

NAME \_\_\_\_\_



# **CONFIRMATION PREPARATION JOURNAL**

## **2015**

# We are here for you!

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# **SESSION 1**

## **OPENING PRAYER**

### **Renewal of Baptismal Promises**

**V. Do you reject Satan?**

**R. I do.**

**V. And all his works?**

**R. I do.**

**V. And all his empty promises?**

**R. I do.**

**V. Do you believe in God, the Father Almighty, creator of heaven and earth?**

**R. I do.**

**V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?**

**R. I do.**

**V. Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?**

**R. I do.**

**V. God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever.**

**R. Amen.**

# SESSION 1

## The Sacrament of Confirmation

### Starter Discussion

Describe one thing in the past that you've prepared well for.

### Talk Notes

# **SESSION 1**

## **9.1 Actions Have Consequences**

- 1. What is one thing you found interesting or insightful about the video?**
- 2. What is the difference between thinking of yourself as an heir- that is, as a son or daughter of God- versus as a “subject” or “member” of a kingdom?**
- 3. What are some ways that people hurt others when exercising their free will in a selfish manner?**

# SESSION 1

## 9.2 What is Baptism?

1. What is one thing you found interesting or insightful about the video?
2. What does Baptism do for us?
3. Look up in a Bible and read together Matthew 28:19. What does this teach us about Baptism?

Two principal effects of baptism are (a) the removal of both \_\_\_\_\_ and \_\_\_\_\_ and (b) sealing with \_\_\_\_\_.  
At your Baptism, when God saved you and \_\_\_\_\_ you as his, you became a “new \_\_\_\_\_” in Christ. Through Baptism, you became part of the \_\_\_\_\_, the body of Christ (CCC 1262, 1265)

# SESSION 1

## 9.3 The Symbols of Baptism

1. What is one thing you found interesting or insightful about the video?
  
  
  
  
  
  
  
  
  
  
2. What are some of the symbols used in baptism?
  
  
  
  
  
  
  
  
  
  
3. What do these symbols mean?
  
  
  
  
  
  
  
  
  
  
4. What can you do this week to live more fully and publicly as a child of God?
  
  
  
  
  
  
  
  
  
  

  - Water ( \_\_\_\_\_ )
  - Oil ( \_\_\_\_\_ with the Holy Spirit)
  - Candles ( \_\_\_\_\_ of \_\_\_\_\_ )
  - White gown ( \_\_\_\_\_ )
  - Going in and out of the water ( \_\_\_\_\_ and \_\_\_\_\_ )
  - Others- sign of the cross, Baptismal promises, prayers used (including prayer of exorcism)

# **SESSION 1**

## **19.1 Who Is Mary?/Communion of Saints**

1. What is one thing you found interesting or insightful about the video?
  
2. What is the purpose of taking a saint's name for yourself at Confirmation?
  
3. Sponsors and Parents, tell of your Confirmation Saint and why you picked him/her.
  
4. Who are some saints you admire, and why?
  
5. Offer your Confirmand some advice on choosing a Confirmation Saint.



# SESSION 2

## OPENING PRAYER- LITANY OF THE HOLY SPIRIT

Promise of God the Father, **have mercy on us.**

Ray of heavenly light, **have mercy on us.**

Author of all good, **[etc.]**

Source of heavenly water Consuming fire

Ardent charity

Spiritual unction

Spirit of love and truth

Spirit of wisdom and understanding

Spirit of counsel and fortitude

Spirit of knowledge and piety

Spirit of the fear of the Lord

Spirit of grace and prayer

Spirit of peace and meekness

Spirit of modesty and innocence

Holy Spirit, the Comforter

Holy Spirit, the Sanctifier

Holy Spirit, Who governest the Church

Gift of God, the Most High

Spirit Who fillest the universe

Spirit of the adoption of the children of God

### Starter Discussion

Name as many symbols of the Holy Spirit you can think of,  
and why those symbols are used.

# **SESSION 2**

## **12.1 Who is the Holy Spirit?**

1. What is one thing you found interesting or insightful about the video?
2. What symbols of the Holy Spirit did you learn about that weren't mentioned in your Intro Question?
3. Deacon Burke-Sivers says the Holy Spirit can come in powerful or subtle ways. What are some of the quiet ways we can experience him in our lives?

# **SESSION 2**

## **12.2 Our Guide and Map**

1. Parent and/or sponsor, share with your Confirmand the point in your life when you first made the jump from simple knowledge about God (knowledge of the head) to wanting to know God (knowledge of the heart.) What advice would you give for someone who wants to know God?

2. Confirmands, are there any teachings of the Church that you have difficulty understanding or accepting? Discuss these briefly.

# **SESSION 2**

## **12.3 The Holy Spirit In Your Life**

1. What is one thing you found interesting or insightful about the video?
2. What is one thing you can do to open your heart more fully to the grace of the Holy Spirit every day?
3. How many "Gifts of the Holy Spirit" can you name? (spoiler- look them up in Isaiah 11:2-3)

**LIST THE GIFTS HERE**

# SESSION 2

## 12.2 Our Guide and Map

### Starter Discussion

Talk for a few minutes about the best or worst gift you've given or received. Something extreme!

What did you do with that gift?

How did you know that it was a bad gift?

**Servant of God Fr. John Hardon** “Here lies the difference between those who are good Christians but remain until death in mediocrity and those who strive for, and reach, sanctity. It is up to us! And, strange as it may seem, when God sees we appreciate the grace we have by using it, he gives us more.”

