

### Transformed by the Holy Spirit

We are most familiar with an epiclesis from the Eucharistic Prayer. Prior to the words of consecration, the priest extends his hands over the bread and wine and prays:

Therefore, O Lord, we humbly implore you:  
by the same Spirit graciously make holy  
these gifts we have brought to you for consecration,  
that they may become the Body and Blood  
of your Son our Lord Jesus Christ,  
at whose command we celebrate these mysteries.

EUCCHARISTIC PRAYER III

The hushed prayerfulness of the epiclesis is a very solemn moment in the Eucharistic liturgy. Then the priest takes the bread and wine and speaks the words of institution, or words of consecration, spoken by Jesus at the Last Supper. Through the power of the Holy Spirit and words of the priest, the bread and wine become the Body and Blood of Christ.

At your Confirmation the bishop and the priest celebrating with him will extend their hands over you and the other candidates as they pray that you might be strengthened with the seven Gifts of the Holy Spirit. As the bishop extends his hands over you and prays the epiclesis at your Confirmation, a moment of great solemnity has arrived. The Church prays that through the power of the Holy Spirit your life in Christ will be a living sacrifice to God, that you will be transformed more deeply into the image of Christ, that you will grow in love for the Church, and that you will participate in the Church's mission through the witness and service of love.

*What happens during the epiclesis in the rite of Confirmation?*

### LITURGY LINK

There is a second epiclesis prayed during the celebration of the Eucharist. It occurs when the priest asks the Holy Spirit to transform the faithful who are assembled so that they may become one with Christ.



### lifelinks

*Work in small groups to look up and read these passages from the Old Testament: Ezekiel 36:22-28, Ezekiel 37:1-14, and Joel 3:1-5. As you read each passage imagine the prophet is speaking to you. Describe how reading these passages helps you prepare for Confirmation.*

---



---



---

45

## Background: Doctrine

**Full, Conscious, and Active.** The Church calls for the full, conscious, and active participation of all the faithful in the liturgy. It is the Holy Spirit who empowers each properly disposed individual to enter fully into the liturgy. The Catholic Church teaches that "When the Spirit encounters in us the response of faith which he has aroused in us, he brings about genuine cooperation" (*Catechism of the Catholic Church* 1091).

## Apply

### REINFORCE

- Invite the young people to read the four key roles the Holy Spirit plays in the liturgy on page 44 that are identified by the Church. Then ask volunteers to explain them in their own words and give examples based on what they have learned.

**Affirm appropriate responses.**

- Summarize the "Liturgy Link" feature for the young people, emphasizing the transformation of the assembly that is prayed for during the second epiclesis prayer. Encourage the candidates to listen for this epiclesis the next time they participate in the celebration of Mass.

**Optional:** You may wish to use the "Transforming the World" activity on page 103 of this guide as an alternative to the above activity.

- Have the candidates silently reread the "Doctrine Focus" question on page 44. Invite responses. **The Holy Spirit transforms the community and unites it with Christ.**

### INTEGRATE

- Invite the candidates to form small groups and complete the "Life Links" activity.
- Ask for volunteers to share their answers from the activity.
- You may wish to conserve time by dividing the candidates into three groups. Have each group reflect on one of the Scripture passages listed. Then invite each group to briefly present their discoveries to everyone.



Sometime around the year 350, Saint Cyril in a series of sermons talked about the meaning of the ceremonies that the neophytes, or those newly initiated into the Church, had experienced at their Baptism, Confirmation,

and First Eucharist during the Easter Vigil. Saint Cyril described the meaning of the Sign of Peace, then referred to as the Kiss of Peace, which was received right after the anointing with oil as it is today. Cyril wrote:

This kiss unites souls, it requires that we forget all grudges. This is why Christ said: "If you are presenting your gift at the altar, and there you remember that your brother has a grievance against you, leave your offering there before the altar, and go first to be reconciled to your brother, then return and present your offering" (Matthew 5:23–24). The kiss, then, is an act of reconciliation. That is why it is holy, as blessed Paul proclaims it to be when he says, "Greet one another with a holy kiss" (1 Corinthians 16:20).

MYSTAGOGICAL CATECHESIS 23, 3

**What did Cyril want the new Christians to understand about the meaning of the Sign, or Kiss, of Peace?**

**Affirm appropriate responses.**

LITURGY LINK

The rite of Confirmation is very specific in its direction that immediately after the candidate has been anointed, the bishop is to say, "Peace be with you," and the newly confirmed person is to respond, "And also with you." The Latin text of the newly confirmed person's response is literally "And with your spirit" (27).

