



LIVE JESUS

MINISTRIES

LJM CONFIRMATION KIT
September 2026

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Live Jesus Ministries Prayer

O Love Eternal, let your Holy Spirit inflame my heart with your love. Help me to choose you eternally for eternal is my need for you. O Redeemer, let me die to all other loves in order to live completely in your love. O Savior, help me lead souls to you, so that we may all sing eternally:
“Live Jesus! Jesus whom I love, Jesus who lives and reigns forever and ever, Amen.”

Confirmation Kit 1

The Trinity / The Holy Spirit

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
- Create your own question based on the group.

Encourage honesty and vulnerability. Affirm each person for sharing and thank them for their openness.

DISCUSS

Content References

- **Matthew 28:16-20** - "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."
 - **John 14:26** - "The Advocate, the Holy Spirit that the Father will send in my name – he will teach you everything and remind you of all that I told you."
 - **CCC 232-267** - "The Trinity is One. We do not confess three Gods, but one God in three persons..."
 - **CCC 683-686** - Understanding the role of the Holy Spirit in the Trinity.
 - **The Nicene Creed** - "I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son..."
 - **St. Gregory of Nazianzus** - "The Old Testament proclaimed the Father clearly, but the Son more obscurely. The New Testament revealed the Son and gave us a glimpse of the divinity of the Spirit. Now the Spirit dwells among us and grants us a clearer vision of himself."
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Discussion

Q1: When you pray, do you picture God as the Most Holy Trinity: Father / Son (Jesus) / Holy Spirit, or something else?

Follow-Up: In the Gospels, Jesus reveals that He, the Father, and the Holy Spirit are one. In this, Jesus unveils that there is only one God in three persons, which is a mystery we can never fully grasp. Do you believe this or not? If so, how have you come to believe this to be true?

Follow-Up: Why do you think Catholics almost always start and end prayer with the sign of the cross? What's the purpose of this?

 *Mentor Tip: "The mystery of the Most Holy Trinity is the central mystery of the Christian faith and life. It is the mystery of God in himself. It is therefore the source of all other mysteries of faith, the light that enlightens them. It is the most fundamental and essential teaching in the 'hierarchy of the truths of faith.'" - CCC 234*

Q2: Which person of the Holy Trinity is hardest for you to engage in prayer? Why?

Follow-Up: Does the person you engage with change depending on your situation or does it always stay the same?

 *Mentor Tip: Listen to how they imagine God. Encourage them to call upon the three persons of the Holy Trinity as they pray throughout their lives.*

Q3: When you think of the Holy Spirit, what comes to mind?

Follow-Up: Do you know any other names or symbols of the Holy Spirit?

Follow-Up: Why was the Holy Spirit sent to the apostles (and us)?

 *Mentor Tip: We are accustomed to symbols of the Holy Spirit (wind, fire, dove). Help them move from an understanding of just symbols to WHO the Holy Spirit is (Paraclete, Advocate, Spirit of Truth, Counselor, etc.). The Holy Spirit was sent to fulfill Jesus' promise that those who believe in Him and keep His word would receive the Holy Spirit, who would dwell within them and remain with them always.*

Q4: Have you ever experienced God via the Holy Spirit through the names and symbols discussed above?

Follow-Up: Have you experienced Him in any other ways?

 *Mentor Tip: Prepare to talk about one or two experiences you've had with the Holy Spirit, particularly how you've seen Him at work in your own life. The Catechism is a helpful reference that illuminates the many ways He works in and around us.*

Cornerstone Statement

As Catholics, we believe in one God who exists eternally as three distinct Persons: God the Father, God the Son (Jesus Christ), and God the Holy Spirit. This is the Most Holy Trinity, the central mystery of the Christian faith and life, revealed to us by Jesus Christ Himself. It is the firm foundation upon which we build our relationship with God and our life as His disciples.

COMMIT

When you pray over the next couple weeks, call upon all three persons of the Most Holy Trinity. Making a thoughtful sign of the cross is one way to do this.

Close in prayer. Have one person share their prayer requests. After they share, have the person to their left pray for them out loud. Continue around the circle until everyone has been prayed for.

Confirmation Kit 2

Why Sacraments?

