

Things to Know for the Exit Interview (Review)

Near the end of the second year of Confirmation, students will take part in an Exit Interview. This interview is to evaluate the readiness of the student to receive the Sacrament of Confirmation.

Students are expected to know their basic prayers, the Nicene Creed, five steps to a good confession, the seven sacraments, the seven gifts of the Holy Spirit, the fruits of the Holy Spirit, the Ten Commandments, the Corporal & Spiritual works of Mercy, and have an understanding of what it means to receive the Sacrament of Confirmation.

Five Steps to a good confession

1. Examination of conscious
2. Be sincerely sorry for your sins
3. Resolve to amend your life
4. Confession
5. Penance

Seven Gifts of the Holy Spirit

1. Wisdom: helps us recognize the importance of others and the importance of keeping God central in our lives..
2. Understanding: is the ability to comprehend the meaning of God's message.
3. Knowledge: is the ability to think about and explore God's Revelation and also to recognize that there are mysteries of faith beyond us.
4. Counsel: is the ability to see the best way to follow God's plan when we have choices that relate to him.
5. Fortitude: is the courage to do what one knows is right
6. Piety: helps us pray to God in true devotion.
7. Fear of the Lord: is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

The 12 Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The 12 fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

Love: We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy: We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace: We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience: We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness: We live the virtue of kindness by treating others as we want to be treated.

Goodness: We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity: We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness: Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness: We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty: We exhibit modesty by being pure in our thoughts, words, and dress.

Self-control: We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity: We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

Seven Sacraments

1. **Baptism:** through this sacrament, we are called to become members of God's family, the church

2. **Confirmation:** We are called to grow in the Holy Spirit; a spirit-filled commitment to Christ and the Christian community

3. **The Eucharist:**

In this sacrament, we are called to celebrate God's presence in the members of the church community; nourishment with the body and the blood of Christ under the signs of bread and wine.

4. **Reconciliation:**

Whenever a person celebrates this sacrament, they receive much strength and help in order to change their life for the better; bring together again with God, the Christian community and our fellow humans.

5. **Anointing of the Sick:**

In this sacrament, the sick person receives strength and courage to continue to do God's will.

6. **Holy Orders:**

In this sacrament, God calls a man to be ordained in order to minister to the church.

7. **Matrimony:**

In this sacrament, God brings a husband and wife together in a loving, lifelong and fruitful union.

The Corporal Works of Mercy are kind acts by which we help our neighbors with their material and physical needs. They include:

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

The Spiritual Works of Mercy are acts of compassion that serve people's emotional and spiritual needs. They include:

- Instruct
- Counsel
- Forgive
- Pray for others
- Admonish
- Comfort
- Bear wrongs patiently

Ten Commandments

1. I the Lord am your God. You shall not have other gods beside me.
2. You shall not take the name of your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your 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. Prayers