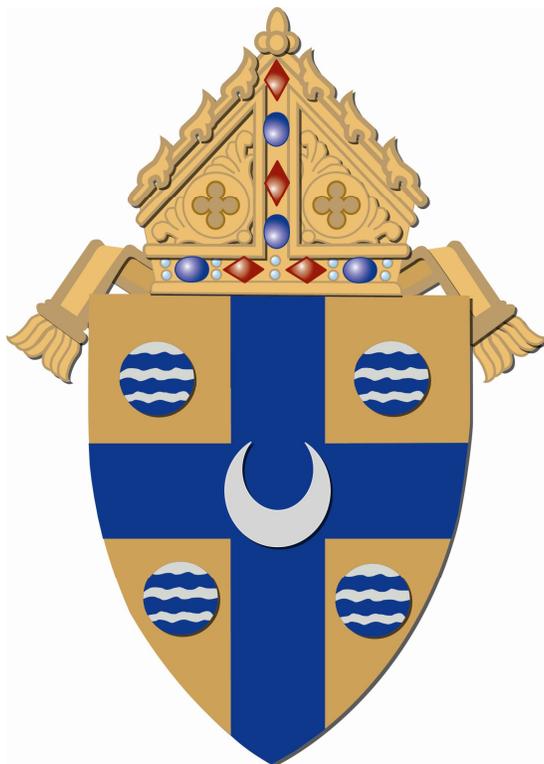


# Confirmation of Adult Catholics

## Sample Adult Catechetical Session



**Diocese of Springfield in Illinois**  
**Office for Catechesis**

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## MATERIALS REQUIRED

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- Bibles (participants should be asked to bring their own)
- Hymnals for Opening Prayer (one for each participant and leader)
- Copies of the Opening Prayer (one for each participant and leader)
- Copies of *Together in the Spirit: Celebrating and Living the Sacrament of Confirmation* (Ave Maria Press, 2010; one for each participant and leader)
- Snacks and refreshments; the parish may provide lunch or ask participants to bring their own

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## OUTLINE

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1. **Opening Prayer** (15 min)
2. **Introductions** (10-15 min)
3. **Confirmation and Sacred Scripture** (1 ½ hr)
4. **Break** (15 min)
5. **The Rite of Confirmation** (1 hr)
  - a. Presentation of Candidates
  - b. Homily
  - c. Renewal of Baptismal Promises
  - d. The Laying On of Hands
  - e. Anointing with Chrism
6. **Break/Lunch** (30 min)
7. **Life in the Spirit** (1 hr)
8. **Conclusion** (10 min)
9. **Closing Prayer** (5 min)



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## SESSION OVERVIEW

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What follows are section-by-section recommendations for the preparatory session. These recommendations are not set in stone; your parish is responsible for the catechetical preparation of your confirmandi, so *feel free to adjust the schedule, sequence, or content based on the size and particular needs of your group.*

### 1. Opening Prayer

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**Length:** 15 Minutes

**Goal:** To spiritually prepare for the catechetical session.

Pass out copies of the Opening Prayer, or use another appropriate prayer to begin your time together. If you use the included Opening Prayer you will need five volunteers to read the scripture passage and petitions.

### 2. Introductions

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**Length:** 10-15 Minutes

**Goal:** Help the participants get to know one another.

Before beginning the session, introduce yourself and any other facilitators. Give the confirmation candidates a chance to get to know one another by inviting them to

- share their names (and home parishes, if they are from different parishes);
- give a short bio (employment, family, etc.)
- introduce their sponsors (if present);
- and give a brief explanation of why they are seeking Confirmation at this time.

### 3. Confirmation and Sacred Scripture

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**Length:** 1 Hour

**Goal:** Reflect on three readings related to the Holy Spirit.

Since the Rite of Confirmation will be held on Pentecost, the scriptures heard at the Mass will be for that solemnity (Lectionary #63):

- Acts 2:1-11
- 1 Corinthians 12:3b-7, 12-13
- John 20:19-23



If you are using *Together in the Spirit* for the preparatory session, you may select any three readings in the book for this time of reflection. We recommend:

- Acts 2:1-6, 14, 22b-23, 32-33 (p. 23)
- 1 Corinthians 12:4-13 (p. 30)
- John 14:23-26 (p. 44)

For each reading have one of the participants read the passage aloud; have another participant read the short “Reflect and Pray” paragraph and questions. Allow some time for silent reflection, and then invite the participants to share their responses. When everyone has had a chance to share, conclude by praying the prayer as a group.

