EXPLORING FAITH WITH YOUR SPONSOR

Now is a good time to think about whom you would like as your sponsor and the sooner you ask them the better. The most important role of a Confirmation sponsor is to walk with you and guide you as you prepare to receive the fullness of the Holy Spirit in this Sacrament of Initiation. Your sponsor can be a great source of spiritual guidance. Sponsors are like spiritual coaches or mentors; they affirm your strengths and point out ways to help you grow in the practice of your faith. A sponsor participates in your preparation and presents you to the bishop during the sacrament of Confirmation.

Our hope is that you will schedule time with your sponsor to explore your Catholic faith together. We are asking that you meet at least 2 times- once before your Confirmation retreat and once after your retreat. Whether in person or through another way of communicating (phone, Zoom…), it is important that you meet to discuss your preparation, ask your questions, and pray together.

The packet provides guided questions for 2 sessions. Please take some time reflecting upon and answering the questions together. If you have something else you want to talk about, you are more than welcome to discuss any topic. The questions are a simply a way to start your discussions. You are encouraged to take notes on your discussion for later reflection. Please sign the bottom of "MEETING ONE" and turn it in by March 12th on Junior Retreat, or you can turn it in to the Faith Formation office any time you have finished. The bottom of "MEETING TWO" should be turned into the FF office (perhaps after a Sunday Mass) soon after retreat, so you are able to talk about the retreat while it is still fresh in your mind. I know you all have very busy schedules, so it is a good idea to put meeting dates and times on your calendar now!

Enjoy your time together and God bless you and your sponsor.

Many blessings,

Taylor Baar and the Formation Staff

Meeting One
Before Confirmation retreat

Opening Prayer
Holy Spirit, come upon us to strengthen us. Bless our time together and guide us as we share our faith and prepare for the sacrament of Confirmation. Let our belief and commitment to the Catholic faith be evident in the way we live our lives. Amen

Please take a few moments to tell your sponsor why you chose him/her…

What does Confirmation mean to you personally? Why are you part of the Confirmation process this year?

"Faith is to believe what you do not see: the reward of this faith is to see what you believe"

- *St. Augustine*

Reflect on this quote from St. Augustine- how do you think this applies to your life?

Spiritual Companioning is when a person takes us on a spiritual journey by helping us to become more aware of God's presence and to respond to God's voice in everyday life.

Recall people and events when you may have felt spiritual companionship. How did you grow from that experience?

Make a list of 3 or 4 people with whom you are both acquainted and discuss how these people reflect the image of God in their daily lives.

1.
2.
3.

COME HOLY SPIRIT, LIVE IN US.

Reflect on your own experience of the Holy Spirit.

How do you imagine the Holy Spirit?

When or how are you aware of the Holy Spirit?

Prayer is the Lifting of our hearts and minds to God. It helps us come to know God and his will for us. God the Holy Spirit teaches us how to pray.

Discuss prayer and what it means to you.

Share the kinds and types of prayer you practice and enjoy.

What steps have you taken to develop a relationship with God?

The joys and the hopes, the griefs and the anxieties of the men of this age, especially those who are poor or in any way afflicted, these are the joys and hopes, the griefs and anxieties of the followers of Christ. (Gaudium et Spes 1)

What aspects of the Catholic Church are most attractive to you and invite you to belong?

What are the moral issues and social justice issues you feel strongly about?

What are some things you can do to continue to grow in your faith? (Together, with your sponsor, set some goals for you to work on this year.)

Closing Prayer:
Lord, make me an instrument of your peace!
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is discord, harmony.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sorrow, joy.
AMEN

Sponsor Signature: _____ Date: _____

Teen Signature: _____

Please return to the Faith Formation office when completed, or bring it with you to the start of Junior Retreat and turn in when you register.

MEETING 2
AFTER CONFIRMATION RETREAT

Opening Prayer
"The Advocate, the Holy Spirit that the Father will send in my name-he will teach you everything and remind you of all I told you. Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid."

John 14:26-27

Holy Spirit, guide us as we answer the call to holiness. Fill our hearts with your Spirit of peace. Bless our time spent together preparing for the sacrament of Confirmation. Amen

Share your retreat experiences:

- Your favorite part
- A part that was difficult or stretched you
- Something that surprised you
- An encounter with God

Reflect on your experiences of being nurtured and strengthened to live the Christian life. Discuss what actions can be taken to strengthen your spiritual health.

Review your year

Identify people or events that have influenced your journey this year. Why did those people or events stick out to you?

At the last conversation, you set a few goals. How did those go?

Faith Discernment

Answer and discuss the following questions. Respond or write: Yes, No, or Undecided and then explain your answers to each other.

I see my life as a spiritual journey.

I can name ways God is present in my life.

I like being Catholic.

I have felt God's healing presence

I pray everyday

I attend the sacrament of Reconciliation more than once a year

I attend Mass every Sunday or Saturday and Holy Days of Obligation

I own a Bible

Sometimes reading Scripture helps change my life.

I give of my time and talent to help and serve others.

Catholics believe in the sacredness of all life, which includes among other; unborn babies, the sick and elderly, and prisoners on death row.

I know what a moral decision is.

I pray to the Holy Spirit when I make decision.

Jesus Christ is truly present in the concentrated bread and wine.

I practice the Spiritual and Corporal Works of Mercy.

Spiritual.	**Corporal**
Counsel the doubtful	Feed the hungry
Instruct the ignorant	Give drink to the thirsty
Admonish the sinners	Clothe the naked
Comfort the afflicted	Shelter the homeless
Forgive offenses	Visit the sick
Bear wrongs patiently	Visit the imprisoned
Pray for the living and the dead	Bury the dead

Spiritual Health Inventory

Reflect on your experiences of being strengthened and nurtured to live the Christian life. Look over the inventory below and share where you are today. Discuss this with your sponsor.

Respond or write: A Strength Doing fine Needs work A weakness

Makes time for personal prayer.

Participates in Sunday Eucharist regularly.

Nurtures a spirit of gratitude and generosity.

Admits faults and wrongdoings.

Accepts forgiveness and forgives others.

Respects the sanctity of life.

Cultivates a love for justice and peace.

Studies and prays with Scripture.

Appreciates doctrines of the Church.

Has an awareness of God's presence in creation.

Acts on moral values.

Serves others willingly.

Think about the future

What are some ways you can continue to grow in your faith and stay spiritually healthy after Confirmation?

I Have Called You by Name…

What name have you chosen?_____

Discuss your Confirmation name. Will you reaffirm your baptismal name or choose the name of a saint or person whose example you wish to follow? Tell your sponsor about the saint your name represents.

Imagine that you have been asked to speak to next year's Confirmation candidates. What are 3 important points you would like to present to them? Why?

1.
2.
3.

"Happy is the soul that knows how to find Jesus in the Eucharist, and the Eucharist in all things!"

- Saint Peter Julian Eymard

Plan a Sunday when you can attend Mass together.

Closing Prayer
All powerful and living God,
Pour out your Holy Spirit on us that we may be strengthened to live out the call of our Baptism.
Open us to be responsive to the Gifts of the Holy Spirit that we may grow in knowledge and love of your Son, Jesus, become messengers of the Good News, and further your kingdom here on earth.
We ask this in the name of Jesus Christ, who is Lord.
Amen.

Sponsor Signature: _____Date: _____

Teen Signature: _____

Please turn into the Faith Formation office before Confirmation Rehearsal.