

Parent Talk: The Nativity and Incarnation

Speaker: Dr. Billy Kangas, COO of Hope Clinic

Tonight in Confirmation Year 2: Our Prayer Life

So far this year, we have talked about what it means to “receive” the Holy Spirit, the importance of a personal relationship with the Holy Spirit, and how we come to know the Holy Spirit through sacraments, scripture, saints, and prayer. Tonight, we will be talking about prayer in greater depth. Dan Mayoros will be sharing his testimony about how his prayer life ignited during middle school and how it has changed as he has gotten older. We will be addressing questions such as:

- Why do we pray?
- How and what should we pray for?
- Why don't I feel anything when I pray?
- How do I keep from getting distracted?

We will also be talking about the types of prayer used during Mass, and looking at different approaches to prayer given to us by the saints, such as Ignatius of Loyola, Theresa of Avila, and Augustine of Hippo.

This Month's Challenges:

- Establish a dedicated, daily prayer time.
- During prayer, ask for the grace to receive all God has for you in Confirmation.

Questions to Engage with Your Kids:

- What are the different ways of praying you've been talking about? Are any of them new to you?
- Have you ever had a particularly meaningful experience while praying? What was different about that time?
- Are there ways of praying you especially like or dislike? Why?
- Do you have any ideas about whom you might choose as your confirmation saint and sponsor? What drew you to that saint?
- Do you have any ideas about whom you might choose as your confirmation sponsor?

The date of Confirmation is Thursday, May 4, 2023 at 6:30 p.m. at Christ the King Catholic Church in Ann Arbor. Prior to Confirmation, your child must select a sponsor and a saint. They will begin talking about how to make these selections tonight. Tonight you will receive a Sponsor Eligibility Form. It is two-sided: one side is for sponsors who are parishioners at SJB, the other side is for sponsors who are parishioners elsewhere. Please plan to turn in the completed form (with pastor's signature and seal, if applicable) at the Family Formation Night on **April 5, 2023.**