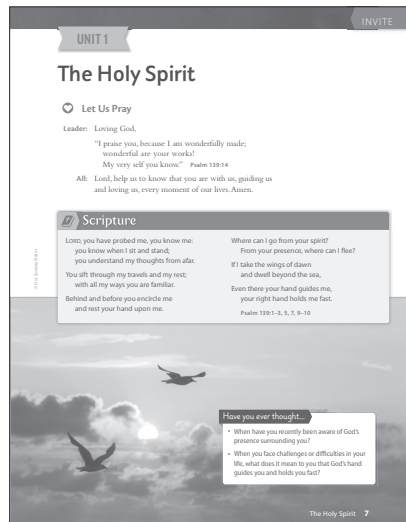


Candidate Book Features

The book for youth contains four units, each 10 pages in length, and other important material to prepare for and reflect on the Sacrament of Confirmation.

Opening Material

The front of each Candidate Book offers spiritual guidance and encouragement in a welcome note from OSV. A prayer to the Holy Spirit and a reflection page for the candidate will help in living out the journey of discipleship.



Units

Each of the four units opens and closes with prayer. A scripture reflection process invites youth to discern God's voice and presence in their lives before beginning an exploration of unit themes. Activities and features help youth engage with the material, including unit reviews and study of a specific Saint whose life exemplifies the lesson.

Sacramental Resources at the Back of the Book

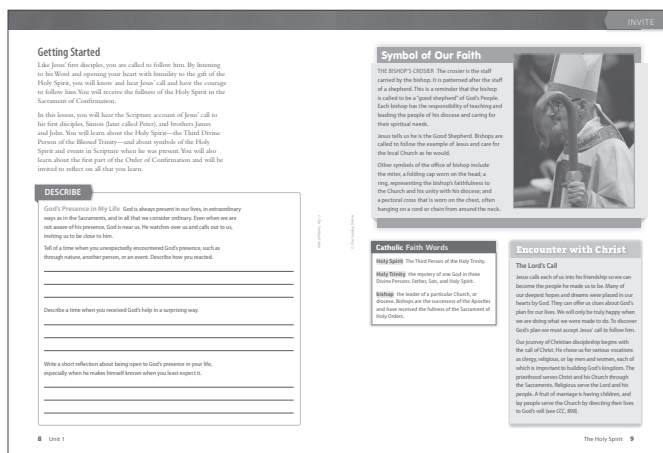
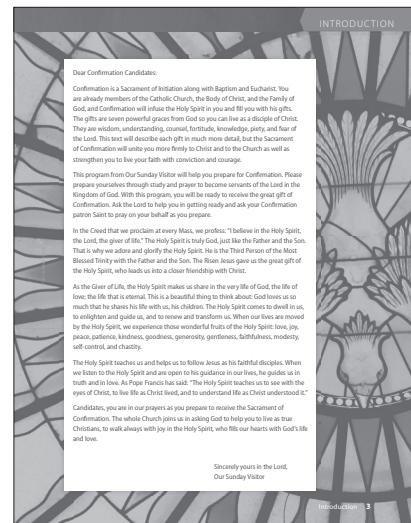
The Rite of Confirmation and celebrating the Sacrament are covered as well as information on the Rite of Reconciliation, an examination of conscience, information on Baptism and vocations, and a page on Catholic moral teaching. Catholic prayers and practices complete this resource section.

Unit Structure Each unit opens with prayer and Scripture as well as a feature titled, *Have you ever thought*, which helps the candidates connect God's Word with key themes of the unit.

The **Invite** section also gets youth started with an introduction and creative activity.

Youth then transition unit themes with the following recurring features:

- Symbol of Our Faith
- Catholic Faith Words
- Encounter with Christ



In the **Discover** section, candidates will delve into the key teachings and spiritual practices related to the preparation for and celebration of Confirmation. The Go to the Source features send youth directly to the Bible for reading and reflection or discussion.

The Holy Spirit in the History of God's People

Second Scripture says that the Holy Spirit was present at Creation. The Book of Genesis describes the Holy Spirit as a "mighty wind," using the Hebrew word *ruach*, which means the "breath of God." The Book of Isaiah describes a coming king, a Messiah, or anointed one, whom the Holy Spirit would come down upon. But a shout shall proceed from the stump of Jesse, and from his root a bud shall blossom. The spirit of the Lord shall rest upon him, a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord.

Isaiah 11:1-5a

We understand this passage to be referring to Jesus Christ. We also see the Holy Spirit working in the lives of holy people. He is present in Mary, Jesus' Mother, preparing her to be the Mother of God (see CCC, 721-723).

The Holy Spirit inspired the sacred Word of God in the Bible. He guided through the prophet of the Old Testament, such as Elijah and Isaiah. They spoke the word of God to the people and proclaimed the coming of Jesus. John the Baptist prepared the way of the prophet by preaching to the people just before the beginning of Jesus' ministry, preparing them for his message (see CCC, 717-720).

Go to the Source
Read Matthew 3:13-17
Explore how what is described in this Gospel passage is connected to the passage from Isaiah above. Share your thoughts with a classmate.

