

This Journal Belongs to: _____

Confirmation Candidate Journal



**St. Michael the Archangel Parish
Canton, Ohio**

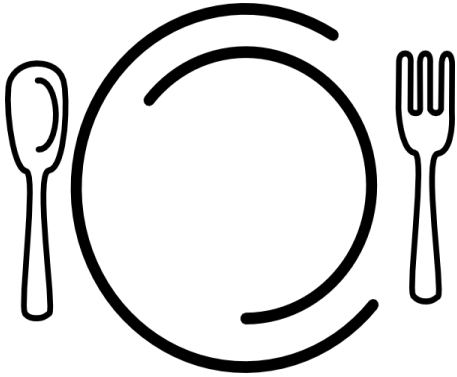
Sponsor/Candidate Dinner

**Please be sure to answer the questions in the
Sponsor Journal during your dinner!**

Place of Dinner: _____

Date of Dinner: _____

Signature of Sponsor: _____



Interviewing My Sponsor:
A Useful Tool For Your Sponsor/Candidate Dinner

(This may be done verbally, perhaps as an ice-breaker at your Sponsor-Candidate Dinner.)

Ask questions like:

Where were you born? How many brothers and sisters do you have? What was your favorite game? What kind of work did you have to do at home? Where did you go to school? What was it like? What did you do for fun when you were young? What historical event do you remember best in your life time?

What important things happened to you as you grew up? How did you meet your spouse? How many children or grandchildren do you have?

Do you remember the funniest thing that ever happened to you? Do you remember the scariest?

In what ways has God been good to you in your lifetime? Do you know the date you were Baptized, made your First Communion, or Confirmation? What was your chosen Confirmation name? Why did you pick this name?

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****Answers to the Reflection Questions should be written out as they will be shared with your sponsor, and this journal will be handed in to the Confirmation Team for the interviews in February.***

Confirmation

“When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues of fire, which parted and came to rest on each of them.”
Acts 2:1-3

For a Catholic, Confirmation is a sacrament of initiation—the beginning of accepting new responsibilities in the Catholic Church. The other two Sacraments of Initiation are



Baptism and Eucharist. Although it is the last Sacrament of Initiation to be celebrated, Confirmation does not mark the end of a person’s formal religious education; rather, it is the beginning of a deeper belief, a fuller involvement, and a strong service to the Church.

To be confirmed is not necessarily that you be a saint. You do not need to have all your questions about faith and God worked out in your mind and heart. Confirmation is a beginning. In Confirmation, you accept the responsibility of being a member of the Catholic Church.

Confirmation also can be understood as a mutual promise between God, the Holy Spirit, and the individual person. In Confirmation we make a commitment. We renew the promise that was made for us at Baptism. We promise to be faithful to certain beliefs, we promise to behave in a certain manner, and we promise to participate in the life of the community. The profession of faith, *the Apostles’ Creed*, that we pray together at Sunday Mass expresses what we as Catholics believe. It expresses the essential parts of our faith.



11. Companion for the Journey: Choosing Your Sponsor

You do not journey alone within the Christian community. Along the way, you form friendships with certain members who show in their lives what it means to be Catholic. A sponsor at Confirmation is someone who stands up for you before the community, presents you to the Bishop and witnesses the anointing with Chrism. But the sponsor's influence in your life should continue after the ceremony. The sponsor should serve as someone you can turn to for help and guidance as you continue your journey of faith in the years ahead.

On this page, write about your sponsor. You may include why you chose this person, what he/she has done in your life, how you hope to build up your relationship, and any other information that you would care to put into this journal entry. *(50 words.)*

Our mutual promise with God also demands that we live in a certain way. The guidelines for our Christian way of living are *the Ten Commandments*, Jesus' law of love, and *the Beatitudes*. The Ten Commandments are those basic guidelines for behavior that have been passed onto Christians from the Jews. Those guidelines, however, are completed and fulfilled by Jesus with a more demanding requirement—Jesus asks us to love as he loved.



The final element in our relationship with God is our participation in the community and in the celebration of *the Sacraments*. For us, as Catholics, this means, in part, being present for Sunday Mass. There, we affirm our belief by praying and celebrating together the presence of Christ in our lives at the Eucharist. We cannot fulfill our part of our agreement with God unless we involve ourselves and participate actively in the sacramental life of the Church.

The following pages contain a review of the Apostles' Creed, the Ten Commandments, the Beatitudes, and the seven Sacraments, in preparation for Confirmation.

The Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge the living and the dead.

I 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.

Amen.

10. In Confirmation, a special name is chosen.

Your name gives you an identity; it tells others who you are. Throughout our lives, we will identify ourselves with many names - the name of the mascot of our high school or college; the name of the region of the country we live in; the title of the career we choose.

