

# Confirmation Coursework Checklist

## The Creed

### The Holy Trinity

...is the mystery of the existence of God in the three persons, the Father, the Son, and the Holy Spirit. Each person is God, whole and entire. Each is distinct only in the relationship of each to the others. We follow Jesus, God the Son, because God the Father calls us and God the Holy Spirit moves us.

### The Incarnation

Jesus Christ, the Son of God, is God made flesh. The Son of God, the Second Person of the Trinity, is both true God and true man.

### Four Marks of the Church

In the Nicene Creed, we identify the four marks of the Church, 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 and apostolic.

- The Church is One – Just as God is one in the Father, Son and Holy Spirit, so also is the Church one. The founder of the Church is Jesus Christ, who brought us back to God and made us into the family of God. The Church is one in the Holy Spirit, who dwells in those who believe.
- The Church is Holy – The Church is holy because the Church lives in union with Jesus Christ, the source of holiness. The holiness of the Church is seen in the love that the members of the Church have toward one another and the many sacrifices they make for the sake of the world.
- The Church is catholic – Catholic means “universal”. The Church is universal in two ways. First, the Church is catholic because all baptized people are part of the Church and the Church possesses the means of salvation. Second, the mission of the Church is universal because the Church has been sent to proclaim Christ to the entire human race.
- The Church is apostolic – The Church traces its tradition directly from the apostles; therefore, the Church is considered apostolic. With the Holy Spirit the Church preserves and continues the teaching of the apostles. The pope and bishops are the successors of the apostles.

### The Communion of Saints

...is the unity of all, dead or living, who have been saved in Jesus Christ. The Communion of Saints is based on our one faith, and it is nourished by our participation in the Eucharist.

- Church Triumphant – comprising those Christians who are in heaven
- Church Suffering/Penitent – comprising those Christians who are in purgatory
- Church Militant – comprising Christians on earth who are living

### One Baptism

Our Lord ties the forgiveness of sins to faith and Baptism: “Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved.” (Mark 16: 15-16) Baptism is the first and chief sacrament of the forgiveness of sins: it unites us to Christ, who died and rose for our justification, so that “we too might walk in newness of life.” (Romans 6:4; cf. 4:25) (CCC 977) Baptism gives us the Holy Spirit. (CCC 985)

### The Four Last Things

There are four things that describe the end of all human life...

- Death of the individual
- Then immediately after death is the judgement by Christ.
- The result of this judgement is either Heaven (perhaps with a stay in purgatory) or Hell.

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## The Sacraments

### The Sacraments of Initiation

- **Baptism:**  
Definition: Baptism is the gateway to God's life; it opens the door to all the other sacraments; it removes the Original Sin inherited from the Old Adam and incorporates us into the New Adam, Jesus Christ, and share in the mission of his Mystical Body, the Catholic Church. For the 1<sup>st</sup> time, Sanctifying Grace fills one's entire being and one is given an indelible spiritual mark of belonging to Christ. No sin can erase this mark (in other words, one cannot become unbaptized) even if sin prevents Baptism from bearing the fruits of salvation.  
Matter: Water (pouring, immersion, sprinkling)  
Form: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."
- **Confirmation:**  
Definition: The Sacrament that completes the grace we receive at Baptism. It seals or confirms this grace through the seven gifts of the Holy Spirit that we receive as part of Confirmation. It roots us more deeply in our relationship with God; it unites us more firmly to Christ; it renders our bond with the Church more perfect; and 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 (CCC 1303).  
Matter: Sacred Chrism (Oil) and the Laying on of hands by the Bishop or a delegated priest  
Form: The words of the Bishop or delegated priest saying: "Be sealed with the gifts of the Holy Spirit."
- **Eucharist:**  
Definition: The Sacrament in which we give thanks to God for the Body and Blood of Christ. The Eucharist nourishes our life of faith. We receive the Body and Blood of Christ in the consecrated Bread and Wine.  
Matter: Unleavened bread and grape wine  
Form: Priest: "This is My Body which will be given up for you. Do this in memory of Me... Take this, all of you, and drink from it; This is the cup of my Blood, the Blood of the New and

Everlasting Covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me."