Apply

REINFORCE

- Ask a volunteer to read the term *Sign of Peace* and its definition in "Faith Vocabulary" on page 70 to the group.
- Have the candidates look at the images on pages 70 and 71. Then have a volunteer describe the connection between what is depicted in the stained glass and in the photo.
- Summarize the "Liturgy Link" feature to help the candidates reinforce their understanding of the bishop's offering of peace at Confirmation.
- Reread the "Ritual Focus" question on page 70 to the candidates and ask volunteers to respond. **It signifies the union of souls and the forgiveness of all wrongs.**

INTEGRATE

- Read the directions to the "Life Links" activity. Allow the young people some time to reflect and write down their decisions or steps.
- Reread Matthew 5:23–24 then encourage the candidates to follow through with their decisions or steps before they are confirmed.

lifelinks

Think about your relationships with your family, friends, and others. Who might you need to be reconciled with, or make peace with, before your Confirmation? What steps might you take to make this possible?

**Affirm appropriate responses.**

---



---



---

71

Background: Liturgy

**Community Unity.** The celebrant's words inviting the assembly to exchange a sign of peace during Mass immediately following the Lord's Prayer provide an insight into God's peace and how we are to live as the Body of Christ. The celebrant concludes the prayer just before inviting the assembly to exchange a sign of peace with the words, "graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever." He then shares that peace with the assembly, saying, "The peace of the Lord be with you always." The assembly then shares that peace with the celebrant, saying "And with your spirit." The celebrant or deacon then invites the members of the assembly to share that peace among themselves, saying, "Let us offer each other the sign of peace." Receiving God's peace is directly connected to our unity as a community of the faithful. Exchanging the sign of peace is an important gesture toward this goal.

## Teach

### FOCUS

Have the candidates silently read the “Doctrine Focus” question. Ask the young people to think about how they might answer it. Have the candidates look at the photo on page 80, and tell them that these two pages will explore God’s offering us a life-changing encounter through the Eucharist and our role in responding to that invitation.

### DISCOVER

- Ask the candidates to describe the role food plays in the celebration of major holidays and events.
- Point out that, in the Bible, a person’s life-changing encounter with God often occurs in the context of a meal. Then have a volunteer read aloud the opening paragraph, including the reading of Luke 24:29–31 from a Bible.
- Invite the young people to gather into groups of four.
- Invite a volunteer to read aloud the definition of *sacrifice* in “Faith Vocabulary.”
- Ask each group to silently read “Eucharist: Life-Changing Encounter” and “One Mind and Heart with Christ” on pages 80 and 81 to discover how sharing in the Eucharist transforms our life.
- Ask the members of each group to share among themselves what they have learned from the reading. **Affirm appropriate responses.**

# Participation in the Eucharist

## DOCTRINE FOCUS

*How does our full, conscious, and active participation in the Eucharist prepare us to encounter God?*

## Faith vocabulary

### sacrifice

The free offering, out of love, of something of great value, for example, one’s life.

The Bible is filled with accounts of people’s life-changing encounters with God. Often those meetings took place during a meal or were followed by or commemorated in a meal. Such stories are the background for the meal in Emmaus during which two disciples recognized the Risen Lord in the breaking of the bread. (See Luke 24:29–31.) The Eucharist is meant to be that kind of meal for us, too—one in which we meet Christ who transforms us and changes our lives.

### Eucharist: Life-Changing Encounter

Luke’s Gospel tells us that the two disciples listened attentively to Christ and asked for him to stay with them for the evening. They were involved in their encounter with the Risen Christ. Our participation in the Eucharist requires that same attention to Christ, who is present with us.

There are two sides to every life-changing encounter with the Mystery of God: God’s part and our response. God is present and active at every Eucharist celebration in many ways—in the Scripture, the assembly, the priest, and, in a unique way, in the Body and Blood of Christ.

The Eucharistic Prayer speaks of God’s presence as the work of the Holy Spirit, who is invoked, not only over both bread and wine, but over us as well. The priest prays to the Father:

Look, we pray, upon the oblation of with favor on your Church and recognizing the sacrificial Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ.

EUCCHARISTIC PRAYER III



80

## With Younger Teens

**Challenge Excuses.** Some teens frequently come up with a variety of excuses for not fulfilling their responsibility of taking part regularly in Mass on Sundays and holy days of obligation. Dialogue with the group about the difference between situations that truly excuse a person from taking part in Mass on Sunday, such as sickness, and excuses, such as “Mass is boring,” that do not excuse one from fulfilling their responsibility.

## With Older Teens

**Apply it.** Ask a volunteer to read Luke 24:13–35 to the group. Then invite the teens to share how this story fits into the description of a life-changing encounter with Christ in the Eucharist.