At your Baptism, you were called by name, and christened to become a child of God. As a part of your preparation to receive the Sacrament of Confirmation, you have the privilege and responsibility, just like your parents did when you were born, to choose a special name.

What name have you selected and why? *(50 words.)*

The Ten Commandments

Exodus 20: 2-3, 7a, 8, 12a, 13-17a

1. I, the LORD, am your God. You shall not have other gods besides me.
2. You shall not take the name of the LORD, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not set your heart on your neighbor's house.
10. You shall not set your heart on your neighbor's spouse.



The Beatitudes

Matthew 5:3-10

Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.

Blessed are they that mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted for the sake of righteousness,
for theirs is the Kingdom of Heaven.

Where have you discovered the face of God during this time of preparation for Confirmation?

In what ways have you brought Christ into the world this past year?

9. If you ran into a friend who is not Catholic, and he or she asked you the following questions, how would you answer?

(Please answer the following questions in a few brief sentences.)

What does Confirmation mean to you?

What are your reasons for being Confirmed?

The Seven Sacraments

Sacraments of Initiation



Baptism



Eucharist

Confirmation



Sacraments of Healing

Reconciliation



Anointing of the Sick



Sacraments of Vocation

Marriage



Holy Orders



The Gifts of the Holy Spirit

Wisdom...

...helps us recognize and respond to God's presence in our lives.

Understanding...

...brings us beyond an intellectual knowledge of faith to a deeper experience of it.

Right Judgement...

...guides us to make decisions and choices that are true to our faith.

Courage...

...empowers us to stand up for the values and beliefs of the Gospel message regardless of personal difficulty or suffering.

Knowledge...

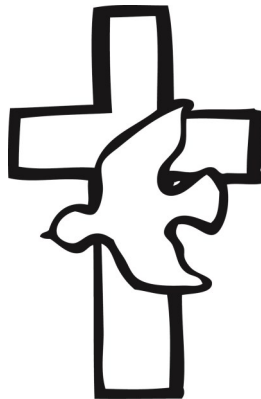
...enables us to be certain of God's love for us as well as to share that love with others.

Reverence...

...leads us to honor God as the source of all life and to see all people as our brothers and sisters in Christ.

Wonder and Awe...

...encourages us to respect, recognize, and trust God's divine role in unfolding human history and in creation.



If the Holy Spirit was something found in nature, what would that be?

If the Holy Spirit was music, what would that music sound like?

The scriptures tell us...

...God is our Comforter. God is with us when we hurt, are troubled, or distressed. What are some things you think God would say to us during these times?

...The Holy Spirit guides you into truth and has a purpose for you. What are some aspects of your life, now or in the future, where you think you may need some guidance?

8. An Invitation to Trust

“The Spirit of the Lord God is upon me, because the Lord has anointed me; He has sent me to bring good news to the afflicted, to bind up the brokenhearted, to proclaim liberty to the captives, release to the prisoners; to announce a year of favor by our God, and a day of vindication by our God; To comfort all who mourn.” Isaiah 61:1-2

(Please answer the following questions in a few brief sentences.)

In this passage from Isaiah, God is talking directly to YOU. What is God asking of you?

If the Holy Spirit had a voice, what would that voice sound like?

If the Holy Spirit were a color, what color would it be?

The Fruits of the Holy Spirit



Charity

Generosity




Joy

Gentleness

Peace

Faithfulness



Patience

Modesty

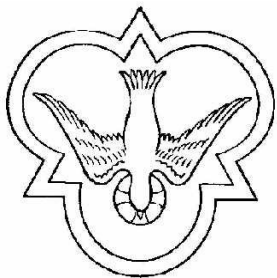
Kindness

Self-Control

Goodness

Chastity





A Daily Prayer for Confirmation

O God,
I pray that You give me a right heart,
that I may come to know You in Jesus.
Lead me to know the sinfulness
of my own heart,
and Your great love for me,
in Christ Jesus.
Help those who teach me,
to give me the teaching I need.
Grant that, on my Confirmation Day,
I may be ready to give myself
to be Your faithful soldier
and servant to my life's end;
Through Jesus Christ our Lord.
Amen.

Psalm of the Holy Spirit

We worship you, Holy Spirit of God,
and we may only guess, as best we can,
who you are for us.
We call you by human names and words
so that we need not be entirely silent.
We open up our hearts to receive you
that we may learn how too deeply
and invisibly you are present everywhere.
You are the air we breathe,
the distance we gaze into,
the space that surrounds us.
You are the kindly light
in which we are attractive to each other.
You are the finger of God,
with which God playfully
ordered the universe.
You are the sensitive love
with which God created us.
We pray to you, Spirit of God, Creator.
Complete the work you have begun,
prevent the evil we are capable of doing,
and inspire us toward what is good –
to faithfulness and patience,
to gentleness and compassion
and waken in us friendship
for every living being
and with joy for everything
that is good and human.
Make us fire of your fire,
light of your light as Jesus
is the light of the eternal light in you
and in God of God,
today and every day,
forever and ever.
Amen.