### The Sacraments of Healing

- **Confession**  
Definition: Confession means to set things right after we have caused harm to our relationship with God or others. The Sacrament of Confession (Reconciliation) provides forgiveness of sins, restores us to the state of grace, and heals and strengthens our souls. (see also CCC 145)  
Matter: Sins; Contrition and confession; priestly words of absolution  
Form: Priest: "God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit."
- **Anointing of the Sick**  
Definition: imparts special graces that help the sick unite their pain with the passion of Christ; give them peace and courage; bring forgiveness of sins; and, in some cases, restore physical health. (see CCC 1523)  
Matter: Anointing with Holy Oil and Laying on of Hands  
Form: Prayer of the Priest over the sick person for the grace of the Holy Spirit and the forgiveness of sins.

### The Sacraments of Service (Vocations)

- **Holy Orders**  
Definition: the sacrament through which men are ordained as bishops, priests and deacons. Anointed by a bishop, the ordained receives special Gifts of the Holy Spirit necessary for carrying on the sacramental and pastoral mission of the apostles. (See CCC 1536-1538).  
Matter: Laying on of the Bishop's hands with the consecratory prayer  
Form: The Bishop's "specific consecratory prayer asking God for the outpouring of the

Holy Spirit and his gifts proper to the ministry to which the candidate is being ordained.”

- **Holy Matrimony**

Definition: The marriage of baptized Christians is called the Sacrament of Matrimony and is ordered toward the good of the spouses and the procreation and education of children. Matrimony is a vocation and a lifelong covenant established between one man and one woman. (See CCC 1601)

Matter: Mutual Consent and Covenant to live together as husband and wife and the consummation of the Marriage.

Form: Couple: The “I do”, by which both spouses indicate their mutual consent to the marriage covenant.

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## Morality

### Sin

**Sin:** is a deliberate thought, word, deed or omission contrary to God's plan that offends God and harms ourselves and others. (See CCC 1849-1854)

**Mortal Sin:** occurs when a gravely sinful act is committed with full understanding and consent of the will. If not repented, it deprives the soul of sanctifying grace, which is needed to enter heaven. (See CCC 1855-1861)

**Venial Sin:** is a sin that wounds but does not destroy the divine life in the soul. Unlike mortal sin, which can generally be forgiven only in the Sacrament of Reconciliation, venial sin may be forgiven by a worthy reception of the Eucharist. (See CCC 1394; 1862-1863)

### Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like habits. They need to be practiced; they can be lost if they are neglected.

**Theological Virtues:** The three most important virtues are called Theological Virtues because they come from God and lead to God. They are...

Faith Hope Charity (Love)

**Cardinal Virtues:** The Cardinal Virtues are human virtues, acquired by education and good actions. *Cardinal* comes from *cardo*, the Latin word for "hinge," meaning "that on which other things depend." The Cardinal Virtues are...

Prudence Justice Fortitude Temperance

### The Two Greater Commandments

#### **The Great Commandment**

The Ten Commandments are fulfilled in Jesus' Great Commandment. "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.... You shall love your neighbor as yourself." (Mark 12:30-31)

#### **The New Commandment**

Before his death on the cross, Jesus gave his disciples a new commandment. "Love one another. As I have loved you, so you also should love one another." (John 13:34)

### The Seven Deadly Sins

The seven deadly sins are the sins to which we are most susceptible because of our fallen human nature. They are the tendencies that cause us to commit all other sins. They are called "deadly" because, if we engage in them willingly, they deprive us of sanctifying grace, the life of God in our souls. The seven deadly sins are...

