

Spiritual Growth Form

DUE December 8th, 2019

As Confirmation is a special Sacrament where the Holy Spirit blesses us with spiritual gifts, we want to be sure that we are equipped to use these gifts for God and to build up His Holy Church beyond our Confirmation. That is just where the story begins!

Because of this, we want to encourage our teens to be regularly a part of various activities in the Church (both St. Andrew and the world-wide Church) that encourages the stretching of our spiritual muscles. Good exercise isn't doing the occasional elliptical, but constantly working out and mixing up the equipment that helps us do that. We encourage you to get involved in several different ways to make sure we all are growing spiritually and challenging ourselves to always be maturing in our love, knowledge, and fun with God.

We encourage each teen to pick **at least 3 different, activities (and do them regularly!)** Remember: Confirmation is just the beginning! We are called to continue our growth as Catholics: the journey never ends! ☺

Here are some amazing ideas to stretch your spiritual muscles throughout the year:

- ✓ Go to Mass every Sunday (we suggest the Sunday, 7 PM LifeTeen Mass: great music!)
 - Go to Life Nights on Sundays (Parish Hall)
 - Help out with Faith Formation regularly
 - Be a lector, usher, or altar server for the 7 PM LifeTeen Mass
 - Come to Bible Studies regularly on Wednesday Nights at 7:30PM in the LifeTeen Room!!
 - Help out with Middle School Faith Formation regularly
 - Type out a 1 pg. summary of at least 3 different homilies
 - Go to Eucharistic Adoration for an hour and write a reflection on your time
- Can't think of anything to do?? Check out the bulletin or ask Loral for more ideas!

On a *separate sheet of paper*, please type out your response to *all* of the following questions (this should take a few paragraphs):

- What have you done throughout the year to help enrich your faith life as you prepare for the Sacrament of Confirmation?
- How often have you done these activities?
- Have you felt like you've grown closer to God because of these activities? Why or why not? (Be honest!) How will you commit to continue to grow with God after your Confirmation/ this year's classes? (We're looking for real, concrete examples that you commit to doing)