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
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DISCUSS

Content References (Read CCC 1113-1284)

- **John 6:56** - "Whoever eats my flesh and drinks my blood remains in me, and I in them."
 - **1 John 1:9** - "If we confess our sins, He is faithful and just and will forgive..."
 - **St. John Bosco** - "In Confession... God gives Himself to us again and again."
 - **St. Augustine** - "A sacrament is a visible sign of grace invisible."
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Discussion

Q1: Can anyone name any of the seven sacraments? How would you divide them into the following categories: sacraments of initiation, healing, service/vocation?

 *Mentor Tip:* Seven Sacraments: Baptism / Eucharist / Confirmation (**Initiation**), Reconciliation / Anointing of the Sick (**Healing**), Matrimony / Holy Orders (**Service/Vocation**). It would be good to provide a visual (piece of paper, whiteboard, etc.) to help everyone remember and categorize these.

Q2: If someone asked you what a sacrament is, how would you describe it in your own words?

Follow-Up: At the heart of every sacrament, what do you think God is doing?

 *Mentor Tip:* Sacrament = "The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us." - CCC 1131. **Hug analogy:** Through a *visible* hug, *invisible* realities are being conveyed: love, safety, comfort, healing, etc. The sacraments are not just visible signs of what God can do; they actually give us God Himself (His love, peace, healing, mercy, etc). They are **visible signs of invisible realities**.

Q3: Most of us probably do not remember our Baptism. What do you believe happened spiritually at your Baptism?

Follow-Up: Do you believe it still shapes who you are today?

 *Mentor Tip:* Baptism is not just a one-time ceremony. Baptism gives you a new identity. Through Baptism, you become an adopted son or daughter of God and a member of His Church. You don't have to feel it or even remember it for it to be real. At Baptism, God gives us sanctifying grace and the theological virtues of Faith,

*Hope, and Love (Charity). These gifts are meant to shape the way we live every day. That's why it's important to regularly ask God to “**stir up**” and **renew His grace and gifts within us**.*

Q4: Do you believe receiving the sacraments are necessary to go to Heaven (for salvation)? Why or why not?

Theological Summary: Jesus Himself teaches that Baptism is necessary for salvation (John 3:5; Matthew 28:19–20). Therefore, the Church teaches that Baptism is the ordinary means by which all people are incorporated into Christ and enter the Christian life. The Church does not know of any other means besides baptism that **assures** entrance into Heaven, making it a necessity for believers. However, God is not bound by His sacraments and can work in extraordinary ways to save those who are not baptized (CCC 1258-1261: baptism of blood, desire, etc.).

All other sacraments are to be received as necessity according to our vocation (Marriage, Holy Orders), circumstance, and need (Reconciliation, Eucharist, Confirmation, Anointing of the Sick). As Catholics, we should not knowingly reject the ordinary means (the sacraments) Christ has established for our salvation.

 **Mentor Tip:** *Rely on the Church's teaching and guidance (CCC 1113-1284). The Catholic Church offers clarity on the role each sacrament has in salvation and in living a holy life. It is important to remember that God offers the sacraments as the ordinary means to worship Him and as gifts to heal, strengthen, nourish, sanctify, and help us be more closely united with Him / live a holy life. Ordinary doesn't mean ordinary as in common or boring. It means this is the normal, primary way Jesus has chosen to give us His grace.*

Cornerstone Statement

The sacraments are not merely rituals or symbols. **They are the ordinary means by which God gives us His divine life and grace for our salvation.** Through the sacraments, Christ meets us where we are, giving us the grace needed to heal, strengthen, nourish, and transform us, whether we feel it or not. If we want to grow in our relationship with Jesus and become the saints He created us to be, receiving the sacraments faithfully is one of the greatest gifts He has given us through the ministry of His Church.

COMMIT

- The next time you receive Reconciliation or the Eucharist, consider all the invisible realities God is giving you.
- If someone needs a refresher on the sacrament of Reconciliation or Eucharist, this is a great opportunity to revisit these sacraments with individual mentees before your next gathering.

Close in prayer. Pray for the intentions spoken earlier. Have each person pray for the person next to them, etc.

