**Confirmation Expectations -
teens must know the following concepts by the end of the year**

**What is God’s story of salvation?**

1. God loves you and has a plan for you
2. Sin affected God’s plan for us
3. God sent His Son to give us eternal life
4. We receive this gift by becoming members of His Body, the Church

**Memorize these scripture quotes:**

Matthew 16:18-20 “And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

John 3:16 “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

John 6:53 “So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.”

John 20:22 “And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.”

Romans 6:23 “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.”

1 Thessalonians 5:16-18 “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

Beatitudes

Types of Prayer – vocal, meditation, contemplation

**What are the Ten Commandments?**

1. I am the Lord your God: You shall not have strange Gods before me.

2. You shall not take the name of the Lord your God in vain.

3. Remember to keep holy the Lord’s Day.

4. Honor your father and mother.

5. You shall not kill.

6. You shall not commit adultery.

7. You shall not steal.

8. You shall not bear false witness against your neighbor.

9. You shall not covet your neighbor’s wife.

10. You shall not covet your neighbor’s goods.

**What are the eight Beatitudes?**

The eight beatitudes are from Jesus and they are:

1. Blessed are the [poor](http://www.newadvent.org/cathen/12327a.htm) in [spirit](http://www.newadvent.org/cathen/14220b.htm): for theirs is the [kingdom of heaven](http://www.newadvent.org/cathen/08646a.htm).
2. Blessed are the meek: for they shall possess the land.
3. Blessed are they who mourn: for they shall be comforted.
4. Blessed are they that hunger and thirst after [justice](http://www.newadvent.org/cathen/08571c.htm): for they shall have their fill.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the clean of heart: for they shall see [God](http://www.newadvent.org/cathen/06608a.htm).
7. Blessed are the peacemakers: for they shall be called the children of [God](http://www.newadvent.org/cathen/06608a.htm).
8. Blessed are they that suffer [persecution](http://www.newadvent.org/cathen/11703a.htm) for [justice'](http://www.newadvent.org/cathen/08571c.htm) sake, for theirs is the [kingdom of heaven](http://www.newadvent.org/cathen/08646a.htm).

**What is prayer?**

Prayer is a heart to heart conversation with God.

**What are the different types of prayer?**

The different types of prayer are vocal, meditation, contemplation

**What is vocal prayer?**

Vocal prayer is prayer using words whether mentally or out loud and whether a memorized prayer or a spontaneous prayer.

**What is meditation?**

Meditation is a prayer that uses your imagination or is the pondering of the particular aspect of the Faith.

**What is contemplation?**

Contemplation is a wordless gaze at Jesus with faith and love.

**What is the Trinity?**

The Trinity is one God in three Divine Persons, Father, Son, and Holy Spirit.

**What is Transubstantiation?**

Transubstantiation is a change of substance, the changing the bread and wine into the Body and Blood of Jesus Christ.

**What is the Real Presence?**

The Real Presence is the Body, Blood, Soul and Divinity of Jesus. Jesus is alive and is present in the Eucharist or Holy Communion or the Blessed Sacrament.

**What is the Mass?**

The Mass is the greatest prayer of the Church, because Jesus offers Himself to the Father.

**What is the Last Supper?**

The Last Supper is when Jesus celebrated His first Mass with His disciples, giving them His Body and Blood in Holy Communion.

**How do we receive Holy Communion in a worthy manner?**

We can receive Holy Communion in a worthy manner by: preparing our hearts to Jesus Jesus, by fasting from food or drink (except water) before receiving Holy Communion and by bowing before receiving Holy Communion.

**What are we supposed to do after receiving Holy Communion?**

After receiving Holy Communion, we are to kneel down in our pew and give thanks to Jesus for coming to us and to ask for the grace to do His will.

**When entering and leaving the Church what are we to do when we see the Tabernacle?**

When we enter or leave the church, we genuflect (get down on the right knee) towards the tabernacle to show reverence for Jesus Who is in the tabernacle.

**During the Mass, why do people bow as they approach the altar?**

People bow to the altar during the Mass because on the altar is where the sacrifice of Jesus takes place.

**What are the two parts of the Mass?**

The two parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.

**What is the Liturgy of the Word?**

The Liturgy of the Word includes readings from the Bible and the homily (the speech of the priest or deacon).

**What is the Liturgy of the Eucharist?**

The Liturgy of the Eucharist includes the Consecration of the bread and wine into the Body and Blood of Jesus and the reception of Holy Communion.

**What are the proper postures to receive Holy Communion?**

The proper postures of receiving Holy Communion are either on the hand or the tongue and while standing or kneeling. The importance is the love and the respect given to Jesus while receiving Holy Communion.

**Why is the Mass called a Sacrifice?**

The Mass is a sacrifice, because it is a continuation of the Cross of Calvary where Jesus offers Himself to the Father for the sins of humanity.

**What other terms can we use for Holy Communion?**

Other terms for Holy Communion are the Blessed Sacrament or the Eucharist.

**What is Adoration of the Blessed Sacrament?**

Adoration of the Blessed Sacrament occurs outside of the Mass when Jesus in the Holy Communion is placed into the Monstrance on the altar for the people to adore and worship.

**What is the Monstrance?**

The word “Monstrance” means “to show.” The Monstrance is the golden container that holds Jesus in the Eucharist where the white Host can be seen with our eyes.

**What are the Seven Sacraments?**

1. Baptism
2. Confirmation
3. Holy Communion
4. Confession
5. Anointing of the Sick
6. Matrimony
7. Holy Orders

**What do the Sacraments do for us?**

The Sacraments are gifts of Jesus to help us to get to heaven.

**They are required to know all the Responses of the Mass. This is also why Mass attendance is important. If they go to Mass on a regular basis, then they will know what to do and what to say at Mass.**

**Memorize the following prayers:**

**Sign of the Cross**

In the Name of the Father and of the Son and of the Holy Spirit. Amen.

**Apostles Creed**

I believe in God, the Father Almighty, Creator of heaven and earth,

and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit,

born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried;

He descended into hell; on the third day He rose again from the dead;

He ascended into heaven, and is seated at the right hand of God the Father Almighty;

from there He will come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints,

the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Our Father**

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 thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

**Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.

**Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.