

Confirmation Candidates Name _____

HOLY CROSS CATHOLIC CHURCH

CONFIRMATION SPONSOR-TEEN HANDBOOK



Due: April 27, 2020

Dear Sponsor,

Congratulations on being chosen to lead a member of the young church in the Christian way of life. As a sponsor, you will have three primary roles: to assist the candidate for Confirmation, to present the Candidate for Confirmation to the bishop, and to help the confirmed person live out their Christian Baptismal call fully. More importantly, you are also forming a bond of Christian fellowship with the candidate that will hopefully lead to a lifetime of prayer for one another. ***A sponsor is to be an example of Christian living and represent the Church by supporting the candidate, praying with the candidate, and challenging him or her to live a Christian life.*** As you work to prepare your candidate for the Sacrament of Confirmation, take this opportunity to discover more about yourself and learn more about the challenges and joys of being a Catholic; it is both an honor and a great responsibility to be a sponsor!

During the remaining months of preparation, the candidates will be challenged to make their faith their own through a commitment to prayer, weekly mass, and active participation in the life of the Church. They will attend interviews with our pastor, a three-day retreat, and will need to complete 30 hours of community service, serving others through their good works. They will need to memorize certain prayers, traditions, and parts of the mass in order to truly understand the commitment they are making. **Father Garcia and all the Faith Formation staff challenge all Sponsors to aid in this process by meeting 5 times for one hour with your candidate before the Confirmation Mass on May 9, 2020.** During your meetings, you and your candidate will reflect on the questions in this handbook. If it is not possible for you to meet in person, please arrange a video chat or phone call to complete the questions in the handbook. Parents should sign on the designated line in place of the sponsor if an in person meeting is not possible. We recommend setting specific dates to meet before April 27 to ensure sponsor and teen participation. The entire packet should be turned in on or before **April 27, 2020**. If you have any questions or concerns, feel free to contact us at (407) 438-0990 x110 or by emailing ymatos@hccchurch.org.

We thank you for joining us on this Confirmation journey and we pray that through your efforts, along with those of the parents, faith formation staff, catechists, and the Church as a whole, may serve to guide our young church to the foot of the Cross through every moment in their lives. Be assured of our prayers for you during this time of preparation. May God bless you abundantly.

In Christ,

Yashira M. Matos
Youth Ministry Coordinator

Sponsor Expectations

What is the role of the Sponsor?

According to the Rite of Christian Initiation for Adults, the sponsor is a person who has “known and assisted the candidates and stand as witnesses to the candidates’ moral character, faith, and intention” (RCIA, 10). A sponsor should be chosen on the basis of being approved by their pastor, having good qualities, being an example, and being a friend. “It is the responsibility of godparents to show the candidates how to practice the Gospel in personal and social life, to sustain the candidates in moments of hesitancy and anxiety, to bear witness, and to guide the candidates’ progress in the baptismal life” (RCIA, 11).

Here are a few benchmarks or guideposts to help you be the best that you can be.

Be a living model of faith. At least a part of what this young person admires in you is your faith! Your life does not have to be saintly, but your faith should be authentic and sincere. You should be an example of discipleship to all you meet. Pray for your candidate and yourself. As candidates begin their final preparation, they need spiritual strength. Your prayers for them are important, but don’t forget to pray for yourself also, that you can share why you value and practice you Catholicism. Attend Mass together, receive the sacrament of reconciliation together, pray the rosary and go to adoration together.

Give of your time and share your gifts. Talk with your candidate about the ways that you share your time and gifts with your parish. This might be a time to become more involved in your parish together.

Talk with your candidate about your faith and about their preparation. Share with them your feelings about Confirmation and attend the weekly sessions with them and their parents.

Don’t forget the newly confirmed Catholic. After Confirmation, remember birthdays and the anniversary of confirmation. Send a card or make a phone call. Continue to attend weekly Mass together and to talk with the confirmed about their faith journey. Encourage her or him to grow in virtue and to set aside any habits that would prevent her or his soul from being fully open and ready to receive all the gifts that God wants to give them through the Sacrament of Confirmation.

Provide a “sounding board” for your candidate to talk about his or her spiritual life, habits, hopes, fears, and struggles.

Session 1 – Creed

We begin our profession of faith by saying: “I believe” or “We believe.” Before expounding the Church’s faith, as confessed in the Creed, celebrated in the liturgy, and lived in observance of God’s commandments and in prayer, we must first ask what “to believe” means. Faith is man’s response to God, who reveals Himself and gives Himself to man, at the same time bringing man a superabundant light as he searches for the ultimate meaning of his life (*Catechism of the Catholic Church*, 26).