The Prophet Isaiah describes a shoot growing from the stump of Jesse, referring to Jesus, the Christ, who came to save all who sin.

Symbols of the Holy Spirit

The Catechism of the Catholic Church describes the symbols of the Holy Spirit (see CCC, 684-701).

Symbol	Meaning
Fire	At his baptism, the Holy Spirit descended upon Jesus in the form of a dove. This is why the dove is often a symbol of the Holy Spirit in Christian art.
Water	Water symbolizes the action of the Holy Spirit in Baptism. It is a sign of new birth and the "living water" we receive in Jesus Christ.
Anointing	Anointing with oil is a sign of the Holy Spirit. It symbolizes and bestows God's grace for a special purpose. The Holy Spirit brings the power of God to follow the call.
Wind	Wind symbolizes the energy and power of the Holy Spirit.
Cloud and sunlight	Bible passages depict God's glory in the form of a cloud of light—for example, on Mount Sinai, where Moses received the Ten Commandments. Cloud and light are also used to describe the Holy Spirit. When the heavens are torn away by the Spirit of God, the Holy Spirit is the light of the world, the light of the world, the light of the world.
The seal	Anointing with the Holy Spirit imparts a "seal" or "indelible character" on those who receive him.
The hand	Healing takes place through the hands, but even more importantly, the Holy Spirit is given through the imposition of hands in the Sacraments.

The Spirit Helps Us Hear God's Call

The Spirit is still active in the hearts of Christians today. He helps us to hear Jesus' call in our lives. Jesus calls us through Sacred Scripture, which is why it is so important to regularly read, study, and pray with it. We can make time each day to read Scripture and look for opportunities for Catholic Bible studies. Jesus also calls us through Church teaching. He may also call us through prayer and reflection, significant people, opportunities, talents, and experiences.

The Holy Spirit strengthens and supports our calling from Jesus by making us better able to understand and obey God's guidance. In order to respond to God's call, we must work guidance from the Holy Spirit through

Scripture and prayer, and through others and our experiences.

Confirmation completes the grace of Baptism. These graces give us a glimpse into one of the most mysterious truths of our faith—though the Sacraments are an inward into the very life of God, God our Father is our source of all blessing. The grace of the call that "contains all gifts, the Holy Spirit" (CCC, 1862). When we participate in these Sacraments, we receive this call to all gifts. All of the Sacraments enable us to go on in the Holy Spirit (see CCC, 788). Baptism has made our bodies temples of the Holy Spirit (see CCC, 1674).

When reading the Bible he says to ask yourself: How is Jesus calling you today?

Jesus Calls the First Disciples

The Gospel according to Luke tells us that there were crowds of people "pressing in" on Jesus while he was teaching. Many people deeply wanted to hear his message and to be with him. We find that Jesus called people from the most ordinary walks of life to be his disciples, his followers.

Today, Jesus invites us to answer his call by following the example and teaching. Jesus once called fishermen as they worked, and he continues to call each of us in our own individual lives to come and follow him.

Luke's Gospel tells the account of Jesus teaching a crowd while standing by a lake called Gennesaret. He was now alone alongside the lake with fishermen working nearby washing their nets.

The people were pushing closer to Jesus, so he chose into one of the boats that belonged to a man named Simon. He asks Simon to push out a little ways from the shore. There Jesus sits down and continues teaching the crowd from the boat. When Jesus finishes teaching, something extraordinary occurs.

Imagine

Imagine you are one of the fishermen with Peter in this account. What would you think about Jesus' request that you go to catch some fish, even though you had caught none at all?

How would you react when your nets came up overflowing with fish?

What would make you leave your boats and nets and follow Jesus?

Jesus' Call and the Holy Spirit

Jesus promises to send the Holy Spirit to help us answer his call. In John 14:16-17, he tells his followers that he will ask God the Father to send an Advocate—the Spirit of Truth. As you prepare for the Sacrament of Confirmation, you will learn more about what the Spirit of Truth is, and what you can expect when you receive him.

Our Trinitarian Faith
We believe in One God in three Divine Persons—Father, Son, and Holy Spirit. We call this mystery the **Holy Trinity**. This central truth is the foundation of our faith as Christians.

We are, perhaps, most familiar with the Second Person of the Trinity—Jesus Christ, God the Son. This is because God the Son became human and lived among us. Jesus is our God and our savior. The Gospel gives us many different accounts about what Jesus said and did while he was on earth. In the Bible, we also read many passages about God the Father. Jesus talks about him often, and the Old Testament stories show him guiding us and working in the lives of various people.

But who is the Holy Spirit? Of the three Divine Persons in the Holy Trinity, many people feel like they know the least about the Holy Spirit. It is the Holy Spirit, however, who is sent "by the Father in the name of the Son, and by the Son in person" (CCC, 284).

Celebrating the Sacrament
The Sacrament of Confirmation, during Confirmation within Mass and just before the baptism, the candidates are asked (often by name) to stand in front of the bishop, who is the leader of the diocese and successor to the Apostle. This is a sign that God has called each of the candidates to the Sacrament and that they intend to follow his call.

We believe in the Holy Trinity: the One God in three Divine Persons.

