



BACKGROUND

In the Gospel of Mark (1:9-11), we read about the Baptism of Jesus in the Jordan River. As Jesus comes up from the water, the heavens open, the Holy Spirit descends like a dove, and the voice of God the Father says, “This is my beloved Son, with whom I am well pleased.” This moment is important because it shows us how Jesus was filled with the Holy Spirit and publicly affirmed as the Son of God. It marked the beginning of His mission on earth to teach, heal, and bring God’s love to the world. This connects beautifully to the Sacrament of Confirmation. In Confirmation, we too are sealed with the Holy Spirit in a special way. The Catechism of the Catholic Church tells us that Confirmation “roots us more deeply in the divine filiation” that means we are grounded in the assurance that we are truly God’s beloved children and it “gives us a special strength of the Holy Spirit to spread and defend the faith” (CCC 1303). Just as Jesus was empowered by the Spirit at His baptism, we are strengthened by the Spirit in Confirmation to live out our faith with courage, love, and joy. So when we hear the story of Jesus’ baptism, we remember that God also says to each of us: “You are my beloved child. I am with you.”

INTRODUCTION

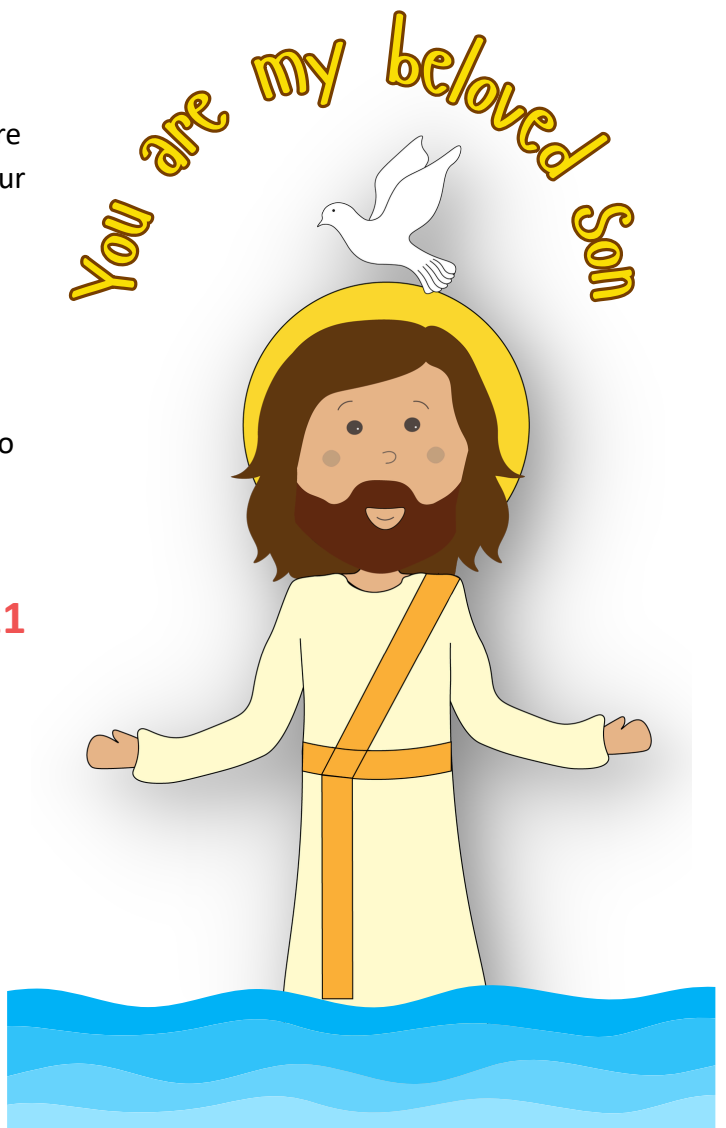
This activity is designed to help children think about the Holy Spirit’s action in our lives. Through them, we explore how the gift of the Holy Spirit needs to be stirred up in our lives - Confirmation is not something that happens to us, but something we collaborate in.

Begin each activity by reading the scripture with the children. Afterwards, take some time to debrief with the children. There are some questions below each activity to get the conversation started.

THE BAPTISM OF JESUS - MARK 1:9-11

About that time Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River. As soon as Jesus came out of the water, he saw the sky open and the Holy Spirit coming down to him like a dove.

A voice from heaven said, “You are my own dear Son, and I am pleased with you.”





MAKING CHOCOLATE MILK

In this fun and simple activity, we make chocolate milk to help us understand how the Holy Spirit works in our lives. Just as stirring transforms plain milk into something richer and more delicious, the Holy Spirit stirs within us bringing our faith to life and helping us grow in love, courage, and purpose. Let's explore how something so everyday can reveal a deeper truth about God's presence in us.

YOU WILL NEED:

- Chocolate topping
- Milk
- Spoon
- Glass or jug

INSTRUCTIONS

- Chocolate topping is placed in the bottom of a tall glass.
- Milk is then added, which should sit on top of the topping.
- The milk is then stirred which mixes the topping and the milk together to create chocolate milk.

DEBRIEF

- As the chocolate topping swirls through the milk, watch the milk change from vanilla to chocolate.
- What could this symbolise?
- If the chocolate symbolises the Spirit in our lives and we are the milk – does change just occur because we have the Spirit in us? (No – explain that until there was 'action' (stirring) change did not happen)
- Discuss what action might need to take place in us

