



# CONFIRMATION

GUIDELINES AND RESOURCES

## INTRODUCTION

THE CHURCH BY HER VERY NATURE IS MISSIONARY. HER MEMBERS ARE CALLED TO GO OUT AND BRING INTO THE CHURCH THOSE WHO ARE LOST “LIKE SHEEP WITHOUT A SHEPHERD” (MT. 9:36). HOWEVER, SUCH A MISSION IS NOT POSSIBLE IF THERE IS NOT, FIRST AND FOREMOST, A CULTURE OF DISCIPLESHIP. “THE CHURCH IN OUR ARCHDIOCESE MUST BECOME A PLACE WHERE THE PATH OF CONVERSION AND DISCIPLESHIP IS CLEARLY MARKED AND EASY TO ACCESS. WE NEED TO ENSURE THAT OUR PARISHES AND SCHOOLS ARE PLACES WHOSE PRIMARY TASK IS TO FOSTER AN ENCOUNTER WITH CHRIST AND ASSIST ALL TO NAVIGATE THE PATH OF DISCIPLESHIP” (ARCHBISHOP COAKLEY, *GO MAKE DISCIPLES*, 2019).

CONFIRMATION AND ITS IMMEDIATE PREPARATION, IF THEIR PURPOSE IS TO BE TRULY UNDERSTOOD, MUST BE VIEWED IN THE CONTEXT OF AUTHENTIC MISSIONARY DISCIPLESHIP. PREPARATION FOR CONFIRMATION, AS FOR ALL THE SACRAMENTS, PROVIDES AN INTENTIONAL SPACE AND TIME FOR AUTHENTIC DISCIPLES TO BE BORN. SUCH RIPE CONDITIONS, LIKE SOIL, MUST BE CULTIVATED TO BEAR THE FRUIT WHICH GOD DESIRES!

IN THIS DOCUMENT, THE ARCHDIOCESE SEEKS TO PROVIDE THE NECESSARY GUIDANCE FOR CULTIVATING A CULTURE OF DISCIPLESHIP THROUGH THE CONFIRMATION PREPARATION PROCESS THAT WILL CONTRIBUTE TO RAISING UP LIFELONG MISSIONARY DISCIPLES. IT IS NOT UP TO THE CANDIDATES AND PARISH LEADERS ALONE TO DO THIS; INTIMATE INVOLVEMENT ON THE PART OF THEIR FAMILIES, ESPECIALLY THEIR PARENTS, AND THE LARGER PARISH COMMUNITY IS NECESSARY.

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# C O N F I R M A T I O N



It has become commonplace to view the Sacrament of Confirmation as a choice to become an adult in the Church. This is far from the truth.

Instead, “as a sacrament, God offers Confirmation as a free gift that is actually more about God confirming ‘us’ as his children, not us confirming our faith in God” (Archbishop Coakley).

In Confirmation, God freely pours out His graces upon the baptized as part of his love and desire for communion with us. “The baptized become perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence, they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed” (CCC 1285).

Viewed in this proper lens, Confirmation is all the more necessary for all baptized Catholics. Not only is it the completion of baptismal grace, but it also provides those necessary additional graces that make authentic missionary discipleship possible.

Receiving Confirmation, then, has a powerful impact upon one’s discipleship and the missionary efforts of the Church.

At our Baptism we are born into God's family.  
By our Confirmation we are part of His mission to make disciples.

# IN SCRIPTURE...



## Matthew 3:11, 16-17

I am baptizing you with water, for repentance, but the one who is coming after me is mightier than I. I am not worthy to carry his sandals. He will baptize you with the holy Spirit and fire.

*After Jesus was baptized, he came up from the water and behold, the heavens were opened, and he saw the Spirit of God descending like a dove and coming upon him.*

And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased."

## Acts 1:4-5

While meeting with them, he enjoined them not to depart from Jerusalem, but to wait for "the promise of the Father\* about which you have heard me speak; *for John baptized with water, but in a few days you will be baptized with the holy Spirit.*"

## Acts 2:1-4

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.

## Acts 8:14-19

Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, *who went down and prayed for them, that they might receive the holy Spirit, for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus.*

*Then they laid hands on them and they received the holy Spirit.*

When Simon saw that the Spirit was conferred by the laying on of the apostles' hands, he offered them money and said, "Give me this power too, so that anyone upon whom I lay my hands may receive the holy Spirit." But Peter said to him, "May your money perish with you, because you thought that you could buy the gift of God with money."