Confirmation Kit 3

The Sacrament of Confirmation

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
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DISCUSS

Content References

- **Acts 1:4-9, 2:1-4, 8:14-17:** Jesus promises the gift of the Holy Spirit (Acts 1). The apostles first receive the Holy Spirit at Pentecost (Acts 2). The apostles then become the ordinary instruments through whom the Holy Spirit is continually given to others by the laying on of hands (Acts 8).
 - **Ephesians 1:13:** "In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised holy Spirit."
 - **Mark 16:15:** He said to them, "Go into the whole world and proclaim the gospel to every creature."
 - **Matthew 28:16-20:** The Great Commission
 - **CCC 1285:** The reception of the sacrament of Confirmation is necessary for the completion of baptismal grace.
 - **CCC 1302-1305:** Confirmation is a sacramental outpouring of the Holy Spirit that leaves a permanent imprint on the soul, fully initiates us as Christians, and empowers us to be witnesses to Christ.
 - **CCC 900:** Through our Baptism and Confirmation, we have the right and duty to work so that the divine message of salvation may be known and accepted by all.
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Discussion Questions

Q1. How does everyone feel about receiving the Sacrament of Confirmation? (excited, nervous, unsure, don't care, etc.)

Read and Reflect On: *Acts 1:4-9, 2:1-4, 8:14-17 (see pg 7)*

Q2. What are the parallels between what happened to the apostles at Pentecost and what happens at the sacrament of Confirmation now?

 *Mentor Tip:* The progression of Promise/Fulfillment/Continuation in the Acts of the Apostles shows that Pentecost was not merely a one-time historical event but the beginning of an ongoing work in the Church.

Q3: What are the three visible signs and symbols used for Confirmation?

 *Mentor Tip:* The **visible** signs and symbols include the imposition (laying on) of hands, anointing with Sacred Chrism (oil), and words of the sacramental formula: "Be sealed with the gift of the Holy Spirit."

Q4. At your Confirmation, you will be “sealed with the gift of the Holy Spirit.” What do you think that means?

Follow-Up: At the heart of Confirmation, what do you think the Holy Spirit is doing?

 *Mentor Tip:* You are sealed with the gift of God Himself. **CCC 1303** In the sacrament of Confirmation, the Holy Spirit, **1) affirms** our identity as children of God, **2) unites** us more firmly to Christ, **3) increases** His gifts in us, **4) strengthens** our bond with the Church, and **5) strengthens** us to spread and defend the faith. (Send this in writing so they can further reflect on it).

Q5. What do you think is the mission of the Catholic Church?

Follow-Up: How does the sacrament of Confirmation further equip you to live out this mission?

 *Mentor Tip:* The Church exists to proclaim the Good News (the Gospel) of Jesus Christ, make disciples of all nations, and gather all people into the unity of God's family. (Evangelize, Sanctify, Commission).

Read and Reflect On: *The Great Commission* (Matthew 28:16–20)

Cornerstone Statement

The sacrament of Confirmation is truly a gift to all believers, the gift of God Himself. The sacrament affirms and strengthens the grace of Baptism, unites you more firmly to Christ and His Church, and strengthens the Holy Spirit's presence and gifts within you, equipping you to live out the mission God is calling you to and to love God and neighbor more fully.

COMMIT

- Invite them to pray daily until the next gathering for the Holy Spirit to affirm, unite, increase, and strengthen them as they strive to follow Jesus more closely. (Mentor Responsibility: remind your group regularly to pray for this).

Scripture Reading Acts 1:4-9, 2:1-4, 8:14-17 (NABRE)

Acts 1:4-9 (Promise: Jesus promises the Holy Spirit.)

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; ⁵ for John baptized with water, but in a few days you will be baptized with the holy Spirit.” ⁶ When they had gathered together they asked him, “Lord, are you at this time going to restore the kingdom to Israel?” ⁷ He answered them, “It is not for you to know the times or seasons that the Father has established by his own authority. ⁸ But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.” ⁹ When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight.

Acts 2:1-4 (Fulfillment: The Spirit comes upon the apostles at Pentecost.)

When the time for Pentecost was fulfilled, they were all in one place together. ² And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. ³ Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. ⁴ And they were all filled with the Holy Spirit.

