I. “Move along,” by the rock group, “All American Rejects.” The refrain goes like this:

When all you got to keep is strong
Move along, move along like I know you do
And even when your hope is gone
Move along, move along just to make it through
Move along

II. Talk about “move along” is a good motto for marathon runners.

A. Training for the Denver Marathon 10/17/2010, my 17th;

B. Running in the mud in Dallas, scraping my shoes clean, running on higher ground: metaphor for life and for the Church.

C. “Let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus, the leader and perfecter of faith” (Hebrews 12:1).

III. “Move along” is another way of describing the virtue of perseverance: continuing the struggle when we want to give up.

A. Confirmation is about persevering in the faith.

1. This is not a graduation.

2. It is a commitment to practice the faith for the rest of your life.

B. What does it mean to practice your faith?

1. First we must start with the question, what is the faith, then, how do we act according to that faith?
2. The answer to the first question is found in the baptismal promises that you are about to renew.

IV. What do we believe?

A. First, we reject Satan, and all his empty promises.

B. Trinity; this is how we were baptized: one God, but three persons, united in relationship to each other in a divine community of love:

1. God the Father, creator of heaven and earth;

2. God the Son
   a. Who is Jesus? After 2,000 years, He is still a mystery and misunderstood by many
   b. He is our Lord, born of the Virgin Mary, crucified, died, buried, rose from the dead, now seated at the right hand of the Father;

3. God the Holy Spirit, giver of life, came upon the apostles at Pentecost and today is given to you sacramentally in Confirmation.
   a. St. Augustine: the Spirit is the “bond of love” and “communion” between Father and Son.
   b. St. Gregory of Nyssa: every divine action “has its origin in the Father, passes through the Son, and is brought to completion by the Holy Spirit.” God does not live or act in solitude.

C. The Church: holy & catholic: we share in the divine community of love.

D. The communion of saints

E. The forgiveness of sins

F. The resurrection of the body & life everlasting

V. How do we act according to this faith?
A. Act like we believe it

B. Follow the 10 commandments and the beatitudes of Jesus

C. Live a life of virtue, not vice

D. St. Gregory of Nyssa: The Holy Spirit makes this possible; only the Spirit has the power to bestow good.

E. Do all with the grace of God, confident in the love He has for you.

VI. Join me in singing a song by Brian Littrell of the Back Street Boys, “Jesus loves you.”

All my life I've heard Him say
Jesus loves you!
I dropped down on my knees to pray
Jesus loves you!
I asked Him to come into me
Jesus loves you!
From Him He gives eternity
Jesus loves you (yes He does)
Jesus loves you (say yes He does)
Jesus loves you (yes He does)
For the Bible tells us so
You need to look inside yourself
Jesus loves you!
You can't take with you all your wealth
Jesus loves you!
He will give to you an inner strength
Jesus loves you!
He walked on water but you will sink
Jesus loves you (yes He does)
Jesus loves you (say yes He does)
Jesus loves you (yes He does)
For the Bible tells us so

Said He's the One that died for me
Jesus loves you!
And that's the reason I believe
Jesus loves you!
And He has done the same for you
Jesus loves you!
So watch and see what He can do

Jesus loves you (yes He does)
Jesus loves you (say yes He does)
Jesus loves you (yes He does)
For the Bible tells us so