# LITURGY PLANNING



## LITURGY PLANNING CONSIDERATIONS

- Please note to present the Confirmandi group as a whole. No need to present each candidate by name.
- Provide nametags for the Confirmandi with the Confirmation name clearly printed. Nametags should be worn on the outside of the red robes, easily visible for the Archbishop to read as he seals them in the Holy Spirit.
- The line to receive Confirmation should be similar to a communion line to keep the flow of candidates moving. As soon as one student receives Confirmation, the next student and sponsor should be only a couple of feet behind and ready to step up immediately when it is his or her turn.

## DRESS FOR LITURGY

Each parish will provide the students (Confirmandi) with a red robe to wear at the Mass of Confirmation. However, every student, parent, and sponsor should also wear clothing appropriate for Mass (i.e. modest dresses, slacks, collared shirts, no jeans or tennis shoes)

## MUSIC FOR LITURGY

For the Liturgy, please ensure the music is Liturgically appropriate. Please see this document for evaluation of lyrics by the USCCB: Catholic Hymnody at the Service of the Church: An Aid for Evaluating Hymn Lyrics <https://www.usccb.org/resources/catholic-hymnody-service-church-aid-evaluating-hymn-lyrics>

## CONFIRMATION MASS SCHEDULING

- Archbishop Coakley is the primary minister of Confirmation in our Archdiocese.
- Your parish will need to submit three potential dates for your Confirmation Mass by filling out the Microsoft online form located on the website [archokc.org/confirmation](http://archokc.org/confirmation). Archbishop Coakley's Executive Assistant, Rosemary Lewis, will receive all submissions. Please email questions to Rosemary at [rlewis@archokc.org](mailto:rlewis@archokc.org).
  - When submitting three potential dates for Confirmation, please ensure that at least one is a weeknight.
- Please submit a completed Liturgy Planning form located on the website [archokc.org/confirmation](http://archokc.org/confirmation) to Katie Murphree, [kmurphree@archokc.org](mailto:kmurphree@archokc.org) in the Office of Children's Evangelization and Discipleship no later than 7 working days prior to the scheduled confirmation date.
  - Archbishop Coakley will arrive 20-30 minutes before Mass. Please assign someone to assist him in parking and carrying his bags into the sacristy.
- If your parish has ten candidates or fewer, please select one of the following options:
  - Confirmation will take place at the parish every other year with Archbishop presiding (you will select a date for the following year)
  - Your parish will join with another parish and choose a date together (please make note of this on the scheduling sheet)
  - Your parish can sign up to receive Confirmation at the new Shrine of Blessed Stanley Rother on one of the dates provided on the scheduling sheet.
- If students from your parish are absent from the Confirmation Mass, they should attempt to join with a nearby parish so they can be confirmed by the Archbishop. Delegating the pastor to confirm them later should not be the default solution.

# PREPARATION

## REQUIREMENTS FOR RECEIVING CONFIRMATION

- Our Archdiocese Confirms Baptized persons in the 6th grade
- Must be formally prepared to receive the Sacrament
- Must have a desire to receive the Sacrament
- Must be sponsored by a practicing Catholic in Good Standing who is baptized and confirmed.

## PLANNING & PREPARATION

Preparation for Confirmation should take place in the context of a formal Confirmation program within the religion program of a Catholic school, parish religious education program, or a parish organized Family Faith Formation program. Preparation will usually take place within one school year. The various components are recommended in planning for preparation:

- The Pastor, Directors of Faith Formation, Catholic School Principals, and Coordinators of Youth Ministry should collaborate on the structural model and resources to be utilized in the parish for the preparation for Confirmation.
- Catechist will lead students, their families, and sponsors through the various elements that make up the Confirmation curriculum through regularly scheduled structured classes.
- Youth Ministry staff will assist in the programming for relational ministry, retreat, and encounter opportunities.
- Faith formation leaders, Catholic school leadership, and parish staff will assist in securing and maintaining Sacramental records, Liturgy planning, and helping coordinate the parent/sponsor meetings.