Acts 8:14-17 (Continuation: The apostles continue to impart (give) the gift of the Holy Spirit to new baptized believers through the laying on of hands.)

Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, ¹⁵ who went down and prayed for them, that they might receive the holy Spirit, ¹⁶ for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus. ¹⁷ Then they laid hands on them and they received the holy Spirit.

Confirmation Kit 4

Witnesses of Faith

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
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DISCUSS

Content References

- **Hebrews 12:1** - "Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us..."
 - **Matthew 25:21** - "Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master's joy."
 - **CCC 2683** - The witnesses who have preceded us into the kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the transmission of their writings, and their prayer today.
 - **St. Basil** - "The Spirit is truly the dwelling of the saints and the saints are for the Spirit a place where he dwells as in his own home since they offer themselves as a dwelling place for God and are called his temple." (De Spiritu Sancto).
 - How to Choose a Saint Name
<https://ascensionpress.com/blogs/articles/how-to-choose-a-confirmation-saint-over-215-saint-ideas>
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Discussion Questions

Q1: As Catholics in the United States, we hold the tradition of choosing a saint name to take on as our own at our Confirmation. What are some possible reasons for doing this?

 **Mentor Tip: Primary reasons: Biblical tradition, Imitation, Spiritual Friendship.** The Biblical tradition of taking on a new name signifies an important spiritual transformation (Abram to Abraham, Saul to Paul, Simon to Peter, etc.). To more intentionally imitate a particular holy life with unique characteristics that are attractive to you. To have a spiritual friendship with someone among the Communion of Saints who intercedes on your behalf.

Q2: Are there any saints coming to mind that you would consider as your confirmation name? Why?

 **Mentor Tip:** If they are struggling to name any, this is a good opportunity to introduce them to your Confirmation saint and others. Direct them to resources to help them learn more and prayerfully choose. See "How to Choose a Saint Name" link in Content References.

Q3: What do you think makes a person “holy”?

Follow-Up: Who is someone you know that you would consider to be a holy person?

💡 *Mentor Tip:* God alone is holy. So what makes a person holy is God's presence dwelling within them. For example, Saint Mother Teresa was an old religious sister who was 4'11", under 100 pounds, and battling darkness for most of her life, but when we think of her, we don't think of that. Instead we think of God who clearly dwelled within her through what she did and how she lived.

Q4: In the Book of Hebrews, the saints (everyone in Heaven) are referred to as the “cloud of witnesses.” What are some ways you can connect with them on earth?

Follow-Up: Have you ever asked saints or someone on earth to pray for you? Why or why not?

Follow-Up: Who do you see as an earthly spiritual mentor in your life?

💡 *Mentor Tip:* We do not pray “to” saints, we pray to God, yet we ask saints to pray **for** us on our behalf. When we ask the saints to pray for us (intercede for us) it's like asking a friend on earth to do the same. There is a need for both heavenly and earthly witnesses to help us along our spiritual journey. Spend time exploring the virtues they have seen first-hand in their mentors, role models, and loved ones. Give them freedom to discern a good adult spiritual mentor to move forward with in discipleship.

Cornerstone Statement

God has given us a community to journey with toward Heaven: the communion of saints and saints-in-the-making on earth. Through their prayers, witness, and mentorship, we can grow in holiness and become saints.

COMMIT

- Choose a confirmation saint and write a one-page saint reflection to share next time.

Close in prayer.

Confirmation Kit 5

The Gifts of the Holy Spirit

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
-

DISCUSS

Content References

- **Isaiah 11:2** - "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."
 - **CCC 1830-1832**
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Group Activity

The Church identifies seven particular gifts through which the Holy Spirit gives Himself to us in the Sacrament of Confirmation (The Seven Gifts of the Holy Spirit): *Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord*. Have each person present pull one out of a hat and try to explain it in their own words? (Feel free to let them be silly with their responses)

Gifts of the Holy Spirit:

- **Wisdom:** The gift of seeing from God's perspective and ordering one's life accordingly. (ex: Because Jesus is God, I will...)
- **Understanding:** The gift of comprehending the truths God has revealed. (ex: Jesus being God is true and matters because...)
- **Counsel (Right Judgement):** The gift of knowing what God wants in big or small situations.
- **Fortitude:** The gift of strength and courage to do what is right, remain faithful, or persevere in difficult situations.
- **Knowledge:** The gift of discovering truths given to us by God. (ex: Jesus is God.)
- **Piety (Reverence):** The gift of loving devotion and profound respect toward God.
- **Fear of the Lord (Wonder & Awe):** The gift of deep recognition and honor of God's greatness and majesty, which recognizes His transcendence and our dependence on Him.