### The Laying On of Hands

“The laying of hands on the candidates by the bishop and the concelebrating priests represents the biblical gesture by which the gift of the Holy Spirit is invoked” (Introduction 9). The concelebrating priests stand near the bishop. He faces the people and with hands joined, sings or says:

**BISHOP:** My dear friends:  
in baptism God our Father gave  
the new birth of eternal life  
to his chosen sons and daughters.  
Let us pray to our Father  
that he will pour out the Holy Spirit  
to strengthen his sons and  
daughters with his gifts  
and anoint them to be more like  
Christ the Son of God.

*All pray in silence for a short time.*

*The bishop and the priests who will administer the sacrament with him lay hands upon all the candidates (by extending their hands over them).*

*The bishop alone sings or says:*

All-powerful God, Father of our  
Lord Jesus Christ,  
by water and the Holy Spirit  
you freed your sons and daughters  
from sin  
and gave them new life.  
Send your Holy Spirit upon them  
to be their Helper and Guide.

Give them the spirit of wisdom  
and understanding,  
the spirit of right judgment and  
courage,  
the spirit of knowledge and  
reverence.  
Fill them with the spirit of wonder  
and awe in your presence.  
We ask this through Christ  
our Lord.

**ALL:** Amen.

### The Anointing of Chrism

“The anointing with chrism and the accompanying words express clearly the effect of the giving of the Holy Spirit. Signed with the perfumed oil, the baptized receive the indelible character, the seal of the Lord, together with the gift of the Holy Spirit that conforms them more closely to Christ and gives them the grace of spreading ‘the sweet odor of Christ’” (Introduction 9). The deacon brings the Chrism to the bishop. Each candidate goes to the bishop, or the bishop may go to the individual candidates. The one who presented the candidate places his right hand on the latter’s shoulder and gives the candidate’s name to the bishop; or the candidate may give his own name.

**BISHOP:** *Dips his right thumb in the Chrism and makes the sign of the cross on the forehead of the one to be confirmed, as he says:*

(Name), be sealed with the gift  
of the Holy Spirit.

**NEWLY CONFIRMED:** Amen.

**BISHOP:** Peace be with you.

**NEWLY CONFIRMED:** And with your spirit.

### General Intercession

The general intercessions, or prayer of the faithful, follow.

# Catholic Prayers and Practices

## Sign of the Cross

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

## Glory Prayer

Glory to the Father,  
and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

## Lord's Prayer

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.

## Hail Mary

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

## Signum Crucis

In nómine Patris,  
et Filii,  
et Spíritus Sancti. Amen.

## Gloria Patri

Glória Patri  
et Filio  
et Spíritui Sancto.  
Sicut erat in princípío,  
et nunc et semper  
et in sæcula sæculórum. Amen.

## Pater Noster

Pater noster, qui es in cælis:  
sanctificétur nomen tuum;  
advéniat regnum tuum;  
fiat volúntas tua, sicut in cælo, et in terra.  
Panem nostrum cotidiánum  
da nobis hódie;  
et dimítte nobis débita nostra,  
sicut et nos dimíttimus debitóribus nostris;  
et ne nos indúcas in tentatiónem;  
sed líbera nos a malo. Amen.

## Ave, Maria

Ave, María, grátia plena,  
Dóminus tecum.  
Benedícta tu in muliéribus,  
et benedíctus fructus ventris tui, Jesus.  
Sancta María, Mater Dei,  
ora pro nobis peccatóribus,  
nunc et in hora mortis nostræ. Amen.

The four prayers on this page are in English and in Latin.  
Latin is the universal language of the Roman Catholic Church.

### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts  
of your faithful.  
And kindle in them the  
fire of your love.  
Send forth your Spirit and  
they shall be created.  
And you will renew the  
face of the earth.

### **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.

### **Nicene Creed**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate  
of the Virgin Mary, and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the  
forgiveness of sins and I look  
forward to the resurrection of the dead  
and the life of the world to come.

Amen.

### **Act of Faith**

My God, I firmly believe that you are one God  
in three divine Persons, Father, Son, and Holy  
Spirit; I believe that your divine Son became  
man and died for our sins, and that he will  
come to judge the living and the dead. Amen.

### **Act of Hope**

My God, relying on your infinite goodness  
and promises, I hope to obtain pardon of  
my sins, the help of your grace, and life  
everlasting, through the merits of Jesus  
Christ, my Lord and Redeemer. Amen.

### **Act of Love**

My God, I love you above all things, with my  
whole heart and soul, because you are all  
good and worthy of all my love. I love my  
neighbor as myself for the love of you. I  
forgive all who have injured me and I ask  
pardon of all whom I have injured. Amen.