What is the inward and spiritual grace given in Baptism?

The inward and spiritual grace is death to sin and new birth to righteousness, through union with Christ in his death and resurrection. I am born a sinner by nature, separated from God. But in Baptism, through faith in Christ and the gift of the Holy Spirit, I am made a member of Christ's Body and adopted as God's child and heir. (Psalm 51:1–2, 7–10; Ezekiel 36:25–26; John 3:3–5; Romans 6:1–11; Colossians 2:9–14)

What is required of you when you come to be baptized?

Two things are required: repentance, in which I turn away from sin; and faith, in which I turn to Jesus Christ as my Savior and Lord and trust the promises that God makes to me in this sacrament. (Psalm 51:3–6, 13–17; Mark 1:14–15; Acts 2:37–38)

What signs of the Holy Spirit's work should you hope and pray to see as a result of your Baptism?

I should hope and pray that the Holy Spirit, who indwells me, will help me to be an active member of my Christian community, participate in worship, continually repent and return to God, proclaim the faith, love and serve God and my neighbor, and seek justice and peace. (Matthew 22:35–40; Hebrews 10:19–28; 12:14; 1 Peter 3:15; 1 John 1:9; 2:1)

From An Anglican Catechism, pp. 59-60.

The Book of Common Prayer, page 298, states

Holy Baptism is full initiation by water and the Holy Spirit into Christ's Body the Church. The bond which God establishes in Baptism is indissoluble.

Holy Baptism is appropriately administered within the Eucharist as the chief service on a Sunday or other feast.

Each candidate for Holy Baptism is to be sponsored by one or more baptized persons.

Sponsors of adults and older children present their candidates and thereby signify their endorsement of the candidates and their intention to support them by prayer and example in their Christian life. Sponsors of infants, commonly called godparents, present their candidates, make promises in their own names, and also take vows on behalf of their candidates.

It is fitting that parents be included among the godparents of their own children. Parents and godparents are to be instructed in the meaning of Baptism, in their duties to help the new Christians grow in the knowledge and love of God, and in their responsibilities as members of his Church.