 **Mentor Tip:** The gifts of the Holy Spirit are given to us by God to help us become more open and responsive to the Holy Spirit's guidance and live more faithfully as His disciples. They help us recognize God's truth, understand His ways, discern His will, and respond faithfully in every situation. (Spend time reflecting on how the gifts build upon each other from the bottom up).

Discussion Questions

Q1. What are some real situations you might find yourself in where you could really use one of these gifts?

Follow-Up: What would be your hopeful outcome by praying for a particular gift in that situation? (Introduce the fruits of the Holy Spirit: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.)

Group Activity

Using a white board or large piece of paper, write the gifts on one side and the fruits on the other. Think of real-life situations. If someone is desiring a certain fruit(s) in a particular situation, which gift(s) should they pray for? Draw lines from the gifts to the fruits you think are closely linked.

 **Mentor Tip:** Use this time to help them begin memorizing and **recognizing when they need the Holy Spirit in real life** and how to call upon Him.

Q2. Why is it so important for baptized Christians to memorize the seven gifts of the Holy Spirit?

 **Mentor Tip:** If we know the gifts, we will recognize our need for the Holy Spirit in every situation and turn to Him often: **“Come, Holy Spirit. Stir up in me the gift(s) of _____ at this very moment. May Your help, presence, and guidance in this situation produce the fruits you desire, for your Glory and my good. Amen.”**

Q3: What are some practical or creative ways we could memorize the seven gifts as a group before our next discipleship group?

Cornerstone Statement

The gifts of the Holy Spirit are given to us by God to help us become more open and responsive to the Holy Spirit's guidance and live more faithfully as His disciples. There is so much power in the simple prayer: ***Come Holy Spirit.*** Strive to make it a daily habit.

COMMIT

- **Memorize** the Gifts of the Holy Spirit (build-in accountability to this commit). Give each person the ***Gifts & Fruits handout*** or another list with definitions for the Gifts of the Holy Spirit.
- **Pray daily:** *“Come, Holy Spirit. Stir up in me the gift(s) of _____ at this very moment. May Your help, presence, and guidance in this situation produce the fruits you desire, for your Glory and my good. Amen.”*

Closing Prayer: Use the *“Breathe In Me O Holy Spirit”* prayer by St. Augustine.

How do the Gifts of the Holy Spirit connect to the Fruits of the Holy Spirit?

Gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

Fruits of the Holy Spirit: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

The **gifts** are what we are given through the ultimate gift of the Holy Spirit, while the **fruits** are evidence of the Holy Spirit at work. Instead of praying directly for the fruits, a spiritual practice could be to pray for the gifts of the Holy Spirit to work in us so we may cooperate with God's grace through virtuous living and experience the fruits. This purifies the desires of our hearts and helps us see God as the source of all goodness, truth, and beauty.

Confirmation Kit 6

The Fruits of the Holy Spirit

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
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DISCUSS

Content References

- **Galatians 5:22-25** - "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. Now those who belong to Christ have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit."
 - **Matthew 7:16** - "You will know them by their fruits."
 - **CCC 733-736** - The Holy Spirit - God's gift
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Discussion Questions

Q1: The Fruits of the Holy Spirit are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity. Some would say the Fruits of the Holy Spirit are evidence of the Holy Spirit's presence in our lives. What do you think they mean by that?

Follow-Up Question: How are the *fruits* different from the *gifts* of the Holy Spirit?

