

**This Journal Belongs to:** \_\_\_\_\_

# **Confirmation Candidate Journal**



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

Layout designed by Ashley Quinn, M.A., LPC  
Adapted from journal written by Michael Ress  
St. Michael the Archangel Parish in Canton, Ohio

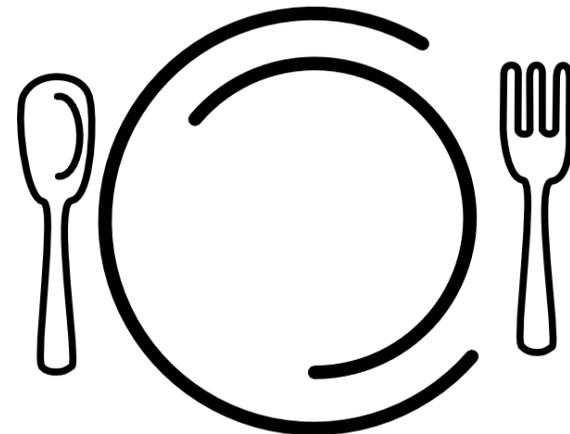
# Sponsor/Candidate Dinner

**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?



# Contents of this Journal

Reflections on the Sacrament of Confirmation.....5-6

The Ten Commandments, Beatitudes and Sacraments.....7-9

The Gifts and Fruits of the Holy Spirit.....10

Prayers and Reflections.....11-13

Reflection Questions: **These answers should be written out as they will be shared with your sponsor, and handed into the Confirmation Team.** .....14-37

Interviewing My Sponsor.....38

Candidate Sponsor Dinner & Signature of Sponsor.....39

**This journal will be handed into the Confirmation Team in February.**



## 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.)

## 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** that we pray together at Sunday Mass expresses what we as Catholics believe. It expresses the essential parts of our faith.



**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. 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.

What do the images of *WIND* & **FIRE**, used for the Holy Spirit's presence, suggest to you most strongly?

**Unpredictability**—like wind and fire are unpredictable, so you cannot always predict what God will do next through the Spirit.



**POWER**—wind and fire are two of nature's most powerful forces, and remind us of the power of the Spirit.

**INVISIBILITY**—you cannot see the wind, and the heat of a fire extends far beyond what you can see.



**Change**—wind suggests changes are coming and the Holy spirit brings change to the world.



**Warmth**—fire brings warmth, and the spirit brings the warmth of love.

## 10. In Confirmation, a special name is chosen.

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

# The Ten Commandments

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.



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

# The Beatitudes

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.

Matthew 5:3-10

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 response 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.

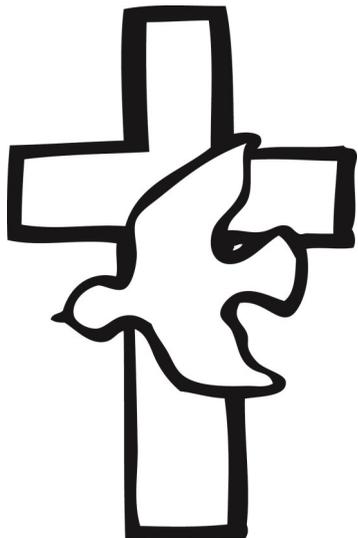
**Wonder and Awe**

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 Fruits of the Holy Spirit



**Charity**

**Joy**

**Peace**

**Patience**

**Kindness**

**Goodness**

**Long-Suffering**

**Humility**

**Fidelity**

**Modesty**

**Continenence**

**Chastity**

## 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 is upon me, because the Lord has chosen me to bring good news to the poor. God has sent me to proclaim to the captives and recovery of sight to the blind, to set free the oppressed and announce that the time has come when God will save God’s People.” Isaiah 61:1-2*

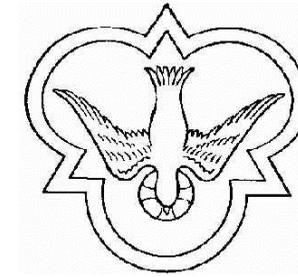
*(Please answer the following questions in a few brief sentences.)*

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?

# 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

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

**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.**

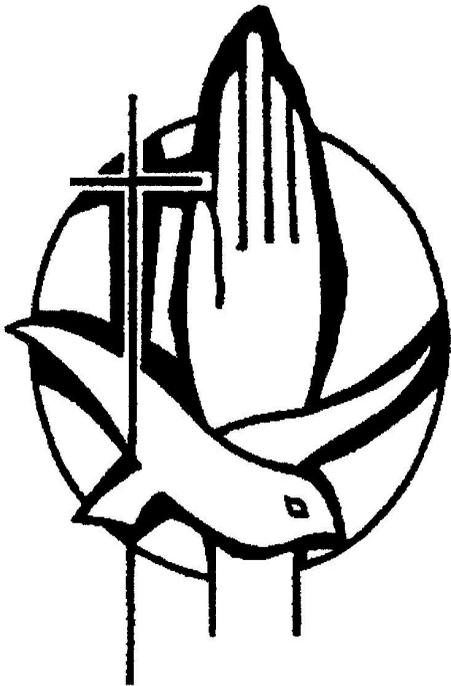
**Give them the spirit of  
wisdom and understanding,**