- **Pride:** a sense of one's self-worth that is out of proportion to reality. Pride is normally counted as the first of the deadly sins, because it can and often does lead to the commission of other sins in order to feed one's pride.
- **Covetousness:** the strong desire for possessions, especially possessions that belong to another.
- **Lust:** a desire for sexual pleasure that is out of proportion to the good of sexual union or is directed at someone with whom one has no right to sexual union – that is, someone other than one's spouse. It is possible even to have lust toward one's spouse if one's desire for him or her is selfish rather than aimed at the deepening of the marital union.
- **Anger:** the excessive desire to take revenge. While there is such a thing as "righteous anger," that refers to a proper response to injustice or wrongdoing. Anger as one of the deadly sins may begin with a legitimate grievance, but it escalates until it is out of proportion to the wrong doing.
- **Gluttony:** excessive desire, not for food and drink, but for the pleasure obtained by eating and drinking. While gluttony is most often associated with overeating, drunkenness is also a consequence of gluttony.
- **Envy:** sadness at the good fortune of another, whether in possessions, success, virtues, or talents. The sadness arises from the sense that the other person does not deserve the good fortune, but you do; and especially because of a sense that the other person's good fortune has somehow deprived you of similar good fortune.
- **Sloth:** a laziness or sluggishness when facing the effort necessary to perform a task. Sloth is sinful when one lets a necessary task go undone (or when one does it badly) because one is unwilling to make the necessary effort.

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## Morality (continued)

### The Ten Commandments

The Ten Commandments are a special expression of natural law made known to us by God's Revelation and by human reason. They guide us in making choices that allow us to live as God wants us to live. The first three commandments tell us how to love God; the rest show us how to love our neighbor.

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.

### Works of Mercy

The Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need.

#### **Corporal Works of Mercy**

The Corporal Works of Mercy are kind acts by which we help our neighbors with their material and physical needs:

- 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**

The Spiritual Works of Mercy are acts of compassion by which we help our neighbors with their emotional and spiritual needs:

- Counsel the doubtful
- Instruct the ignorant
- Admonish the afflicted
- Comfort the afflicted
- Forgive offenses
- Bear wrongs patiently
- Pray for the living and the dead

### Precepts of the Church

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

- Attendance at Mass on Sundays and Holy Days of Obligation
- Confession of sins at least once a year during the Easter season
- Reception of Holy Communion at least once a year during the Easter season
- Observance of the days of fast and abstinence
- Providing for the needs of the Church

### The Beatitudes

The Beatitudes are the teachings of Jesus in the Sermon on the Mount. They can be found in Matthew 5:1-10. Jesus teaches us that if we live according to the Beatitudes, we will live a happy life. The Beatitudes fulfill God's promises made to Abraham and his descendants and describe the rewards that will be ours as loyal followers of Christ.

"Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.  
Blessed are they who mourn,  
for they will be comforted.  
Blessed are the meek,  
for they will inherit the land.  
Blessed are they who hunger and thirst for  
righteousness,  
for they will be satisfied.  
Blessed are the merciful,  
for they will be shown mercy.  
Blessed are the clean in heart,  
for they will see God.  
Blessed are the peacemakers,  
for they will be called children of God.  
Blessed are they who are persecuted for the  
sake of righteousness,  
for theirs is the kingdom of heaven."

Matthew 5:1-10

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## Prayer

### Four Parts of Prayer

Just talk to him from your heart. A good way to talk to God is to remember the acronym "ACTS".

- **A** is for "Adoration." That is simply telling God how amazing he is. Think of your favorite church song or the "Gloria" from Mass, and sing it to God in your heart.
- **C** is for "Contrition." Contrition involves examining your conscience and asking God for forgiveness and strength. You can't grow as a person if you're not doing that every day.
- **T** is for "Thanksgiving." Gratitude is a very powerful attitude. Count your blessings every day – especially on the days you're tempted to think your life stinks.
- **S** is for "Supplication." This means asking God for things you need or interceding for things other people need.