Sacramental preparation should be seen as a path of genuine formation that enables a true understanding of the graces received in the the Sacrament with an intention of actively taking that understanding into the world as missionary disciples and not just as a rite of passage with a checklist of requirements. All involved in preparing young people for Confirmation should discern with the question:

*How can we invite students into the transformative love of Christ and prepare them so that receiving the Sacrament will bear fruit in their lives?*

**PRAY TO THE HOLY SPIRIT \* LEARN FROM THE HOLY SPIRIT \* GO FORTH WITH THE HOLY SPIRIT**

# SACRAMENTAL PREP



## SESSIONS WITH SPONSORS/PARENTS

Throughout the year, sponsors and/or parents should attend the Confirmation-specific sessions with the Confirmandi. The goal is to help sponsors or parents and Confirmandi learn how to have conversations about the faith, and how to pray with and for each other.

These sessions should include:

- Welcoming
- Brief teaching
- Discussion between Confirmandi and Sponsors
- Prayer with Sponsors and Confirmandi

## RETREAT OPPORTUNITY

Retreats are important because they are an opportunity to step away from the busyness of daily life and listen to God. Retreats can vary in length from an afternoon, a school day, a Saturday, or a weekend.

They should particularly focus on "Encounter" which can be accomplished through:

- Prayer
- Witness/testimony of faith
- Mass
- Adoration
- Confession
- Quiet journaling
- Small Group Discussion

For ideas for games and icebreakers for large groups, retreats, and session with parents visit: <https://vermontcatholic.org/youth-ministry-religious-education-resources/games-icebreakers/>

## STUDENTS OLDER THAN 6TH GRADE

Situations may happen when minors will be unable to receive the Sacrament of Confirmation in 6th grade. These young people should be given an opportunity to prepare for Confirmation before they graduate high school.

This could be done in several ways:

- Have Confirmation preparation for 6th-8th graders for a couple of years as the Archdiocese's transition to 6th grade is solidified.
- Conduct separate sessions, one for middle school age and one for high school until all are caught up or as needed.
- Establish a Family Faith Confirmation Preparation Program that coaches students and parents monthly by a catechist with 2-3 subsequent lessons to be done at home the remaining portion of the month.

**IT IS IMPORTANT THAT AMPLE TIME FOR THE LEARNING PROCESS IS GIVEN AS WELL AS THE OPPORTUNITY TO PRACTICE WHAT IS LEARNED ABOUT THE VIRTUES THAT COMPRISE THE GIFTS OF THE SPIRIT. THIS IS OFTEN DONE WITH ACTIVITIES IN SERVICE TO FAMILY, FRIENDS, AND COMMUNITY.**

# CURRICULUM

## A PATH TO CONVERSION

God desires a relationship with each of his children. Through prayer and worship opportunities, structured intellectual content, authentic service experiences and discussions with peers, parents, sponsors, and catechists, a rich soil is cultivated for good seed to fall and take root. Knowledge and practice of the virtues will be infused with the sacramental gifts of the Holy Spirit. This grace points the way to God and sets the Confirmed on the path of conversion. Conversion leads to love of God which in turn leads to discipleship and a desire to evangelize.

The content for preparation for Confirmation should be centered in prayer and rich with experience. The following objectives should be included in the preparation program.

## 13 LESSON OBJECTIVES

1) Understand the basic tenets of Confirmation:

- It has its origin in Scripture,
- Outpouring of the Holy Spirit deepens and perfects baptismal grace,
- The confirmed are "sent" out for missionary discipleship.

2) Explore, compare and contrast, discuss the elements of sacred art that illustrate the beauty of the interpretation of scriptural references to the descent of the Holy Spirit upon the Virgin Mary and the apostles. (El Greco, Jean II Restout, and Jen Norton)



"PENTECOST" BY JEAN RESTOUT II (1692-1768)

3) Research and summarize the scriptural references for the signs and symbols of the Holy Spirit and the sacrament of confirmation. Dove, fire, wind, water, pillar of fire, anointing with oil.