Scripture: Read and reflect on the following scripture passages. Then for each of the Scripture readings, answer the questions.

Mark 1: 16-30, Mark 1:40-46, Mark 2:15-17

Reflection Questions:

1. What do you think God might be saying through this passage?
2. How do you respond to God?
3. How have you accepted Jesus’ challenge to be His disciple? How can you become a better disciple?

Activity:

1. Read the Nicene Creed together and discuss each line of it. Talk about why we say the Nicene Creed together at Mass.
2. If you have not yet done so, try to memorize the Creed before Sunday mass.

The Nicene Creed

¹I believe in One God,
²the Father almighty,
³maker of heaven and earth,
⁴of all things visible and invisible.
⁵I believe in One Lord Jesus Christ,
⁶the only Begotten Son of God,
⁷born of the Father before all ages,
⁸God from God, light from light,
⁹True God from True God,
¹⁰begotten, not made,
¹¹consubstantial with the Father,
¹²through Him all things were made
¹³for us men and for our salvation,
¹⁴He came down from heaven,
¹⁵and by the Holy Spirit,
¹⁶was incarnate of the Virgin Mary
¹⁷and became man,
¹⁸for our sake he was crucified under Pontius Pilate,
¹⁹He suffered death and was buried,
²⁰and rose again on the third day
²¹in accordance with the Scriptures.
²²He ascended into heaven
²³and is seated at the right hand of the Father.
²⁴He will come again in glory to judge the living and the dead
²⁵and his kingdom will have no end.
²⁶I believe in the Holy Spirit,
²⁷the Lord the giver of life,
²⁸who proceeds from the Father and the Son
²⁹who with the Father and the Son is adored and glorified,
³⁰who has spoken through the prophets.
³¹I believe in one, holy, catholic, and apostolic Church.
³²I confess one baptism for the forgiveness of sins
³³and I look forward to the resurrection of the dead
³⁴and the life of the world to come. Amen.

Session 1 – Creed

1. In your own words, what do lines 1-4 tell you about your faith? Do you wholeheartedly profess this at mass? Why or why not? What does this line tell you about who you are?

2. In your own words, what do lines 5-12 tell you about Jesus? What does this phrase from the Creed tell you personally about who you are?

3. In your own words, what do you profess when you say lines 13-21 at mass? What does this phrase from the Creed tell you personally about who you are?

4. In your own words, what do you profess when you say lines 22-25 at mass? What does this phrase from the Creed tell you personally about who you are?

5. In your own words, what do you profess when you say lines 26-30 at mass? What does this phrase from the Creed tell you personally about who you are?

6. In your own words, what do you profess when you say lines 31-34 at mass? What does this phrase from the Creed tell you personally about who you are?

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Session 2 – Prayer

Only when we humbly acknowledge, “we do not know how to pray as we ought,” are we ready to receive freely the gift of prayer (Catechism of the Catholic Church, 2559).

Scripture: Read and reflect on the following scripture passages. Then for each of the Scripture readings, answer the questions.

Matthew Ch. 5-7, Luke 6:46-49, Luke 10:29-37, Luke 12:22-32

Reflection Questions:

1. What do you think is the purpose of prayer? How often do you pray and what importance does prayer have in your life?
2. What are some obstacles that affect your prayer life? Brainstorm to find practical ways to overcome these obstacles.
3. How will your prayer life improve your participation in the weekly Eucharist?

Activity:

1. Attend adoration together, or
2. Go to the Stations of the Cross, or
3. Attend Mass together.
4. Pray a special devotion together – i.e. rosary, novena, etc.
5. Memorize the prayers on the following page

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Prayers

Our Father

Our Father, who art in heaven, hallowed be thy name.
Thy Kingdom come, Thy will be done, on earth as it is in Heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning is now and ever shall be
world without end. Amen.

Holy Spirit Prayer

Come, Holy Spirit, fill the hearts of your faithful.
And kindle 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.

Let us pray:

O God, by the light of the Holy Spirit
You have taught the hearts of your faithful.
In the same Spirit, help us to know what is truly right
And always to rejoice in your consolation.
We ask this through Christ, our Lord. Amen.

Act of Contrition

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.

Salve Regina

Hail Holy Queen
Mother of mercy,
Our Light, our sweetness, and our hope
To thee do we cry, poor banished children of Eve,
To thee do we send up our sighs
mourning and weeping in this valley of tears.
Turn, then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile,
shew unto us the blessed fruit of thy womb, Jesus
O clement, O loving, O sweet Virgin Mary.
Pray for us O Holy Mother of God,
that we may be made worthy of the promises of Christ. Amen.

