

## SESSION 5



# Clothed in Christ

## Session 3

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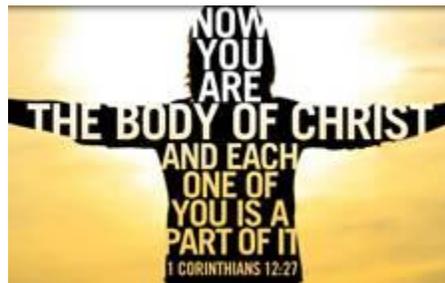
We continue to explore the relationship between our Baptism and Confirmation. In this session we reflect on the white garment and the on cross.

Being clothed in a baptismal garment is a visible sign of an invisible change brought about by the water bath. The rite of the Church points to the change in the person and acknowledges the role of the Christian community in the life of the believer.

At baptism the church proclaims:

***You have become a new creation, and have clothed yourself in Christ. See in this white garment the outward sign of your Christian dignity. With your family and friends to help you by word and example, bring that dignity unstained into the everlasting life of heaven.***

The garment is not simply a uniform or baptism gift or souvenir. The act of donning new clothing reveals the taking on of a new identity. **Baptism makes us more than just followers of Christ; we are members of Christ's body.**



The Cross

During baptism the child is signed with the cross. The new life and new identity we are given in baptism come through Christ as a result of his death and resurrection. The empty cross and sign of the cross speak of both his death and resurrection. Christ is our invisible garment forever, but we cannot wear our white baptismal garment forever. Using the cross helps us to remember that we have put on Christ.

In 1984 Pope John Paul II gave the youth of the world a large wooden cross and asked them to carry it to the world as a sign of Jesus' love for all humanity. This cross is known as the World Youth Day Cross. The World Youth Day Cross travelled across Canada in preparation for World Youth Day in Toronto in 2002.



The Goals of this session are as follows:

1. Understand why we are clothed in a special white garment during the celebration of baptism.
2. Expand our appreciation for meaning and importance of the cross.
3. Understand that in confirmation God strengthens us for the life to which we are called at baptism: by our own lives to show Christ to those around us and to the whole world.

On the day you were baptized the Church gave you baptismal clothing. We will look at the importance of baptismal clothing and what it represents.



Think of a piece of clothing that is special to you. It could be a favorite shirt, or a sports jersey or a gift.



1. Why is this piece of clothing special to you?
2. What do you like best about it?
3. What feeling does it give you when you wear it?

Now, imagine if you could be any piece of clothing...

1. What type of clothing would you be? (maybe you would want to be the #18 Denver Broncos Jersey and participate in NFL game with Peyton Manning, maybe you would like to be a warm winter jacket so you would be like a hug.)



2. If you could wish for one piece of clothing, what would it be? (Maybe a vintage jersey or a favorite piece of clothing you had as a young child or a grandparent's favorite sweater.)



Now, imagine that Christ were a piece of clothing that you could put on.

1. What might that piece of clothing look like?
2. Why do you think that piece of clothing represents Christ? (Encourage your child to offer complete answers: for example, if they say a large robe, ask them about the color of the robe and the texture of the robe)

Our clothing can be very symbolic. It represents our favorite sports teams and can display our national pride. It can be a status symbol, a reflection of our economic status. We associate various colors, styles and textures with certain traits. Clothing communicates a message.

At your baptism it was announced that

*"You have become a new creation and clothed yourself in Christ."*

At your baptism the Church explained that baptism gave you a new identity. When you join a new sports team, you receive a new jersey. When you attend a new private school, you receive a new uniform. These identify you as belonging to a particular group.

The church chooses a white garment as our baptismal garment.



1. Why do you think this garment is white?

- White is the colour of life, purity and newness.

2. Why do you think that the church chooses a large piece of clothing?

- Christ touches every part of who we are

- Baptism is for everyone so a large garment fits all people just like baptism is for all people

3. Why does the Church choose to have us wear a new piece of clothing at baptism?

- To remind us that we are a new creation
- To tell us that we have joined a special group
- To help us visualize putting on Christ

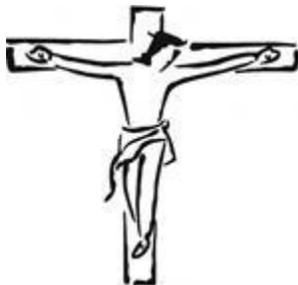
In baptism we have become a new creation and have put on Christ. Our new identity means that we have put on Christ.