(Matt. 3:16; Matt. 3:11; Acts 2:3; John 3:5; Exodus 3:2; Genesis 1:2; Acts 2:7; Exodus 16:10; Acts 10:38; John 2:20-27)

4) Salvation History: Identify and connect how scripture demonstrates the prefiguring or foreshadowing of signs and symbols of future sacraments recognizing the thread of God's desire that his people be a royal priesthood. through anointing, baptism and the outpouring of the Holy Spirit: Baptism/cleanse + Confirmation/strengthen. (Exodus 19:6 and 1 Peter 2:9)

5) Define and explain vocabulary associated with the salvation history of confirmation: Confirmation, Holy Spirit, abba, anoint, messiah, Pentecost, and royal priesthood.

6) Research and identify examples in salvation history when God or Jesus changed a name to demonstrate a covenant with the person. (Matthew 16:17-18) Research and choose a saint that inspires virtuous change.

# CURRICULUM

7) Internalize the meaning of the virtues that comprise the Gifts of the Holy Spirit. Understand how the cardinal virtues allow for other virtues to increase. Gifts of the Spirit: Wisdom, Understanding, Right Judgement/Counsel, Courage/strength, knowledge, wonder and awe/fear of the Lord.

8) Prepare heart and mind for the ritual elements of the sacrament of confirmation and its effects: tangible vs intangible, role of the minister, form and matter of the ceremony. Define and explain chrism, confirmand, consecrated, seal, holy water, and laying on of hands.

9) Identify and illustrate visually or verbally the metaphors for the effects of the Gifts of the Holy Spirit and the call to defend the faith: Armor of God, Breastplate of Righteousness, Shield of Faith, helmet of salvation, cloak of salvation, sword of the spirit, indelible seal. (Ephesians 6:11-17)

10) Recognize that sinful structures are comprised of personal and social sin and are opposed on the divine goodness. Racism, poverty, hunger, and pollution. (Acts 2:42-47)

11) Recognize the virtues that fight against vice: humility, temperance, charity, faithfulness, chastity, patients, and kindness.

12) Classify the Fruits of the Spirit with the accompanying Gifts of the spirit to recognize the virtue in self and others: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

13) Listen and evaluate sacred music associated with the Confirmation ceremony.

*For curriculum ideas, videos, and teaching resources visit:*

<https://www.archokc.org/confirmation-curriculum-and-resources>

THE FORERUNNERS OF CHRIST WITH SAINTS AND MARTYRS, 1423-24, FRA ANGELICO





# MINISTRY

Confirmation preparation should include participation in Catholic school religion classes, parish faith formation classes, family faith formation, or middle school or high school youth programs. This is an opportunity to help the students have an encounter with Jesus -- sparking a relationship with Him that will allow the Sacrament of Confirmation to bear fruit in their lives and grow as disciples. A ministry of discipleship includes the following components:

## Encounter

**Encounter** opportunities help students to encounter Jesus. They know He is real because they have experienced His love and mercy.

**It focuses on the question, "How do you experience God's existence?"**

**Ideas:** Mass, Adoration, retreat, testimonies, Confession, Lectio Divina, Prayer, Silence, Journaling, Pilgrimage, Service Projects

## Community

**Community** helps a student know that they are loved, they belong, and God has a purpose for their lives. They can build friendships with others who have the same values and can rely on in times of struggle.

**It focuses on imitating the lifestyle of the Apostles in Acts 2:42: to break bread together (Mass), devote themselves to the Apostle's teaching, pray, and fellowship.**

**Ideas:** Mass, Bible study, socials and team games, prayer, small discipleship groups, retreats, praying for one another

## Accompany

**Accompany** is one disciple helping to disciple another. This is a role of the sponsor, to pray for the students, help answer questions, etc.

**It focuses on the question, "What is the Lord doing in your life?"**

**Ideas:** Lectio Divina, teaching how to pray together, social events, assigning catechists to help mentor families/students, stay in contact with those who miss class

## Send

**Send** is the step of a disciple in which they feel they can confidently invite others into friendship with Jesus.

**It focuses on the command to, "Go and make disciples."**

**Ideas:** teach how to share their witness, welcome friends to ministry events, help to get involved in other parish ministries, service and mission projects

# ROLES

While not every parish has a staff member in charge of youth ministry or religious education, there are some responsibilities under each of these roles that are crucial to the Sacramental preparation of the Confirmandi. Please look over these roles, pray, and discern how to meet the needs of the parishioners with the available staff, volunteers, and resources of the parish.

## *The Pastor*

initiates the Confirmation program in his parish and delegates his staff and volunteers accordingly for implementation of preparation.