### Mental Prayer

**Meditation:** to think about God. We try to keep our attention and focus on God. In meditation, we may use Scripture, prayer books, or icons, which are religious images, to help us concentrate and to spark our imagination.

**Contemplate:** we rest quietly in God's presence.

### Five Basic Forms of Christian Prayer

The Holy Spirit, who teaches us to pray, leads us to pray in a number of ways. This conversation with God can take the form of blessing, petition, intercession, thanksgiving, or praise.

**Blessing:** To bless someone is to acknowledge his or her goodness. A prayer of blessing or adoration is our response to God's goodness because of all the gifts he has given us. When we pray a prayer of blessing, God's gifts and our acceptance of them come together. We bless God, the source of every blessing, because he has blessed us.

**Petition:** A prayer of petition is much more than asking God for things we want or need. When we pray a prayer of petition, we express our relationship with God as our Creator. Sometimes we sin and turn away from God. So

the first step in a prayer of petition is turning back to him and asking for his forgiveness. We can then ask God for what we need, confident that he knows what we need before we ask.

**Intercession:** In prayers of intercession, we ask something on behalf of another. As a prayer form, intercession is a prayer of petition that leads us to pray as Jesus did. Throughout his life on earth, Jesus interceded with the Father on behalf of all people. To pray in this way means that our hearts are turned outward, focused on the needs of others.

**Thanksgiving:** Thanksgiving is a characteristic of Christian prayer especially the celebration of the Eucharist. When we celebrate the Eucharist, we give thanks for the sacrifice that Jesus made on the Cross. Through his Death, Resurrection, and Ascension, Christ has reconciled us to God. In celebrating the Eucharist, we more fully become a people of thanksgiving.

**Praise:** Praise is the form of prayer that recognizes that God is God and gives him glory. Praise goes beyond thanking God for what he has done for us and gives him glory simply because he is. Praise embraces the other forms of prayer and carries them to God, who is the source of all that is.

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## Prayer (continued)

### The Rosary

The Rosary helps us pray to Jesus through Mary. When we pray the Rosary, we think about the special events, or mysteries, in the lives of Jesus and Mary.

There are four sets of Mysteries of the Rosary and are prayer on certain days of the week: the Joyful Mysteries on Monday and Saturday; the Sorrowful Mysteries on Tuesday and Friday; the Glorious Mysteries on Wednesday and Sunday and the Luminous Mysteries on Thursday.

### **The Joyful Mysteries**

1. The Annunciation: Mary learns that she has been chosen to be the mother of Jesus.
2. The Visitation: Mary visits Elizabeth, who tells her that she will always be remembered.
3. The Nativity: Jesus is born in a stable in Bethlehem.
4. The Presentation: Mary and Joseph take the infant Jesus to the Temple to present him to God.
5. The Finding of Jesus in the Temple: Jesus is found in the Temple discussing his faith with the teachers.

### **The Luminous Mysteries**

1. The Baptism of Jesus in the River Jordan: God proclaims that Jesus is his beloved Son.
2. The Wedding Feast at Cana: At Mary's request, Jesus performs his first miracle.
3. The Proclamation of the Kingdom of God: Jesus calls all to conversion and service to the Kingdom.
4. The Transfiguration of Jesus: Jesus is revealed in glory to Peter, James, and John.
5. The Institution of the Eucharist: Jesus offers his Body and Blood at the Last Supper.

### **The Sorrowful Mysteries**

1. The Agony in the Garden: Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar: Jesus is lashed with whips.
3. The Crowning of Thorns: Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross: Jesus carries the cross that will be used to crucify him.
5. The Crucifixion: Jesus is nailed to the cross and dies.

### **The Glorious Mysteries**

1. The Resurrection: God the Father raises Jesus from the dead.
2. The Ascension: Jesus returns to his Father in Heaven.
3. The Coming of the Holy Spirit: The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary: At the end of her life on earth, Mary is taken body and soul into Heaven.
5. The Coronation of Mary: Mary is crowned as Queen of Heaven and Earth.