St. Michael the Archangel Prayer

St. Michael the Archangel, defend us in battle,
be our defense against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of Heavenly Hosts,
thrust into hell Satan, and all the evil spirits
who prowl about the world seeking the ruin of souls. Amen.

Session 3 – Liturgy

In every liturgical action the Holy Spirit is sent in order to bring us into communion with Christ and so to form his Body. The Holy Spirit is like the sap of the Father's vine, which bears fruit on its branches (Catechism of the Catholic Church, 1108).

Scripture: Read and reflect on the following scripture passages. Then for each of the Scripture readings, answer the questions.

Matthew 25:31-40, Luke 10:29-37, James 1:19-27, Mark 2:1-12

Reflection Questions:

1. What is your attitude toward going to Mass? Has this always been your attitude? If not, how has it changed and why?
2. What is something you would like to "improve on"? (i.e. paying attention more during mass).
3. What prayers do you say after receiving the Eucharist, are there new ones that can be learned?

Activity: Attend one of the following together and then have reflection time afterwards.

1. Sunday or Saturday Mass of Holy Obligation.
2. Holy Day Mass
3. Vespers
4. Do something special together for one of the feast days.
5. Do a special devotion together during the season of Lent.

Learn the prayers of the mass on the handout.

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Session 4 – Service

The laity can also feel called, or be in fact called, to cooperate with their pastors in the service of the ecclesial community, for the sake of its growth and life. This can be done through the exercise of different kinds of ministries according to the grace and charisms which the Lord has been pleased to bestow upon them (Catechism of the Catholic Church, 910).

Scripture: Read and reflect on the following scripture passages. Then for each of the Scripture readings, answer the questions.

Matthew 25:44-45, Isaiah 58:6-7, Luke 14:13-14

Reflection Questions:

1. How does the Bible discuss the topic of service?
2. What kinds of service projects are you involved in?
3. Would this be a service that you would want to continue? Why or why not?

Activity:

1. Discuss what parish ministries you can become involved with after receiving the Sacrament of Confirmation. (Example: Eucharistic Minister, Usher, Reader, Youth Ministry, etc.)
2. Find opportunities for service within your family or neighborhood and work on a project together.

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Session 5 – Witness

To be a confirmed member of the faith community requires a willingness to “go public” and to make Jesus visible to society at large by one’s own actions and behaviors. For youth and many adults, to witness essentially means that they will provide a good example to others by their words and actions. It takes a willingness to demonstrate to others what Jesus stands for and to oppose those evils that destroy the rights and dignity of others.

Scripture: Read and reflect on the following scripture passages. Then for each of the Scripture readings, answer the questions.

Matthew 28:18-20, II Corinthians 5:20, Acts 1:8, Romans 10:14-15, Matthew 10:7, 2 Timothy 2:2

Reflection Questions:

1. What are some obstacles to being a witness that you face in your school, home, with peers, etc.?
2. What are some ways that you can be a witness to others by your words, actions, etc.?
3. Name some people who are a good witness to you in your life.
4. The Church recognizes many who are a great witness to the faith, who is a Saint you admire? What is it about their witness that is impressive to you.

Activity: Sunday or Saturday Mass of Holy Obligation.

1. Learn the Ten Commandments
2. Learn the Seven Gifts of the Holy Spirit and their traits.
3. Read some of the lives of the Saints together.

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The Ten Commandments

- I am the LORD your God.
You shall worship the Lord your God and Him only shall you serve.
- You shall not take the name of the Lord your God in vain.
- Remember to keep holy the Sabbath day.
- Honor your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's wife.
- You shall not covet your neighbor's goods.

7 Gifts of the Holy Spirit

Wisdom is both the knowledge of and judgment about “divine things” and the ability to judge and direct human affairs according to divine truth.

Understanding is penetrating insight into the very heart of things, especially those higher truths that are necessary for our eternal salvation—in effect, the ability to “see” God.

Counsel allows a man to be directed by God in matters necessary for his salvation.

Fortitude denotes a firmness of mind in doing good and in avoiding evil, particularly when it is difficult or dangerous to do so, and the confidence to overcome all obstacles, even deadly ones, by virtue of the assurance of everlasting life.

Knowledge is the ability to judge correctly about matters of faith and right action, so as to never wander from the straight path of justice.

Piety is, principally, revering God with filial affection, paying worship and duty to God, paying due duty to all men on account of their relationship to God, and honoring the saints and not contradicting Scripture. The Latin word *pietas* denotes the reverence that we give to our father and to our country; since God is the Father of all, the worship of God is also called piety.

Fear of God is, in this context, “filial” or chaste fear whereby we revere God and avoid separating ourselves from him—as opposed to “servile” fear, whereby we fear punishment.