Charts and graphic organizers will help candidates visualize material such as the Gifts and Fruits of the Holy Spirit. The Discover section also highlights a specific part or step of the Rite of Confirmation in the Celebrating the Sacrament feature.

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The Grace to Guide Us

The Scripture account of Jesus' call of the first disciples with us that "they left everything and followed him" (Luke 9:1). Like the first disciples, our lives change as we grow closer to God and follow Jesus' example. You can be his follower in many ways in your daily life, especially through prayer and your vocation. The seven Gifts of the Holy Spirit that you will receive in the Sacrament of Confirmation will help you answer God's call to be a disciple. So how can you be a disciple of Jesus in everyday ways? You are probably doing this already. Here are some ideas.

Follow Christ

Discernment	Seek God's will to obtain true joy for your life. This will help with all the decisions—big and small ones—you make each day. Remember that your family, catechists, sponsors, and your pastor and the Church community can help guide you.
Inte	Bring others to Christ through your words and actions.
Sacred Scriptures	Saint Jerome said, "Ignorance of Scripture is ignorance of Christ." Get to know Jesus by reading from the Bible and reflecting on God's Word. The Gospels are our primary source for the life and teachings of Jesus, and, like the Bible, the Word of God leads us and guides our Christian life (see CCC, 141).
Commitment	In your relationships with him, you need to be "all in," giving the relationship the care and attention it needs to flourish.
Invitation	Sometimes being a good disciple is not easy, but we don't do it alone. Our Church family supports us. Ask Mary and the Saints to intercede, or speak to God, on your behalf.
Prayer	Make time to listen and talk with God to prepare every day. Ask Jesus to help you grow in holiness. Participate in Mass every Saturday evening or Sunday. Spend time in Adoration before the Blessed Sacrament.
Love	To be a good disciple, do everything with love—love for God, love for others, and love for yourself. This will build a relationship and honest honesty of life, and our most.
Eucharist	The Eucharist unites us with Christ and one another. It is especially on Sundays, Holy Days of Obligation, and in the Sacrament of Confirmation.
Servant	If you are aware in your desire to be Jesus' follower, you are right path even in the face of challenges.
Holy Spirit	The Holy Spirit is your Advocate and Helper. Open your heart to the Holy Spirit and let him be active in your heart.
Prayer	Give praise and gratitude to God, whose love for you is a source of thanksgiving for the gift of baptism that made of the Holy Spirit, so in the Spirit we are in, we praise to God, especially as we worship him in the Mass.

LIVE

People of Faith

Saint Clare of Assisi, 1194-1253
Saint Clare was born in Assisi, Italy. When she was 17 years old, she heard a sermon by Saint Francis, who also lived in Assisi. She was inspired by his words and felt God's call to be a religious sister. She founded the Poor Clares, a religious order of nuns who live by a rule of absolute poverty. Clare's sister, Saint Agnes, joined her. The sisters lived a life of poverty and modesty. Clare had a great devotion to the Eucharist, and she often joined with her nuns in prayer. Many miracles are attributed to her, including saving the city of Assisi from the army of Emperor Frederick II. Her feast day is August 11.

Taking the Message Home

Living as a Catholic begins with a loving relationship with God made possible through Jesus' example and the guidance of the Holy Spirit, who lives in us. As we grow in that relationship, we become more aware of our need to love each other as God loves us. That means a Catholic's faith must be alive and active in the world. The Holy Spirit prepares us through the Sacrament of Confirmation for all that God is calling us to do.

Look for opportunities this week to teach the Good News through your words and actions at school, in the home, in your parish, and on social media. A occasional life of prayer and engaging in the Sacraments will develop a longing to grow closer to Christ and help us persevere in obeying God's will.

UNIT SUMMARY

Here are the highlights of what you've learned in this unit:

- God made each one of us, and his love for us is infinite.
- Just as Jesus called his first disciples, he calls each of us to follow him in our vocations.
- Jesus promised his followers that he would send God the Father to send an Advocate—the Holy Spirit.
- The mystery of the Holy Trinity—one God in three Divine Persons—is the central truth of our faith.
- In baptized Christians, the Holy Spirit dwells in our hearts.
- Sacred Scripture tells us that the Holy Spirit, a "mighty wind," was present at Creation.
- The Holy Spirit works in the lives of holy people. We use the Holy Spirit to work in the life of Mary, Jesus' Mother.
- The Holy Spirit is represented by a number of symbols, such as a dove, mistle, fire, clouds, and light. Many of these symbols have origins in Sacred Scripture.
- In the Order of Confirmation, the candidates are called to stand in front of the bishop. This is a sign that God has called them to the Sacrament and that they must accept the call to follow him.
- In baptized Christians, the Holy Spirit dwells in our hearts.
- Sacred Scripture tells us that the Holy Spirit, a "mighty wind," was present at Creation.

On the final page of each unit, a Person of Faith accompanies each unit and exemplifies the kind of life a disciple of Christ would lead. Candidates will also have a project or activity that involves taking the lesson home and putting their knowledge into practice. A Unit Summary helps the candidates retain the most important aspects of the lesson.

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