## *Faith Formation Program*

### **SUGGESTED ROLE OF THE DIRECTOR OF RELIGIOUS EDUCATION, RELIGIOUS EDUCATION CATECHIST, YOUTH PROGRAM CATECHIST, CATHOLIC SCHOOL PRINCIPAL, CATHOLIC SCHOOL TEACHER, FAMILY FAITH CATECHIST**

- Choose curriculum resources to be utilized and assist youth ministry leaders, catechists, teachers, parents, sponsors, and students in implementing the program effectively
- Coordinate the programming for Confirmation preparation including parent/sponsor sessions, retreats, curriculum or faith formation materials
- Assist in establishing parish guidelines/expectations of student preparation for Confirmation
- Include Confirmation candidates in religious education registration process
- Collaborate to establish methods of communication to invite and advertise ministry events and Confirmation preparation
- Provide opportunities for learning how to pray, teaching parents/sponsors how to pray with the candidate during retreats and encounter activities
- Collaborate to Plan/Organize retreat
- Provide discipleship opportunities based around encounter, accompany, community, and send throughout the year.
- Train adult volunteers as mentors/small group leaders for retreats and encounter activities
- Encourage participation in Mass and Confession
- Assist in Sacramental Record keeping
- Assist in acquiring the necessary documentation for candidates and sponsors (Baptismal certificates, etc)
- Coordinate Liturgy for the Confirmation Mass and submit liturgy form to Archdiocese
- Ensure the parish has enough red robes for candidates
- Build strong relational ministry with Confirmandi, check in on how they are doing, know their names !

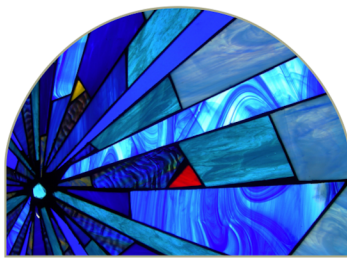
## *Confirmation Candidates*

### **EXPECTATIONS OF THE CANDIDATE**

Those to be confirmed must be willing to participate in the Confirmation Preparation process, consisting of study, fellowship, prayer and service. Their faith in God is evidenced through their participation in the sacramental life of the Church, with regular Mass attendance, living an active Christian life, and celebrate the Sacrament of Reconciliation during the preparation process. During the course of preparation, the expectations of the Candidate would be:

- Enter the journey with a willing heart and an open mind
- Commit oneself to consistent personal prayer throughout the journey
- Regular participation and attendance at sessions and religious formation classes offered by the parish or school (Excused absences would require completion of any missed work)
- Fully participate in any community service activities offered by the parish or school as part of the process
- Participate in a Confirmation retreat
- Engage with the parish or school community of other candidates on the same journey
- Maintain an open and honest relationship with one's parent(s) and sponsor

# ROLES



The parent is the primary catechist of their children. The parish cannot take the place of the faith formation practiced in the home. This at-home preparation is referred to as *remote preparation* and involves all of the formation begun from Baptism, through the life of the child, and through the family practice of the faith. *Proximate preparation* is the preparation received at home, school, and at the parish through specific instruction in the faith throughout the child's life and Sacramental formation. *Immediate preparation* includes the Confirmation-specific instruction received in order to specifically prepare to receive Confirmation. All of these forms of preparation must be taken into consideration in the child's path to the Sacrament and should involve the parents. Ministry staff should try to see themselves as partners with the parents, helping the students prepare for the Sacrament. The parish should focus on helping parents pass down the faith to their children, making this path to Confirmation one in which the whole family can walk this journey of faith.

## Sponsors

### SUGGESTED IDEAS TO ENGAGE SPONSORS

- NOTE: SPONSOR MUST BE BAPTIZED, CONFIRMED, AND PRACTICING CATHOLIC IN GOOD STANDING
- Provide specific conversation prompts at all Confirmation preparation session for sponsor and Confirmandi to dialogue about the faith
- Teach Confirmation sponsors how to share their witness. A simple formula is:  
What was my life like before I knew Jesus?  
How did I encounter Jesus? How is my life different now? OR How do you personally know God is real? How have you heard His voice or seen evidence of Him in your life?
- Encourage using multiple modalities to communicate with sponsors, especially for those who live out of town: Zoom, Text, Email, Card writing exchange, etc.
- Invite them to participate in a Confirmation retreat
- Remind sponsors to pray for their candidate regularly
- Invite them after Confirmation to continue to pray for the candidate - that the Holy Spirit will bear fruit in their lives.

