**CONFIRMATION**

Discussion points:

* What particular teaching in the DVD made a strong impression on you?
* How can you make more use of the gifts of the Holy Spirit to communicate and share God’s love and grace with others?

Some key points:

* Confirmation empowers us to become stronger, more “adult” in our faith.
* It prompts us to ask ourselves: “How is faith going to be lived out in my life?”
* It strengthens and confirms all the gifts and graces of Baptism.
* The Holy Spirit will help us to put the gifts into practice and witness to our faith.
* The Holy Spirit is a person; truly God; the love of the Father and the Son.
* He is divine fire, filling our hearts with the love of God, making us want to know, love and serve God - and other people. He empowers us to live life in a new way; encourages us to stand up for our faith.
* Faith is more important than feelings – trust God that He is working even if we feel nothing, and He will give us the feelings that He knows we need.
* We should pray for specific gifts and graces as we need them: when we are honest with God about our need for His help, He answers more directly.
* But faith is not just about us – it’s about helping others; witnessing; changing lives.
* We can reconnect with Confirmation by growing in our understanding of what God gives us through the sacrament; through praying and living our faith with the support of the church community.
* Confirmation is God blessing the process of becoming “grown up”, whatever our age.
* It should strengthen us to be people who take a courageous stand for our faith.

**Prayer:**

*Father in heaven, thank you for the love you poured into my heart at Baptism; thank you for uniting me with the saving grace of Jesus Christ, through his death and resurrection; I am truly sorry for all my sins and accept Jesus as my saviour who sets me free from sin and death; please renew in me all the graces and gifts I received at Baptism; and fill me to overflowing with every blessing of the Holy Spirit; give me your power to grow in my faith, to share your love with others, and to stand up for what I believe. I make this prayer in the holy name of Jesus Christ. Amen.*