 **Mentor Tip:** The Gifts help us receive and respond to the Holy Spirit. The Fruits are evidence of the Holy Spirit's presence in us. Just as you recognize a healthy apple tree by the fruit it produces, we can recognize the Holy Spirit's work in a person's life by the spiritual fruits that grow in them: "*You will know them by their fruits.*"

Q2: Have you ever recognized a fruit of the Holy Spirit present in a situation? If so, what was it?

Follow Up: What is the difference between patience as a Fruit of the Holy Spirit and patience as a virtue? How are they connected? (You can use this question several times by inserting different fruits/virtues.)

 **Mentor Tip:** The fruits of the Holy Spirit are not things we deliberately produce on our own. They are signs of the Holy Spirit's work in us, perfections that grow as we cooperate with His grace.

Gifts of the Holy Spirit (Pray for fortitude in a situation) → Grace + Virtuous Response (Through cooperation with grace, we begin building up virtuous habits of patience) → Fruits of the Holy Spirit (God's work becomes evident in our lives via fruits of patience)

Q3: Which fruits of the Holy Spirit do you see present in your Confirmation sponsor (or role model)?

💡 *Mentor Tip:* Help them see that what makes a person truly worthy of imitation is not their talents, accomplishments, or popularity, but the presence and work of God in their life. The fruits of the Holy Spirit reveal Christ at work in them.

Q4: Which fruit of the Holy Spirit do you desire to see more of in your life right now? Why?

💡 *Mentor Tip:* Noticing which fruits are present in our lives and which ones we desire more can help us recognize how the Holy Spirit is working and where He may be inviting us to grow. We don't simply pursue the fruits on our own; we ask for God's grace and cooperate with the Holy Spirit so that we can become more like Christ.

Cornerstone Statement

In the Sacrament of Confirmation, we receive a special outpouring of grace through which the Holy Spirit gives Himself to us more fully, strengthening us to live as faithful disciples of Christ. The fruits of the Holy Spirit are signs of God's work in us, perfections that grow as we cooperate with His grace, helping us become more like Christ in our daily lives.

COMMIT

- **Memorize** the Fruits of the Holy Spirit (build-in accountability to this commit). Give each person the **Gifts & Fruits handout** or another list with definitions for the Fruits of the Holy Spirit.
- **Continue praying daily:** *"Come, Holy Spirit. Stir up in me the gift(s) of _____ at this very moment. May Your help, presence, and guidance in this situation produce the fruits you desire, for your Glory and my good. Amen."*

Close in prayer. Pray the *"Breathe In Me O Holy Spirit"* prayer by St. Augustine.

Confirmation Kit 7

The Beatitudes & Corporal / Spiritual Works of Mercy

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
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DISCUSS

Content References

- **Matthew 5:1-12** - The Beatitudes
 - **Matthew 25:31-46** - The Works of Mercy
 - **CCC 2447** - The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities.
 - **CCC 1717** The Beatitudes depict the countenance of Jesus Christ and portray his charity. They express the vocation of the faithful associated with the glory of his Passion and Resurrection; they shed light on the actions and attitudes characteristic of the Christian life; they are the paradoxical promises that sustain hope in the midst of tribulations; they proclaim the blessings and rewards already secured, however dimly, for Christ's disciples; they have begun in the lives of the Virgin Mary and all the saints.
 - **St. Thomas Aquinas** - A beatitude is an act of perfect virtue.
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Discussion Questions

Q1: (Read Mt 5:1-12 | The Beatitudes) Why would anyone want to live the Beatitudes? What do you think is the purpose of the Beatitudes?

Follow-Up Question: How are the Beatitudes different from the Ten Commandments?

Follow-Up Question: Do the Beatitudes currently affect the way you live your life? How or why not?

 **Mentor Tip:** The Beatitudes are Jesus's roadmap for the Christian life that reveal the path to true happiness. The word Beatitude translates to Blessedness. Blessedness means happiness, holiness, or close to God. They are not simply rules to follow, but dispositions of a disciple who is becoming like Jesus. The saints show us what this looks like. They allowed the Holy Spirit to transform their lives so deeply that Christ became visible in them. In a real sense, they became a living portrait of Jesus.

Q3: Which works of mercy are you drawn to most? Which ones do you want to work on integrating into your life?

