

SECRETARIAT FOR EVANGELIZATION & DISCIPLESHIP

SUGGESTED PROGRAM OF CONFIRMATION FORMATION

APRIL 23, 2024

This document provides a brief overview that can be used as a guide for preparing candidates of any age for Confirmation. It should be adapted depending upon the circumstances of the candidates – their age, previous formation, and other similar factors. Some candidates may have already received extensive catechetical formation and be actively practicing the habits of the Christian life. Some candidates may have received little previous catechetical formation and may not be actively practicing their faith. A parish must consider how best to account for these differences through the formation it offers.

Any formation program should not be limited to catechetical or academic formation but also include invitation and instruction on how to participate in the life of the Church as an expression of lived faith in the person of Jesus Christ. It should not be expected that candidates for Confirmation have memorized particular prayers or information on the Christian life such that they might be able to repeat them back or pass a test on the information below. The expectation is that candidates have an earnest desire for the sacrament, openness to living a Christian life, and have been exposed to some of the information and practices below at some point leading up to or during their preparation.

For more information on required confirmation preparation timelines, please see the decree announcing the change in the normative age of reception and the Archdiocesan Confirmation guidelines document.

General Formation Preceding Confirmation Preparation:

1. Personal Commitment to Faith in Jesus Christ
 - a. Who is Jesus Christ and what is His Good News?
 - b. Incarnation, Ministry, Paschal Mystery, Mission, Salvation/Redemption
 - c. Review of the Trinity: Father, Son, and Spirit

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2. Having a Catholic Prayer Life
 - a. Developing habits of Catholic Christian prayer
 - i. Including both individual and communal prayer
 - b. Introduction to types of Christian Prayer such as
 - i. Rote Prayer
 - ii. Prayer with Scripture
 - iii. Liturgical Prayer
 - iv. Intercessory Prayer
 - v. Devotional Prayer
 - vi. Meditative Prayer
 - vii. Extemporaneous Prayer
3. Belonging to the Catholic Church
 - a. The four marks of the Church
 - b. The mission of the Church
4. Encountering Christ in the Sacraments
 - a. Understanding the Seven Sacraments
 - b. Sacraments of Initiation, Healing, and Service
5. Living the Catholic Christian Moral Life
 - a. Catholic Moral Life
 - i. 10 Commandments
 - ii. The Beatitudes
 - b. Catholic Social Teaching
 - c. Corporal and Spiritual Works of Mercy
6. Regular Reception of the Sacraments of Reconciliation and Communion
 - a. What is reconciliation and why is it necessary and important?
 - b. The Rite of Penance: Examination of Conscience, Contrition, Confession, Absolution, Penance
 - c. What is the Eucharist? How can we encounter Christ in the Eucharist and at Mass? Why is regular attendance at Mass necessary and important?
 - d. Understanding the Mass: Introductory Rite, Penitential Rite, Liturgy of the Word, Liturgy of the Eucharist, Dismissal

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Immediate Preparation for Reception of Confirmation:

1. Who is the Holy Spirit?
 - a. Gifts of the Holy Spirit
 - b. Fruits of the Holy Spirit
 - c. Role of the Holy Spirit in the Life of the Church
 - d. Role of the Holy Spirit in the Life of every Christian

2. The Sacrament of Confirmation
 - a. The Rite of Confirmation
 - i. Renewal of Baptismal Promises
 - ii. Laying on of Hands
 - iii. Anointing with Chrism
 - b. Being sealed with the gift of the Holy Spirit
 - c. Role of the Sponsor

3. Life After Confirmation
 - a. Living as a follower of Jesus: sacramental life, prayer life, moral life, and Christian community
 - b. Participating in the life of the Church
 - c. Accepting your role as being on mission to proclaim Christ to the world

4. Understanding the role of the Baptized as Priest, Prophet, and King