**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.**



**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 11-13, 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.)*



**Come Holy Spirit,**

**fill the hearts of us, your faithful,  
and enkindle in us the fire of your divine love.**

**God our Creator and Redeemer,  
send forth Your sanctifying Spirit**

**and we shall be created.**

**And you shall review the face of the earth.**

**Let us pray.**

**O God,**

**by the light of the Holy Spirit,  
you instruct the hearts of your loved ones.**

**Grant that by the same Holy Spirit,**

**we may be truly wise,  
and rejoice always in Your goodness.**

**We ask this in the name of Jesus.**

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

What questions to 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.)*

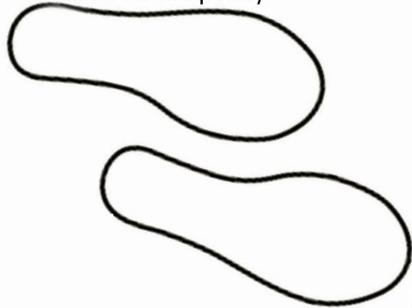
**4. COURAGE empowers us to stand up for the Gospel message, no matter how difficult or uncomfortable.**

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.)*

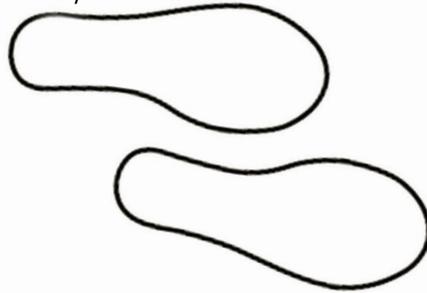
# My Journey

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

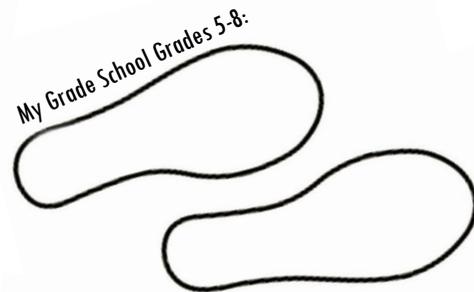
This is me on a journey:



My Grade School Grades 1-4:



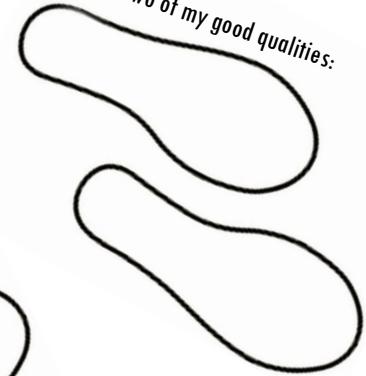
My Grade School Grades 5-8:



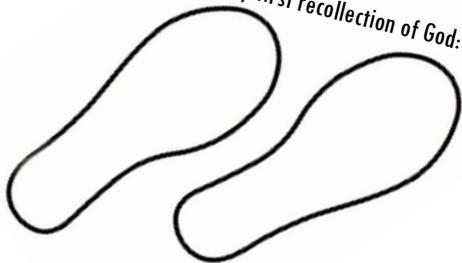
What I am doing now:



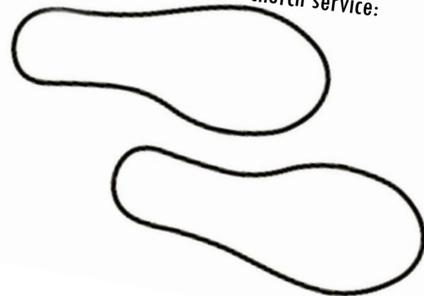
Two of my good qualities:



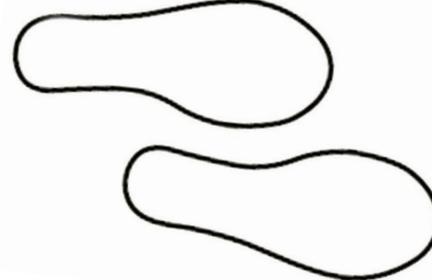
My first recollection of God:



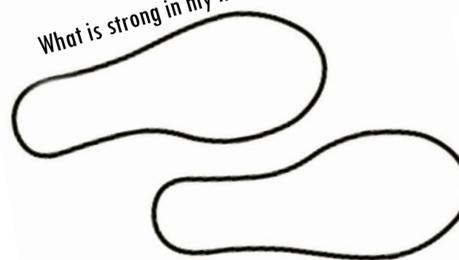
One "peak" moment at a church service:



Where and I going? Who will help?



What is strong in my life?



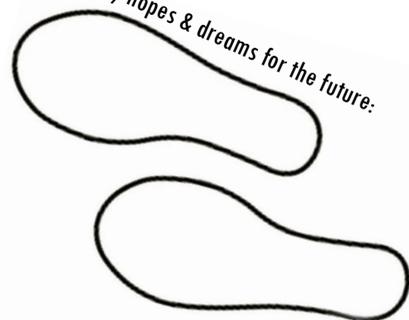
Two things that I would like to improve about myself:



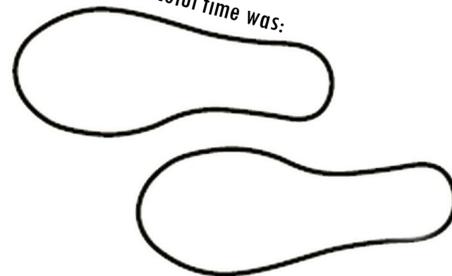
My best friend:



My hopes & dreams for the future:



A peaceful time was:



The time I felt the greatest pain:



The time I felt greatest joy:

