

**Exerpt from Guidelines for Adult Confirmation Sacramental Preparation
Diocese of Honolulu
December 12, 2016**

**Essential Teachings for Adult Preparation of the Sacrament of Confirmation:
Immediate Preparation**

Recommend 3-5 sessions, although sessions could be combined based on the needs of the confirmation candidates. Sessions should include the following topics:

1. Confirmation, Baptism and Eucharist as constituting the sacraments of initiation (CCC 1285)
2. The Signs and the Rite of Confirmation; the celebration of Confirmation (CCC 1293-1301)
3. The Effects of Confirmation; the gifts and fruits of the Holy Spirit (CCC 1302-1305, 1830-1832)
4. Who Can Receive the Sacrament (CCC 1306-1310)
5. The Bishop as the Ordinary Minister of the sacrament (CCC 1312-1313)
6. A (re)introduction to the apostolic life, to a life of stewardship, of sharing one's time, talents and treasures (CCC 898-900)

Adapted from *Sacramental Catechesis: An Online Resources for Dioceses and Eparchies*, 2012.
Available at www.usccb.org

Potential Resources For Immediate Preparation

Birmingham, Mary (2013). *Confirming Adult Catholics: Five Sessions for Preparation and Reflection*. World Library Publications, Franklin Park, Illinois.

Mann, Patricia, M. (2012). *Sent Forth in the Spirit: A Confirmation Text for Adults*. Leonine Publishers, Phoenix, Arizona.

Swain, Sharon (2008). *Confirmation Book for Adults*. Society for Promoting Christian Knowledge. London.