What is one of your favorite day-to-day sayings? Why? (25 words.)

7. WONDER and AWE help us to appreciate God's role in creation, in human history and in our own lives.

From the prayers listed from pages 12-13, choose four lines from one of the prayers that speak to you in a very special way and then share the reasons why. (50 words.)

Prayer to the Holy Spirit

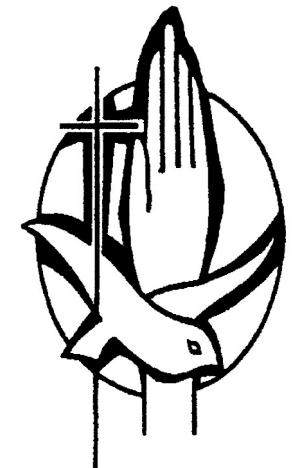
**Come Holy Spirit,
fill the hearts of your faithful,
and enkindle in them the fire of your love.
Send forth Your Spirit
and they shall be created.
And you shall renew the face of the earth.**



**O God,
who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that by the same Holy Spirit,
we may be truly wise,
and ever enjoy His consolations,
through Christ Our Lord,
Amen.**

From the Rite of Confirmation:

**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 judgement 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,
Amen.**



Reflection Questions

**1. WISDOM is much more than being smart.
It is the ability to appreciate all of our life
experiences—both the good and the not so
good.**

Wisdom helps us to use our experiences to focus on being good Christians. Name some ways in which you can use this Wisdom. *(25 words.)*

Just as God has given us Wisdom, name some people in your life who have also given you the gift of Wisdom. *(25 words.)*

6. REVERENCE leads us to honor God. When we honor God, we see all people as our brothers and sisters in Christ.

Do you accept others? Can you tell about a time when you reached out to someone different from you?
Can you tell about a time when you hurt someone because you did not reach out? *(50 words.)*

What might be a creed or motto that would be a guiding principle or statement of what you believe?
(25 words.)

2. UNDERSTANDING, the second gift of the Holy Spirit, brings us beyond knowledge of faith to a deeper understanding of the heart.

What have you experienced in your Catholic faith that is most valuable to you? *(50 words.)*

What questions do you have, at this point in your life, about God or your Catholic Faith? *(25 words.)*

How do you picture yourself practicing your Faith five years from now? *(25 words.)*

5. KNOWLEDGE helps us to understand God’s love for us and to share that love with others.

What are some examples, from your own life, that show God’s love really exists? *(50 words.)*

List 5 very important things in your life that you could not live without and explain why they are important.

3. RIGHT JUDGEMENT guides us to make choices that are true to our faith.

If God came to stay with you, could God tell from the things in your room that you are a Christian? What items in your room would point to this? What do they mean to you? If there are no objects, what could you put into your room and why? *(50 words.)*

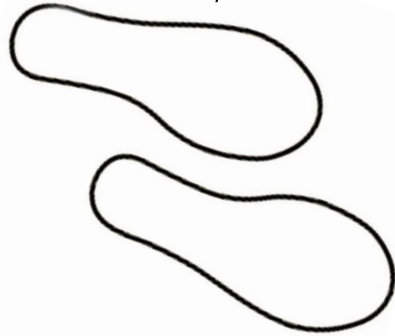
If you could invent something that would help solve a world crisis or help alleviate human suffering, what might that be? *(50 words.)*

4. COURAGE empowers us to stand up for the Gospel message, no matter how difficult or uncomfortable.

If you were in a situation where you had to stand up for your belief in Christ, what do you think might happen? *(50 words.)*

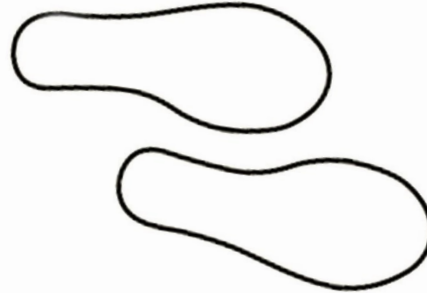
My Journey

This is me on a journey:

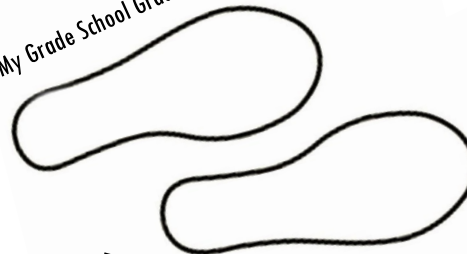


Please respond to each footprint with a few words or phrases written beneath it.

