

# What happens at Confirmation?

1. You will hear prayers and readings about living as a follower of Jesus. The Bishop or delegated Priest will then talk briefly to explain the readings.

2. You and those who have already been confirmed will repeat promises made when you were baptised. The Bishop or Priest will ask you questions and you respond with “**I do**”. This is your promise and commitment. *See the Profession of Faith on the back.*

3. Your Confirmation sponsor will stand with you as you are confirmed. Your sponsor should be a confirmed, practising Catholic and at least 16 years old.

4. The Bishop or Priest will pray over all the Confirmation candidates, asking that God the Father will pour out the Holy Spirit to strengthen you with his gifts:

*“Almighty God, Father of our Lord Jesus Christ, who brought these your servants to new birth by water and the Holy Spirit, freeing them from sin:*

*Send upon them, O Lord, the Holy Spirit, the Paraclete; give them the spirit of wisdom and understanding, the spirit of counsel and fortitude, the spirit of knowledge and piety; fill them with the spirit of the fear of the Lord. Through Christ our Lord.”*

You say: **Amen.**

5. The Bishop or Priest will anoint you. He will dip his right thumb into the oil of Chrism and make the sign of the cross on your forehead.

6. The Bishop or Priest will call you by your Confirmation saint’s name and say:

*“BE SEALED WITH THE GIFT OF THE  
HOLY SPIRIT.”*

You reply: **Amen.**

7. The Bishop or Priest will then say:

*“Peace be with you.”*

You reply, **“And with your Spirit”.**

You exchange the Sign of Peace with the Bishop or Priest.





# Empowered by the Spirit

The Gift of Confirmation

## Profession of Faith

*Read these questions out loud and practise your answer.*

*This is called the **Profession of Faith**.*

*The Bishop or Priest addresses the following questions to you:*

Do you renounce Satan, and all his works and empty promises? **I do.**

Do you believe in God, the Father almighty, Creator of heaven and earth? **I do.**

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father? **I do.**

Do you believe in the Holy Spirit, the Lord, the giver of life, who today through the Sacrament of Confirmation is given to you in a special way just as he was given to the Apostles on the day of Pentecost? **I do.**

Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? **I do.**

This is our faith. This is the faith of the Church.  
We are proud to profess it in Jesus Christ our Lord.

**Amen.**

A black speech bubble with a white background, containing the text "I do." in a bold, black, sans-serif font.