## Parents

### SUGGESTED IDEAS TO SUPPORT PARENTS

- Provide faith formation or small discipleship group opportunities to the parents while students receive formation
- Invite parents to the Confirmation retreat
- Have a donuts/coffee for Confirmation candidates event after Mass to encourage families to attend Mass together
- Provide them with resources to address the practical struggles raising adolescents/teens such as how to limit technology usage, deal with social media pressure, mental health support, and resources to help students fight addiction to drugs, porn, or alcohol.
- Teach them how to talk about the faith with their child and to share their own witness. A simple formula is:  
What was my life like before I knew Jesus?  
How did I encounter Jesus? How is my life different now? OR How do you personally know God is real? How have you heard His voice or seen evidence of Him in your life?
- Teach parents to walk through the doubts of their kids by inviting Jesus to reveal Himself to them
- Encourage parents to pray for their children daily

# PRAYERS

"God calls man first. Man may forget his Creator or hide from his face; he may run after idols or accuse the deity of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer." -CCC 2567



## CATHOLIC PRAYERS CONFIRMATION CANDIDATES SHOULD KNOW

### Apostles' 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;  
on the third day he rose again from the dead;  
he ascended into heaven, and is seated  
at the right hand of God the Father almighty;  
from there he will 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

### 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

### 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.

### Hail Mary

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

### Hail, Holy Queen (Salve Regina)

Hail, Holy Queen, Mother of mercy,  
our life, our sweetness, and our hope.  
To thee do we cry,  
poor banished children of Eve;  
to thee do we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
thine eye of mercy towards us,  
and after this, our exile,  
show unto us the blessed fruit  
of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.  
*Pray for us, O Holy Mother of God . . .*  
That we may be made worthy of  
the promises of Christ. Amen.

### Act of Contrition

My God,  
I am sorry for my sins with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In his name, my God, have mercy. Amen.

# PRAYERS



## Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen.

## How to Pray the Rosary

*Begin by praying the Apostles' Creed (on the crucifix), and Our Father (on the first bead), three Hail Marys (on the first set of three beads), and a Glory Be (on the space).*

*Next, pray the five decades, each comprised of an Our Father, ten Hail Marys, and a Glory Be. Each decade is assigned a particular mystery on which to reflect (see "Mysteries of the Rosary" immediately following).*

*Conclude by praying the Hail, Holy Queen and the following prayer:*

O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

## Mysteries of the Rosary

### *The Joyful Mysteries*

(traditionally prayed on Mondays and Saturdays)

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- The Finding of Jesus in the Temple

### *The Sorrowful Mysteries*

(traditionally prayed on Tuesdays and Fridays)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

### *The Glorious Mysteries*

(traditionally prayed on Wednesdays and Sundays)

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption of Mary
- The Coronation of Mary

### *The Luminous Mysteries*

(traditionally prayed on Thursdays)

- The Baptism of Jesus
- The Wedding at Cana
- The Proclamation of the Kingdom
- The Transfiguration
- The Institution of the Eucharist

## The Divine Mercy Chaplet

Using a rosary, begin with the Sign of the Cross, one Our Father, one Hail Mary, and the Apostles' Creed

*On each Our Father bead, pray:* Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

*On each Hail Mary bead, pray:* For the sake of his sorrowful passion, have mercy on us and on the whole world.

*Repeat above prayers on each decade.*

*End by praying three times:* Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

# RESOURCES

- For curriculum ideas, videos, and teaching resources visit: <https://www.archokc.org/confirmation-curriculum-and-resources>
- For access to the Virtues in Practice program visit: <https://www.nashvilledominican.org/apostolate/evangelization-and-catechesis/virtues-in-practice/>
- For Confirmation specific content resources visit: <https://www.archokc.org/confirmation-leaders>
- For ideas for games and icebreakers for large groups, retreats, and session with parents visit: <https://vermontcatholic.org/youth-ministry-religious-education-resources/games-icebreakers/>
- For the Confirmation Liturgy Form and Guidelines for Preparation for Confirmation visit: <https://www.archokc.org/confirmation>