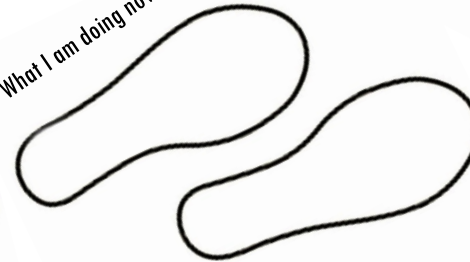
My Grade School Grades 1-4:



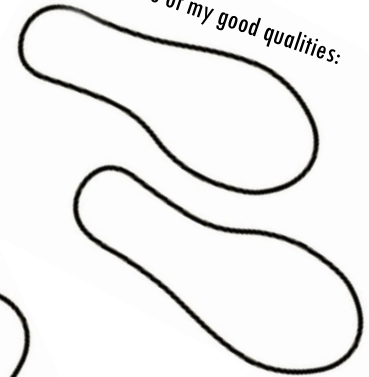
My Grade School Grades 5-8:



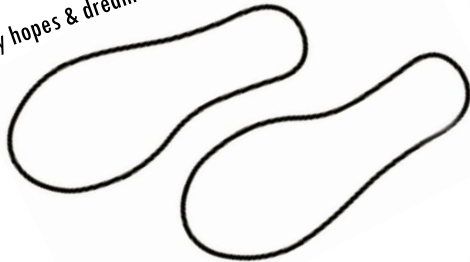
What I am doing now:



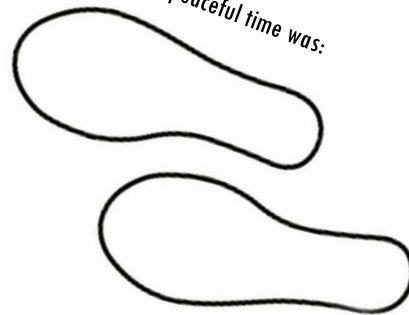
Two of my good qualities:



My hopes & dreams for the future:



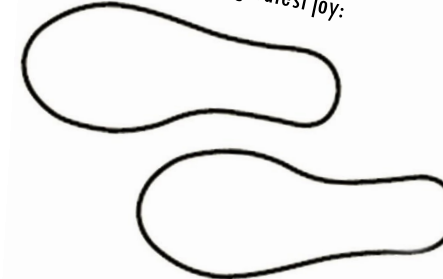
A peaceful time was:



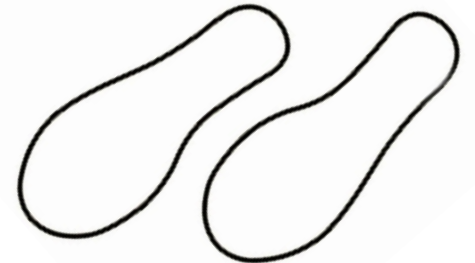
The time I felt the greatest pain:



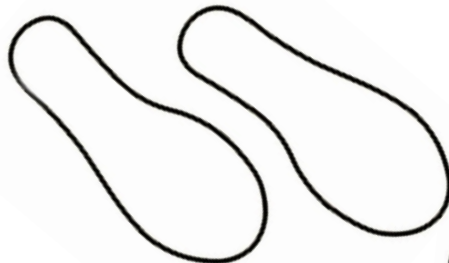
The time I felt the greatest joy:



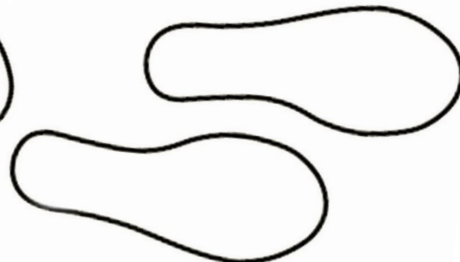
Two things that I would like to improve about myself:



My best friend:



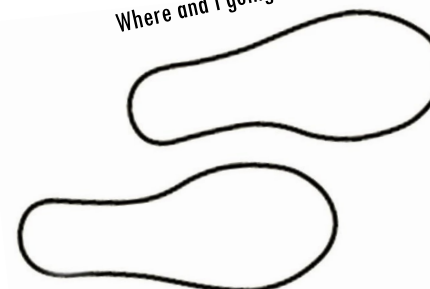
My first recollection of God:



One "peak" moment at a church service:



Where and I going? Who will help?



What is strong in my life?

