



A theological, pastoral and contemporary guide to rediscovering the fire of the Holy Spirit

I. Introduction: Rediscovering a Forgotten Flame

Many Catholic adults walk through life with a lukewarm, incomplete faith or marked by sacramental gaps. Some were baptized but never confirmed. Others received Confirmation out of custom, without a real awareness of the gift they were receiving. And there are also those who drifted away from the practice of faith for years and now, moved by a mysterious grace, want to return with all their heart.

Today, in a world living in spiritual confusion, an urgent need arises: a new Pentecost. Not the birth of a new Church —the one Christ founded is eternal— but an **inner rebirth of faith**, an **actualization of the fire of the Holy Spirit**, especially in adults who discover Confirmation not as a forgotten formality but as a transformative and renewing experience.

This article is for you: who seek to understand, live, and proclaim your faith with maturity. Who want to know what it means to be confirmed, why it is so important, and how to live this sacrament in your daily life. Let us dive into the richness of the Church, guided by Scripture, Tradition, and living pastoral care.

II. What is Confirmation? A Sacrament of Fullness

Confirmation is one of the three sacraments of Christian initiation, along with Baptism and the Eucharist. It is not an “addition,” nor a “graduation from Church,” as many misinterpret it, but **the completion of Baptism**, the seal of the Holy Spirit, the full configuration with Christ.

1. Biblical Foundation

Jesus promised the Holy Spirit:

“But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses [...] to the ends of the earth” (Acts



| 1:8).

At Pentecost, that promise is fulfilled. The Spirit descends upon the apostles and transforms them. Peter, once a coward, now preaches with fire. The Church is born, and with it, the sacraments that communicate that same grace.

In the Acts of the Apostles, we see how the disciples, after baptizing, **laid hands on people so they would receive the Holy Spirit** (see Acts 8:14-17; 19:5-6). That gesture—the laying on of hands—is the root of what the Church recognizes as Confirmation.

2. Theological Meaning

The Catechism of the Catholic Church teaches:

“Confirmation perfects baptismal grace; it is the sacrament that gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church [...] and help us to bear witness to the Christian faith in words accompanied by deeds” (CCC 1316).

Confirmation is not just about “feeling spiritually better,” but about **receiving power from on high** (cf. Lk 24:49), to become bold witnesses, soldiers of Christ, disciples on fire.

III. Why Are So Many Adults Not Confirmed?

The reasons are many:

- Lack of proper formation or catechesis during childhood.
- Absence of religious practice during adolescence.
- Ignorance of the importance of the sacrament.
- Erroneous beliefs, such as thinking that “Baptism is enough.”

However, many adults today are rediscovering their faith and **feel a deep thirst for God**.



Often, this rediscovery comes with the desire to fully affirm their belonging to the Church, to renew their baptismal promises, and to receive the spiritual strength they lacked.

IV. A New Pentecost: Confirmation as a Renewal of Adult Faith

To speak of **a new Pentecost** does not mean expecting a noisy miracle or intense emotion. It means welcoming today, in the concrete reality of our adult life, **the same grace** the apostles received in Jerusalem. And that is exactly what Confirmation offers.

1. A Mature and Conscious Faith

Unlike infant Baptism, adult Confirmation implies a **conscious, free, and mature response**. It is not an inherited faith but a chosen one. And that changes everything.

2. A Transformed Life

Confirmation bestows the gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. These are virtues that **shape a full Christian life**, in the family, workplace, and society.

3. A Missionary Commitment

Confirmation doesn't end with the sacrament: **it begins a mission**. Every confirmed adult is called to be a light in their environment, a witness in the world, an apostle in their community.

V. A Practical Guide for Adults Who Want to Be Confirmed

If you are a baptized adult, but not confirmed, and you feel this call, here is a pastoral and theological guide to help you journey toward Confirmation.

1. Initial Discernment

- Ask yourself: Why do I want to be confirmed? What desire for God burns in my heart?
- Speak with a priest or spiritual guide. This process should be accompanied.



2. Enroll in Adult Catechesis

- Contact your parish or diocese: most offer **adult catechesis programs** for those who want to receive Confirmation.
- Don't be afraid to "start late": God's time is now (cf. 2 Cor 6:2).

3. Sacramental Life and Prayer

- **Attend Mass every Sunday.**
- **Go to the Sacrament of Reconciliation** regularly.
- **Read the Word of God** daily and meditate in silence.

4. Solid Formation

- Learn about the sacraments, Christian morality, and prayer life.
- Understand that **Confirmation is not a finish line**, but a new stage in your journey.

5. Choosing a Sponsor

- Must be a **practicing Catholic**, confirmed, and capable of guiding you spiritually.
- It's not a symbolic role but **a true faith companion**.

6. Celebration of the Sacrament

- Participate reverently in the Mass.
- Open your heart. The Spirit acts, even if you don't feel it emotionally.
- Remember: "The Spirit blows where it wills" (cf. Jn 3:8).

VI. Living Confirmation Every Day: What Now?

Being confirmed as an adult is just the beginning. Living that grace in everyday life is the real task.

1. Renew Your Prayer Life

- Begin each day with a prayer to the Holy Spirit:
"Come, Holy Spirit, fill the hearts of your faithful..."



2. Serve in the Community

- Join a parish group, help with catechesis, assist the needy.
- The Spirit is poured out to be shared, not hoarded.

3. Evangelize with Courage

- Speak of your faith. Do not impose, but do not hide either.
- Remember what Christ said: “Whoever is ashamed of me before others, the Son of Man will be ashamed of him before the angels of God” (Luke 9:26).

4. Persevere in the Spiritual Battle

- The world offers a thousand distractions, but you have spiritual weapons.
- Turn to confession, the Eucharist, and spiritual direction. The Spirit strengthens you in trials.

VII. Conclusion: God Wants to Confirm You... to Send You

Confirmation is not a spiritual luxury nor a formality. It is a **powerful and present-day gift** that God wants to pour out upon you. In a wounded, secularized, and confused world, the Church needs **courageous adults**, filled with the Spirit, ready to live and proclaim Christ without fear.

As at Pentecost, the fire does not fall on buildings but on hearts. That fire today **seeks you**. Welcome it, let it transform your life, and be part of a new Pentecost that begins —perhaps— with a simple “yes” from you.

□ Final Recommendations:

- **Recommended Reading:** Catechism of the Catholic Church, nn. 1285–1321.
- **Suggested Book:** *The Holy Spirit, That Unknown* by Raniero Cantalamessa.
- **Daily Prayer:** Invoke the Holy Spirit before your activities.



Do you feel the call? Do you want to renew your faith as an adult and live a fuller Christian life?

Don't wait any longer. Confirmation is not the end of a journey, but the beginning of a mission.

Come, Holy Spirit, and renew the face of the earth!