- **Corporal (bodily):** Feed the hungry, Give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit the sick, Visit the imprisoned, Bury the dead.
- **Spiritual:** Admonish the sinner, Instruct the ignorant, Counsel the doubtful, Comfort the sorrowful, Bear wrongs patiently, Forgive all injuries, Pray for the living and the dead.

 *Mentor Tip:* Help them see that the works of mercy can be lived out in a variety of ways and in a variety of settings (i.e. parent to child, within a home, peer to peer, within a school, etc.). If you read the account from Matthew 25, be aware it could cause a disciple to feel the need to respond out of fear of eternal punishment instead of out of love for God and neighbor. Invite God into that moment to purify the motivations.

Q4: How are the Beatitudes connected to the Corporal and Spiritual Works of Mercy?

 *Mentor Tip:* The Beatitudes are the dispositions that shape our interior identity as a disciple of Christ. Those dispositions of Christ impel us to express that transformation with acts of love (works of mercy) toward our neighbor who is made in the image of God.

Cornerstone Statement

Through the Sacrament of Confirmation, you will be given the special grace to go forth and more fully fulfill the Church's mission to make disciples of all nations by your words and actions. Continually call upon the Holy Spirit dwelling within you, ready to respond to His grace when He pours it out upon you.

God (Trinity) → Baptism: New Life & Theological Virtues → Confirmation: Strengthen by the the Holy Spirit & His Gifts → Cooperation with Grace → Virtue → Fruits of the Holy Spirit → Life shaped by the Beatitudes → Becoming more like Christ → Love expressed through Works of Mercy and responding to the Great Commision: "Go make Disciples of all nations..."

The Eucharist & Reconciliation continually nourish and restore us throughout.

COMMIT

- Pick a corporal or spiritual work or mercy to practice several times before our next discipleship group gathering and report back how it went.

Close in prayer. Pray for their intentions. Have each person pray for the person next to them, etc.



Gifts of the Holy Spirit

Wisdom

The gift of seeing from God's perspective and ordering one's life accordingly.

Understanding

The gift of comprehending the truths God has revealed.

Counsel (Right Judgement)

The gift of knowing what God wants in big or small situations.

Fortitude

The gift of strength and courage to do what is right, remain faithful, or persevere in difficult situations.

Knowledge

The gift of discovering truths given to us by God.

Piety (Reverence)

The gift of loving devotion and profound respect toward God.

Fear of the Lord (Wonder & Awe)

The gift of deep recognition and honor of God's greatness and majesty, which recognizes His transcendence and our dependence on Him.



Fruits of the Holy Spirit

Charity (Love)

Charity is evident when our will is unified with God's will and we see God's image in every human being.

Joy

Joy is evident when we know God is with us, and it remains in our hearts even during difficult times.

Peace

Peace is evident when we can rest in God's presence.

Patience

Patience is evident when we can endure imperfections and difficulties.

Kindness

Kindness is evident when calm compassion washes over us.

Goodness

Goodness is evident when it points to God in His perfect love.

Generosity

Generosity is evident when our God-given time, talents, and treasures are shared with others.

Gentleness

Gentleness is evident when there is an inner strength that softens our hearts and helps perfect our relationships.

Faithfulness

Faithfulness is evident when we remain loyal to God and follow Him every day in big or small ways.

Modesty

Modesty is evident when we are able to live in self-truthfulness to recognize our dignity and the dignity of others.

Self-Control

Self-control is evident when our impulses are managed and we choose a higher way of being.

Chastity

Chastity is evident when humanity is made pure in both soul and body.





The Beatitudes

Matthew 5:1-12

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of
evil against you (falsely) because of me.
Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted
the prophets who were before you.

The Beatitudes are Jesus's roadmap for the Christian life and the path to true happiness.

The word Beatitude translates to Blessedness.

Blessedness=Happiness, Holiness, Close to God

Works of Mercy

Corporal

Feed the hungry
Give drink to the thirsty
Clothe the naked
Shelter the homeless
Visit the sick
Visit the imprisoned
Bury the dead



Spiritual

Admonish the sinner
Instruct the ignorant
Counsel the doubtful
Comfort the sorrowful
Bear wrongs patiently
Forgive all injuries
Pray for the living and the dead