#### **4. Break**

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**Length:** 15 Minutes

**Goal:** To stretch, get snacks and drinks, and make use of the facilities.

#### **5. The Rite of Confirmation**

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**Length:** 1 Hour

**Goal:** To prepare for the sacrament through reflection on the symbols and actions of the Rite of Confirmation.

Using *Together in the Spirit*, walk the participants through the Rite of Confirmation (pp. 47-60). Invite them to ask any questions they may have about the rite or the various symbols, rituals, and gestures (oil, laying of hands, being called by name, etc.).

#### **6. Break/Lunch**

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**Length:** 30 Minutes

**Goal:** To enjoy food and fellowship.

#### **7. Living in the Spirit**

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**Length:** 1 Hour

**Goal:** To understand the role of the gifts of the Holy Spirit in the Christian life.

Choose three or four of the profiles in the “Witness of the Saints” or “Witness of Confirmation Candidates” sections of *Together in the Spirit* (pp. 61-73). Have a participant read the profile and accompanying questions; then invite the participants to share their responses.



## 8. Conclusion

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**Length:** 10 Minutes

**Goal:** To wrap up the session and give logistical information.

You may want to use this time to

- answer any lingering questions;
- present the confirmandi with a copy of the *United States Catholic Catechism for Adults*;
- give travel information or other details about the day of Confirmation.

## 9. Closing Prayer

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**Length:** 5 Minutes

**Goal:** To close the session by thanking and praising God.

Choose an appropriate prayer or hymn (such as the Our Father or Anima Christi) to end the session. "Come, Holy Spirit" may be found on p. 79 of *Together in the Spirit*.



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## OPENING PRAYER

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### Sign of the Cross

### Hymn – Come Holy Ghost, Creator Blest

### Opening Prayer

**All:** Ineffable Creator,  
You are the true font of light and wisdom.  
Pour forth a ray of Your brightness  
and disperse the darkness of sin and ignorance.  
Grant us keenness of mind,  
capacity to remember, skill in learning,  
subtlety to interpret, and eloquence in speech.  
May You guide the beginning of our work,  
direct its progress, and bring it to completion.  
We ask this through Christ, our Lord.  
Amen.

### Reading from Scripture (Acts 2:1-11)

**Reader 1:** A reading from the Acts of the Apostles.

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.

Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. They were astounded, and in amazement they asked, "Are not all these people who are speaking Galileans? Then how does each of us hear them in his own native language? We are Parthians, Medes, and Elamites, inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the districts of Libya near Cyrene, as well as travelers from Rome, both Jews and converts to Judaism, Cretans and Arabs, yet we hear them speaking in our own tongues of the mighty acts of God."

**All:** The word of the Lord.  
Thanks be to God

### Silence



## Questions for Reflection

**Leader:** At Pentecost the Holy Spirit descended on the disciples, filling them with spiritual gifts. As you prepare to receive the Sacrament of Confirmation, what blessings in your life can you identify as gifts from God? What do you expect to receive as a result of Confirmation?

## Petitions

**Leader:** Let us bring our petitions before the Lord.

**Reader 2:** For the Pope, the bishops and all the clergy: that, inspired by the Holy Spirit, they may continue to guide us in living our faith, we pray to the Lord.

**All:** Lord, hear our prayer.

**Reader 3:** For all government leaders: that they may work to find fair and just solutions to the world's problems, we pray to the Lord.

**All:** Lord, hear our prayer.

**Reader 4:** For our family and friends who are in need of God's healing grace: that they may be comforted in their affliction, we pray to the Lord.

**All:** Lord, hear our prayer.

**Reader 5:** For those gathered here: that we may help one another grow in holiness, we pray to the Lord.

**All:** Lord, hear our prayer.

## Our Father

**Leader:** Together we pray the prayer which Jesus taught us:

**All:** Our Father...

## Closing Prayer

**All:** Loving Father,  
May everything we do begin with your inspiration  
and continue with your saving help.  
Let our work always find its origin in you  
and through you reach completion.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.  
Amen.

## Sign of the Cross