

The bishop will also **anoint** you with **Sacred Chrism**, making the Sign of the Cross on your forehead with this blessed oil. As he does this, he will say, “Be sealed with the gift of the Holy Spirit,” and we respond, “Amen.” This anointing with oil is the sign that you are receiving the permanent mark or seal of the Holy Spirit in your soul and you are being clothed with his power, just like the Apostles received the power of the Holy Spirit at Pentecost.



After the anointing, the bishop will say, “Peace be with you,” to which you respond, “And with your Spirit.” The bishop is repeating the same words that Jesus said to the Apostles when he breathed on them and they received the Holy Spirit. In Confirmation, you receive the same Spirit of peace that Jesus gave to his Apostles.

Let's Talk About It

What is the meaning of the laying on of hands?