As we grow older our white garment that we received at baptism no longer fits us. What symbol do we use now to show that we are “clothed in Christ?”

What is the most important thing Jesus did?

The most important thing that Jesus did was to die on the cross.



The cross is the sign of our new identity. The cross is our constant reminder that we have put on Christ and have put on the mind of Christ. The cross is our visible sign of what it means to live as a disciple of Christ, to be clothed in Christ.

Our Christian identity touches every part of who we are. Our identity as Christians is linked to Jesus' death and resurrection.

For some people a cross is worn as a piece of jewelry or an accessory. For others though, a simple wooden, silver, or gold cross is a sign of something much more. For followers of Christ a cross worn around the neck can be a visible reminder that we have Christ as our identity. It is Christ that we are joined to. The cross is a reminder of Jesus' death and resurrection and of what has happened to us in baptism.

1. When are some of the times we trace a cross on ourselves?

- at the beginning and end of prayers
- as we enter a church
- at the beginning of Mass
- at the time of the gospel
- when we leave church
- when we pass a church
- when we drive past a cemetery
- when we are afraid

The sign of the cross is very much a part of our lives. Think about how we are meant to live differently because we are identified with Christ.



Jesus' death on the cross and his resurrection are linked to the cross.

**The cross is a symbol of self-giving so that others may live fully.**

Think about what this means!!

***The mystery is that when we give of ourselves not only do others live fuller lives but so do we.***

Because our baptism identifies us with Christ and his cross, we are called to live differently. We are to be visible signs of Christ working in the world.

Can you think of ways you can be a visible sign of Christ in the world?

Perhaps you have heard the saying

***“You might be the only bible somebody reads”***



What do you think this means?

- We show and teach the Word of God by example, by our behavior.

We can be examples of Christ in how we treat ourselves and others; in our love, our patience, our kindness and our desire to do right.

Is this easy?

No, not all the time. As a student if you are kind to the kid that everyone picks on, you yourself may be picked on. You might not want to be called “the Jesus kid”. As adults it can be difficult to walk away from co-workers who are gossiping about another person. It can be difficult to ask someone not to tell a racist joke.

You are not asked to do this without help. We have help from our families and the Christian community.

In confirmation the Church prays with us that we will be aware of Christ’s presence in our lives and that we will discover how to rely on the Spirit to guide us. Recall that Jesus was filled with the Spirit. In baptism we received the Holy Spirit and in confirmation the Church prays with us that we will know and be aware of the presence of the Holy Spirit in our lives. It is the strength of the Holy Spirit that helps us to be more like Christ.



The Church uses seven gifts to describe the Holy Spirit. In previous sessions we have spoken of the gifts of understanding, wisdom and courage. Two other gifts are right judgment and reverence.

**Right Judgment** - is the ability to make good and wise decisions. The Holy Spirit's gift of wisdom helps us to see a situation more clearly, to look at the options open to us and to make a clear, right choice. Right Judgment also helps us to learn from our mistakes and to correct the problems caused by our bad decisions.

**Reverence** - is a deep respect from God, for others and for all creation. Reverence show itself in gentleness, tenderness, protectiveness and concern. We need reverence for life, reverence for nature, reverence for truth, and reverence for God.



It can be challenging to learn how to listen to the Holy Spirit. We need to spend time listening. We need to have quiet times in our life.... **Times that we are unplugged!!**



It is important for all of us, children and parents alike, to take the time to find quiet in our lives. We need to find time away from our phones and our TV's, our gaming systems and our computers, our social media and the demands of work, school and extra curricular activities. This is a challenge for us. It may surprise you that if you try and take even ten minutes of unplugged time how agitated your mind and body are. We need to practice being unplugged. It is in these moments of quiet that we are able to hear the Holy Spirit.

Jesus taught people in many ways. Often he would teach people by sharing a meal with them, like at the Wedding Feast of Cana, the loaves and the fishes and the Last Supper. Jesus still teaches at a meal. Each Sunday when we gather for eucharist we are taught through the Word of God being proclaimed, and we are fed by God with the gift of Jesus' body and blood. It is important for the entire community to gather for this special meal.

Please read and complete pages 23-31 in your Alive in the Spirit family book.

Discussion Questions:

1. Why does the church use a white garment as our Baptismal garment?
2. What is the importance and meaning of the Cross?
3. What can we do in our lives to make the voice of God easier to hear?