

## Chapter 11: God Gives Us Power and Strength

*We receive power and strength through the Holy Spirit.*

### Chapter Summary

Jesus, the Messiah, is anointed with the Holy Spirit. In this anointing, Jesus and the Holy Spirit are sent by the Father, united in their mission and work of salvation. Through our anointing in Baptism, we participate in Jesus' and the Holy Spirit's work. The graces we receive in Baptism are increased and strengthened in the Sacrament of Confirmation. We receive power and strength to be God's witnesses through the signs and words of the Rite of Confirmation. God has continued His work of strengthening the Church through Confirmation since the time of the Apostles.

### Be Not Afraid!

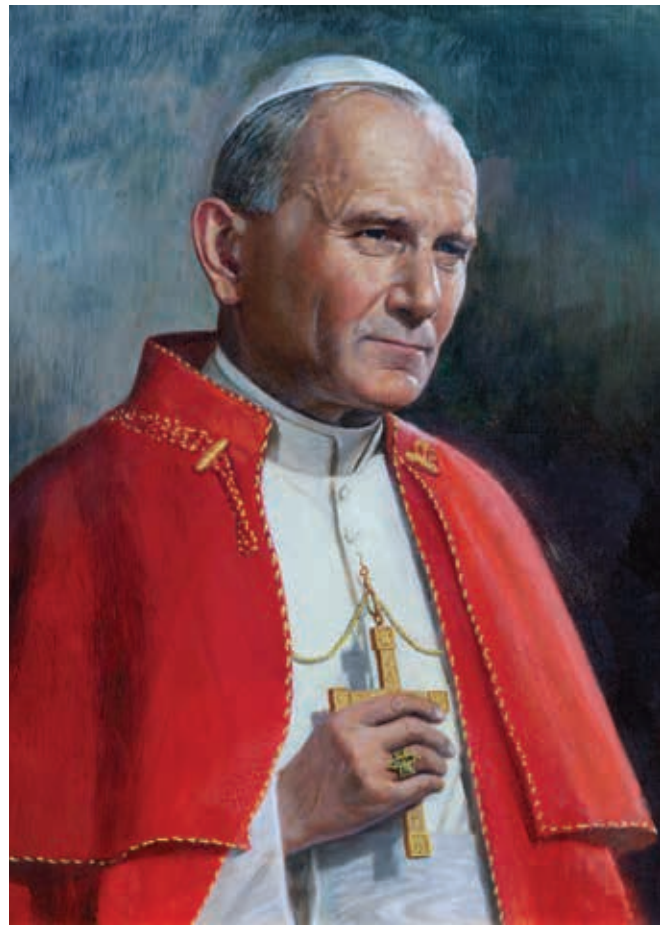
*"The task of defending and spreading the faith, a task that has its roots in Baptism and Confirmation, . . . makes Christian married couples and parents witnesses of Christ 'to the end of the earth' (Acts of the Apostles 1:8), missionaries, in the true and proper sense, of love and life." —Pope Saint John Paul II<sup>2</sup>*

**Many parents are hesitant to talk to their children about the faith.** Perhaps this comes from a fear that they will not know the correct response or the right things to say.

**Take heart and do not be afraid!** Parents are given a *unique* ability to witness to their children. Regardless of who their religion teacher is at school and whether the priest himself or even a saint came to teach them, nobody can equal the impact and effectiveness of parents to witness to their children.

**This unique ability is strengthened with the graces of Baptism, which are increased and deepened in Confirmation.** For parents who have not received Baptism or Confirmation, consider contacting your parish for information on their Order of Christian Initiation of Adults (OCIA) process. Also read paragraphs 1213–1321 in the *Catechism of the Catholic Church*, which address these two sacraments.

**For more family faith formation resources, go to the parent portal.**



*be not*  
**AFRAID.**