

Introduction to Confirmation

Confirmation is the sacrament that completes the grace we receive in Baptism. It seals, or confirms, this grace through the seven Gifts of the Holy Spirit that we receive as part of Confirmation. This sacrament also makes us better able to participate in the worship and apostolic life of the Church. Like Baptism, Confirmation is received only once in a person's life.

Gifts of the Holy Spirit

Through Jesus, we receive the Gifts of the Holy Spirit in the Sacrament of Confirmation.

- **Wisdom** helps us recognize the importance of others and the importance of keeping God central in our lives.
- **Understanding** is the ability to comprehend the meaning of God's message.
- **Knowledge** is the ability to think about and explore God's revelation, and also to recognize that there are mysteries of faith beyond us.
- **Counsel** is the ability to see the best way to follow God's plan when we have choices that relate to him.
- **Fortitude** is the courage to do what one knows is right.
- **Piety** helps us pray to God in true devotion.
- **Fear of the Lord** is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

A New Name

When preparing for Confirmation, a person is invited to choose a Confirmation name to show that a change is taking place in him or her. Such name changes are common in the Bible (for example, Abram and Sarai to Abraham and Sarah, Jacob to Israel, and so on) to indicate a change in the person. In the New Testament, Peter's original name was Simon. The name *Peter*, meaning "rock," was given to him by Jesus to symbolize Peter's role in the Church ([Matthew 16:18](#)). Often people preparing for Confirmation will choose the name of a saint or holy person whom they look to for guidance in following Jesus.

Since Confirmation completes the sacraments of initiation, and confirms and strengthens baptismal grace, Our Lady's Immaculate Heart Church has held the tradition that youth preparing to celebrate the Sacrament of Confirmation may use his/her baptismal name as their confirmation name. Youth are encouraged to research their first and/or middle name, given to them at baptism. They are not required to choose a Saint name to be Confirmed.

Signs of Confirmation

The signs of Confirmation are the laying on of hands on a person's head, most often by a bishop, and the anointing with oil.