

HOLY



CONFIRMATION
WORKBOOK

SPIRIT

THIS IS BIG.



BE SEALED WITH THE GIFT OF THE HOLY SPIRIT.

Are you ready? Over the next year, you will prepare for the final Sacrament of Initiation in the Catholic Church,

Confirmation. This isn't just one day in your life, but the start of incredible mission that Jesus has given each one of us.

In this workbook you will find information on everything you will need to prepare for your final interview in the Fall of 2021. Through the intercession of the Saints, your family, sponsor and serving the local community, you will be ready to be sealed with Sacred Chrism. Let's go.

SELECTING A CONFIRMATION NAME

Each candidate will be confirmed with the name of a Saint. If the candidate's baptismal name is that of a recognized Saint of the Church, there is no need to select a new name for Confirmation. Using the baptismal name for Confirmation is preferred because it highlights the relationship between the sacraments of Baptism and Confirmation.

If the candidate chooses to take a new name for Confirmation, however, it should be a name selected in honor of Jesus or Mary or from the list of recognized saints of the Catholic Church. Names of saints are chosen to serve as patrons and models for those being confirmed. Candidates should choose a patron whose Christian life or virtues can be imitated.



TELLS US WHAT YOU know

After choosing your Confirmation name, do extensive research on this Saint, finding out as much information about them as possible.

Design and create an infographic to tell us about your saint. You can use templates from Canva or Piktochart.

Try and include the following information about your Saint:

- When and where they were born
- When, where and how they died
- Famous Quotes
- People that lived at the same time as them
- A picture
- Other important or interesting

Information about them

Make sure to include 4-5 sentences telling us why you chose this saint as your patron.

Completed Project will be brought to the interview in the fall.



SELECTING A SPONSOR



You will select one sponsor to serve as a mentor / witness as you prepare for Confirmation and celebrate the Sacrament.

It is preferred that one of the candidate's Godparents at Baptism exercises the role of sponsor at Confirmation. A candidate (with his/her parents) may choose another person as a sponsor.

A sponsor must be at least 16 years of age, and have received Baptism, Confirmation and Holy Communion. A parent, stepparent or guardian may not be a sponsor for his/her child. The sponsor's gender need not be the same as that of the candidate. Sponsors should be practicing Catholics that attend Mass on a weekly basis.

If the sponsor for the Sacrament of Confirmation cannot participate in the celebration of the Sacrament, a proxy is chosen beforehand who fulfills the same requirements of a sponsor as listed above. A parent, step-parent or guardian may not act as a proxy for the sponsor.

CORPORAL WORKS OF MERCY PROJECT

Students are required to participate in each of the seven corporal works of mercy at least once before their interview.

The seven corporal works of mercy are (Matthew 25:35-36):

- Feed the hungry
- Give drink to the thirsty
- Shelter the homeless
- Visit the sick
- Visit the prisoners
- Bury the dead
- Give alms to the poor

MERCY



It will be the responsibility of each student to come up with an idea for each of these. Of course, we are called to do more than fulfill requirements. We are called to be Christ's hands and feet in the world. These works of mercy should become natural extensions of our discipleship throughout our lives. For this reason, we encourage families to participate together!

NEED IDEAS? VISIT
www.stjohn23.org/mercy

TO DOCUMENT:

Turn in a paper containing a paragraph describing what you did and a photo of your work at your interview in the fall. (One paragraph / photo for each work of mercy - seven total.)

SPONSOR INTERVIEW

Once you have selected your sponsor, plan a time to have dinner together, attend Mass or Eucharistic Adoration together, pray a rosary together, or talk about life. This should be an authentic relationship rooted in Christ, not simply someone who shows up for the Confirmation Mass.

Prepare an interview with your sponsor by asking the following questions. Take notes on the following page and type a one page summary of your conversation to bring to your Confirmation interview this fall.

INTERVIEW QUESTIONS:

1. How did you become Catholic? Were you baptized when you were a baby or did you become Catholic through RCIA? Tell me about how you first learned about your faith.
2. As a Catholic, what makes you different from other Christians?
3. How do you picture the Holy Spirit? What images come to mind? When or how have you experienced the presence of the Holy Spirit in your life?
4. What name did you choose for Confirmation and why? When or how have you called on "your saint" to help you on your journey?
5. How do you define the word "holy"? Do you know people in your life that you would describe as "holy"? Do you think anyone describes you as "holy"? What challenges do you face in trying to live a life of holiness?
6. Tell me about an experience in your life when it was difficult for you to be Catholic- perhaps a time when you were made fun of for your faith or when you struggled with a teaching of the Catholic Church. How did you keep your faith or find answers to your questions at that time?
7. In what ways do you feel that celebrating the Eucharist (Mass) every week strengthens and nourishes you to live as a Catholic? Did you ever have a time when you did not like going to Mass?
8. What is your understanding of what it means to sin? How do you avoid sin?
9. What does forgiveness mean to you? What do you do when you find it difficult to forgive someone who has hurt you? How do you ask forgiveness from someone you have hurt?
10. How do you pray? Do you have a favorite place or time to pray? Do you ever find it difficult to pray?

SPONSOR INTERVIEW (CONTINUED...)

11. How do you serve? Do you participate in service projects or volunteer opportunities in your parish, school, work or community? How does service impact your life?

12. Tell me about a time when you felt particularly close to God. Tell me about a time you felt very far away from God.

13. In what ways do you still need to grow in your faith? Do you try to keep learning? How?

14. Through the Sacrament of Confirmation, the gifts we received at our Baptism: wisdom, understanding, counsel (right judgment), courage, knowledge, reverence, wonder and awe are strengthened and increased within each of us. Reflecting back on your life experiences, which gifts have you used the most? Which gifts do you need to use more?

15. What is the best thing about being Catholic? What is the greatest challenge to being Catholic?

NOTES:



**THE WORLD
OFFERS YOU
COMFORT.**

**BUT YOU WERE
NOT MADE FOR
COMFORT.**

**YOU WERE MADE
FOR GREATNESS.**

POPE BENEDICT XVI