast and abstinence
5. Provide for the needs of the Church (time, talent, treasure)

Hierarchy of the Church

Jesus	Founder and invisible head of the Church
Pope Francis	Current Pope and Bishop of Rome
Bishop Michael Burbidge	Bishop of Arlington (Diocese)
Rev. Daniel Gee	Pastor of Saint Rita Church
Rev. Vincent Bork	Parochial Vicar of Saint Rita Church
Magisterium	Teaching office/authority of the Church (Pope, and Bishops in union with the Pope)

Liturgical Seasons of the Church (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)

Liturgical Colors of the Church

Violet	Penance/Humility Melancholy	Advent and Lent
Rose	Joy	Gaudete Sunday (3 rd Sunday of Advent), Laetare Sunday (4 th Sunday of Lent)
Green	Life Eternal/Hope	Ordinary Time
Red	Passion/Martyrdom Fire/Blood	Pentecost, Feasts of the Lord's Passion, Martyrs
Black	Mourning/Sorrow	All Souls Day, Mass of the Dead
White	Purity/Joy	Christmas, Easter, Feasts of Saints (not martyred), Weddings
Gold	Joy	Can replace white, red, green

Holy Days of Obligation on the Universal Church Calendar *5 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 Saint Joseph (no longer mandatory[Ⓜ])

Fortieth day after Easter—Ascension Thursday (moved to the following Sunday)

2nd Sunday after Pentecost—Corpus Christi (permanently on a Sunday)

June 29—Peter and Paul (no longer mandatory[Ⓜ])

August 15—Assumption of the Blessed Virgin Mary*

November 1—All Saints*

December 8—Immaculate Conception*

December 25—Nativity of Our Lord Jesus Christ*

Holy Days that have ALWAYS been on a Sunday: Easter and Pentecost

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

Ash Wednesday – The 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 – Nov 2

Truths of the Faith

The Central Mystery of our Faith: The Holy Trinity is one God in three divine, equal, and distinct persons – God the Father, God the Son, and God the Holy Spirit.

The Incarnation: God made man. Jesus became human so that we could become divine.

The Paschal Mystery: The Passion, Death, Resurrection, and Ascension of Our Lord Jesus Christ.

Man was made in the image and likeness of God.

Man has a material body and a spiritual soul.

God created the entire universe out of nothing.

God created man to **know, serve, and love** Him.

Truths regarding the Eucharist

The Eucharist is the body, blood, soul and divinity of our Lord Jesus Christ. (Council of Trent)

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, namely Jesus Christ.

The Eucharist preserves us from mortal sin and strengthens us to avoid venial sin.

Truths regarding the Sacrament of Confirmation

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 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.

Prayer: lifting our hearts and minds to God to communicate with Him – to speak and to listen.
We sanctify our lives and grow in grace through daily prayer.

Forms of Prayer: Adoration, Thanksgiving, Contrition, Petition (includes Intercession)

Prayers

The Sign of the Cross

In the Name of the Father, and the Son, and the Holy Spirit, 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 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.

The Hail Mary

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

The 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.

The Fatima Prayer

O My Jesus, forgive us our sins, save us from the fires of Hell and lead all souls to Heaven, especially those who are in most need of Thy mercy.

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 for all Your gifts, O Almighty God, who live and reign world without end. Amen. May the souls of 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 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 Apostle's 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 rose again from the dead; He ascended into heaven, 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.

The Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art 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 occasion of sin. 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.

Prayer to your Guardian Angel

Angel of God,

my guardian dear,

To whom God's love

commits me here,

Ever this day,

be at my side,

To light and guard,
Rule and guide. Amen.

The Examen

“End of day” prayer based on the spirituality of Saint Ignatius of Loyola

1. Ask God for light.

I want to look at my day with God’s eyes, not merely my own. (Gift of HS: Knowledge and Wisdom)

2. Give thanks.

The day I have just lived is a gift from God. Be grateful for it. (Gift of HS: Fear of the Lord and Piety)

3. Review the day.

I carefully look back on the day just completed, being guided by the Holy Spirit. (Gift of HS: Knowledge and Fortitude)

4. Face your shortcomings.

I face up to what is wrong—in my life and in me. (Gift of HS: Knowledge and Fortitude)

5. Look toward the day to come.

I ask where I need God in the day to come. (Gift of the HS: Knowledge and Counsel)

Prayer for the Holy Souls

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

Amen.

**Remember in all things, seek the one thing necessary –
God Himself.**