Look up and read **Matthew 13:12**

- ♦ What are both of these passages saying?
- ♦ What do they have to do with the Gifts of the Holy Spirit?

# SESSION 2

## 13.1 What Does the Holy Spirit Do For Me?

1. What is one thing you found interesting or insightful about the video?

2. Discuss the Gifts of the Spirit that are directed toward the intellect (knowing God): Wisdom, Understanding, Knowledge, Counsel. Which of those do you most desire and need?

3. Where do you have these gifts in your life already? How can you make better use of them?

# **SESSION 2**

## **13.2 Gifts of the Spirit**

1. What is one thing you found interesting or insightful about the video?
  
  
  
  
  
  
  
  
  
  
2. Discuss the Gifts of the Spirit that are directed toward the will (loving God): Fortitude, Piety, Fear of the Lord. Which of those do you most desire and need?
  
  
  
  
  
  
  
  
  
  
3. Where do you have these gifts in your life already? How can you make better use of them?

# SESSION 3

## OPENING PRAYER– CONFIRMATION BLESSING

All-powerful God, Father of our Lord Jesus Christ,  
by water and the Holy Spirit  
you freed your sons and daughters from sin  
and gave them new life.

Send your Holy Spirit upon them  
to be their helper and guide.

Give them the spirit of **wisdom** and **understanding**,  
the spirit of **right judgment** and **courage**,  
the spirit of **knowledge** and **reverence**.

Fill them with the spirit of **wonder and awe** in your presence.

We ask this through Christ our Lord.

**R. Amen.**

### Starter Discussion

We're half-way through our Confirmation Sessions. What have you learned? How have you changed?

If you attended the retreat, share your experience of it. Have you made any changes in your life from what you learned on the retreat?



# **SESSION 3**

## **13.3 The 12 Fruits of the Holy Spirit**

1. What is one thing you found interesting or insightful about the video?
  
  
  
  
  
  
  
  
  
  
2. What is a fruit? What is its purpose on a plant?
  
  
  
  
  
  
  
  
  
  
3. What does Jesus teach about good fruit? Lk 6:43-45
  
  
  
  
  
  
  
  
  
  
4. Name the 12 fruits of the Holy Spirit. Give some examples of how they play out in everyday life. (HINT- Gal 5:22- the Latin Vulgate translation included goodness, chastity, and self-control.)

# SESSION 3

## 14.1 The Power of the Holy Spirit

1. What is one thing you found interesting or insightful about the video?
2. Confirmation gives us a special strength of the Holy Spirit to spread and defend the Faith by word and action. What does it mean to spread and defend the Faith?
3. Where do you see a spiritual battle going on in the world, and what is your role in it?
4. How have you been equipped to defend and spread the faith so far in your life? What other “equipment” would you like?

# **SESSION 3**

## **14.2 The World Needs You**

1. What does the Sacrament of Confirmation do for a Catholic? (hint CCC 1316)
2. Confirmation is “the sacrament of Christian maturity.” What does it mean to be spiritually mature?
3. How hard would it be to die for your faith in Jesus Christ? What kind of personal sacrifices are you making to live your life for your faith in Jesus Christ?
4. What are some gifts and talents you have? What are some needs of the Church and the world that could use your gifts?

## SESSION 4

### OPENING PRAYER– LECTIO DIVINA (DIVINE READING)

In Christianity, **Lectio Divina** (Latin for divine reading) is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word. It does not treat Scripture as texts to be studied, but as the Living Word.

*Prayer Thoughts*

## SESSION 4

*Luke 5:1-11 The Call of Simon the Fisherman.*

While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, "Put out into deep water and lower your nets for a catch." Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, "Depart from me, Lord, for I am a sinful man." For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, "Do not be afraid; from now on you will be catching men." When they brought their boats to the shore, they left everything and followed him.

### **Starter Discussion**

How would you like to change after Confirmation?

What is one thing you would like to start doing that would allow the Holy Spirit to work through you? (Give a REAL answer, something possible.)

How can you make this act a habit?

## SESSION 4

### 14.3 What Happens At Confirmation?

1. What is one thing you found interesting or insightful about the video?
2. What are the symbols used in the Sacrament of Confirmation, and what do they mean?
3. Chris says that as a teenager, he made it his goal to share something about his faith every day. What are some ways you could share your faith with the people in your daily life?

#### Symbols Used in the Sacrament of Confirmation

\_\_\_\_\_ - for cleansing and strengthening

\_\_\_\_\_ - Conferring new status and preparing for battle

\_\_\_\_\_ - The sign of blessing and gift of the Holy Spirit

# **SESSION 4**

## **24.1 Five Disciplines of a Disciple, Pt 1**

1. Some think a desire is a feeling that is beyond our control, but this is not true. In what ways can we foster a healthy desire for greatness?
2. Has your prayer life changed over the past weeks and months? In what ways?
3. Give examples (name names) of teen peers you can rely on as your support. Sponsors, help guide your Confirmands toward thinking of some names.
4. What are some ways you can help other teens grow in a commitment to Christ? How will Confirmation help?

## **24.2 Five Disciplines of a Disciple, Pt 2**

1. What do you think Chris meant when he said, “Fr. Capodanno died the way Christians are called to live their everyday lives.”
2. What does living a “life of mission” mean? What are some steps you can take toward living a life of mission?
3. What does the last quote from the video mean to you? (John 15:16)  
What is the most profound thing you have learned in Confirmation preparation?

IF you have any creativity at all, this page will not be left blank.