

Confirmation Study Packet

This packet contains the information the students (Confirmandi) need to know and understand in order to be confirmed into the Church.

Prayers:

It is required that the Confirmandi know certain prayers of The Church. A packet with the prayers was handed out on family night. If you need another copy of this packet, please contact the instructors. The prayers include:

The Lord's Prayer, St. Michael's Prayer, Hail Mary, Glory Be, Nicene Creed, Prayer before meals, and The Act of Contrition.

Precepts of the Church

- **You shall attend Mass on Sundays (or the Saturday Vigil), and Holy Days of Obligation.**
- **You shall confess your sins at least once a year.** Frequent confession of serious sin is of great value; it makes us more deeply confirmed to Christ and more submissive to the voice of the Holy Spirit.
- **You shall receive the sacrament of the Eucharist at least during the Easter season.** (From the first Sunday of Lent to Trinity Sunday)
- **You shall observe the days of fasting and abstinence established by the Church.** To fast means to keep from eating certain foods. To abstain means to refrain from eating meat. In the U.S., Ash Wednesday and Good Friday are days of fast and abstinence and all Fridays of Lent are days of abstinence.
- **Providing for the needs of the Church.** Tithing, donating, serving, and volunteering are all ways to help provide for the needs of the Church.

Types of Sin

There are three types of sin, **Original**, **Venial** and **Mortal**.

- **Original Sin:** The sin that all humans are born with because Adam and Eve chose to disobey God; this type of sin is washed away with baptism.
- **Venial Sin:** weakens the soul with sickness but does not kill the grace within. They are not deadly to the life of grace but, if ignored, can lead to a more serious condition. Example: cussing or flipping someone off.
*Venial sins are forgiven at the beginning of Mass with the Penitential Rite
- **Mortal Sin:** A mortal sin is the complete turning away from God and embracing something else in place. It's deadly to the life of grace, because it insults the honor of God and injures the soul of the sinner. Three conditions are necessary for mortal sin to exist.
 1. **Grave Matter:** The act itself is intrinsically evil and immoral. Ex: murder, rape, worshipping false idols, etc. (breaking the 10 commandments/ 7 deadly sins).
 2. **Full Knowledge:** The person must know that what they're doing or planning to do is evil and immoral.
 3. **Deliberate Consent:** The person must freely choose to commit the act or plan to do it. Someone forced against their will does NOT commit a mortal sin.

The Ten Commandments

1. I am the LORD thy God. Thou shalt have no strange gods before Me.
2. Thou shalt not take the name of the LORD thy God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

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.

1. **Lust**—an excessive desire to own or have something.
2. **Gluttony**—excessive overconsumption of edibles and alcohol.
3. **Greed**—uncontrolled desire to gain material things.
4. **Sloth**—inability to perform certain religious tasks due to laziness.
5. **Envy**—desire to have something that belongs to another person.
6. **Wrath/Anger**—excessive hostility toward other people.
7. **Pride**—All sins are a manifestation of pride. Those who are proud have an excessive view and love of self. They often view other people as less important and attribute their achievement to efforts of self and not God.

It is important to know and understand the Ten Commandments and the Seven Deadly sins in order to live a life that is pleasing to God and to know when we have strayed away from Him. He is constantly calling us back, and through the Sacrament of Reconciliation (Confession) we are forgiven for our sins and we reconcile with God and the Church.

Beatitudes

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.
(Those who humbly recognize their need for God)
- Blessed are the meek: for they shall possess the land.
(Those who submit to God's authority and make Him Lord)
- Blessed are they who mourn: for they shall be comforted.
(Those who mourn for their sins)
- Blessed are they that hunger and thirst after righteousness: for they shall have their fill.
(Those who passionately long for Christ)
- Blessed are the merciful: for they shall obtain mercy.
(Those who show mercy through forgiveness, kindness, and compassion)
- Blessed are the clean of heart: for they shall see God.
(Those who have been purified from the inside out, those who are clean and holy)

- Blessed are the peacemakers: for they shall be called the children of God.
(Those who have been reconciled to God through Jesus Christ and bring this same message of reconciliation to others. All who have peace with God are his children)
- Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.
(Those daring enough to openly live for Christ and suffer persecution)

The Beatitudes are "blessed sayings" that come from the opening verses of the famous Sermon on the Mount delivered by Jesus Christ and recorded in Matthew 5:3-12. Here Jesus stated several blessings, each beginning with the phrase, "Blessed are ..." Each saying speaks of a blessing or "divine favor" that will be bestowed on the person who possesses a certain character quality.

The Seven Sacraments

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Marriage
6. Holy Orders
7. Anointing of the Sick

The Gifts of the Holy Spirit

1. Wisdom—helps us judge what is important, meaningful, purposeful, etc.
2. Understanding—understanding higher truths esp. those necessary for eternal salvation
3. Knowledge—helps us to know God
4. Fortitude—courage and endurance
5. Council—helps us know the difference between right and wrong
6. Piety—proper reverence for God, obeying God out of love
7. Fear of the Lord—proper disdain for sin and awe of God's goodness and love

The Fruits of the Spirit

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control
10. Generosity

The 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. The three most important virtues are called theological virtues because they come from God and lead to God. The cardinal virtues are human virtues, acquired by education and good actions.

The Theological Virtues

The theological virtues are gifts from God that help lead us to God when practiced.

1. Faith—we believe in God and believe in all He has said and revealed to us
2. Hope—we desire the Kingdom of Heaven and eternal life and know that we can only get there through the grace of God
3. Love/Charity-- we love God above all things for his own sake, and our neighbor as ourselves for love of God

The Cardinal Virtues

There cardinal virtues are the four principle moral virtues, they represent the foundation of natural morality.

1. Prudence-- allows us to judge correctly what is right and what is wrong in any given situation.
2. Justice--the constant and permanent determination to give everyone his or her rightful due.
3. Fortitude-- allows us to overcome fear and to remain steady in our will in the face of obstacles, but it is always reasoned and reasonable.
4. Temperance-- the restraint of our desires or passions; attempts to keep us from excess (usually food, drink, and sex).

The Corporal Works of Mercy

The corporal works of mercy are charitable actions by which we come to the aid of our neighbor in his necessities.

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