

# Saint Joseph Parish



## Sacrament of Confirmation Sponsor/Candidate Conversation Book

Candidate's Name: \_\_\_\_\_

Sponsor's Name: \_\_\_\_\_



Saint Joseph Parish

A Confirmation Sponsor serves as a mentor, a guide or a coach in helping the candidate grow in skills, knowledge, attitudes and practices essential to being a mature, responsible, committed (confirmed) member of the Church. The questions and reflections in this booklet will help you do this and also help the candidate grow in their understanding of the faith and their relationship with God.

Both Candidate and sponsor will each have a copy of this booklet. When completing a section, first fill out for yourself, then discuss with your candidate/sponsor. If possible, set up a time to meet with your sponsor. If your sponsor does not live in the area, this activity can be completed together over the phone or email. Most likely, you will need to plan several times of “getting together” in order to cover all of the activities and discussion topics. If you need more information about a topic or section, look at the YOUCAT paragraphs provided.

**Packets should be turned in by October 15th.**

Sections:

- 1 Candidate/Sponsor Relationship
- 2 The Precepts of the Church
- 3 Sacraments of Initiation
- 4 Ministry and Involvement in the Church
- 5 Virtue and Saints
- 6 Confirmation Candidate/Sponsor Activity
  
- 7 Candidate Report on their Confirmation Saint (candidate only)

# 1 *Candidate/Sponsor Relationship*

Use the questions below as discussion prompts to help you and your sponsor get to know each other better.

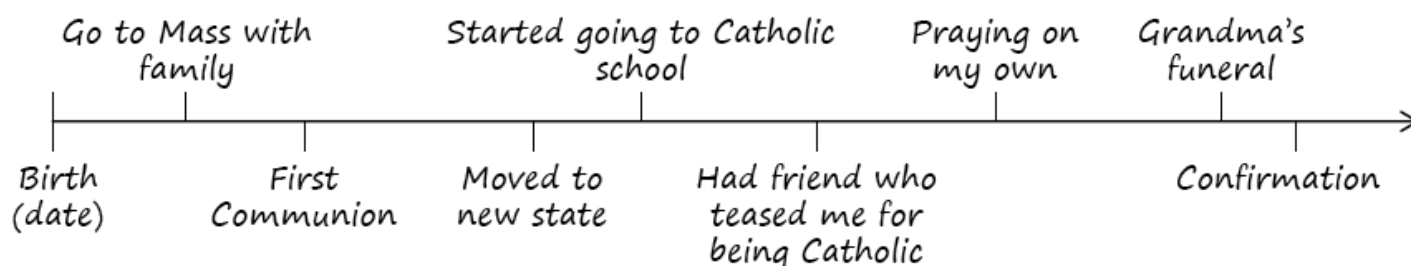
1. Where were you born?
2. How many different places have you lived?
3. What was one of your prized possessions as a child?
4. What is one goal you'd like to accomplish in your lifetime?
5. What is your favorite thing to do in the summer?
6. If you could visit any place in the world, where would you choose to go and why?
7. Are you a morning person or a night person?
8. Approximately how many books have you read in the past year?
9. What hobby have you always wanted to pick up?
10. If you could be a member of a TV sitcom family which family would it be?
11. What do you consider to be the most valuable thing you own?
12. If you could meet anyone from the Bible (besides Jesus) who would it be?

Draw your spiritual timeline below. See the sample below. When completed, discuss the timeline with the candidate/sponsor.

Possible events to put on it:

- Birth
- Sacraments, Family life or Significant events, in relation to the Church: Mass, prayer, etc.
- Other significant family/general life events
- Be sure to include events up to the present time

## Spiritual Timeline Sample



# Spiritual Timeline



## 2 The Precepts of the Church

*“The precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor.”*  
Catechism of the Catholic Church No. 2041

The *Precepts of the Catholic Church* are a description of the **absolute minimum** actions required of Catholics regarding the Church. The Church uses these precepts to remind us that Christian life requires a commitment to prayer and active participation in the liturgy and sacraments. If we fall below this bare-minimum level, we can't rightly consider ourselves to be in full communion with the Catholic Church. Each of these precepts of the Catholic Church is a requirement.

### The Precepts of the Catholic Church (YOUCAT 345-347)

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

1) Which precepts are some of the strongest in your life right now?

2) Which precepts are the most difficult to follow?

3) What can you do to grow in following the precepts more closely?

# 3 The Sacraments of Initiation

*The Three Sacraments of Initiation, Baptism, Confirmation, Eucharist, may be different sacraments, but they are fully connected with each other. They move and work with each other to make us children of the Father, help us defend our faith with the Gifts of the Spirit, and nourish our souls with the Body of Christ.*

There is a great likeness between the thing used in the outward sign of the Sacrament and the grace given in each Sacrament. Water is used for cleansing, Baptism cleanses the soul. Oil gives strength and light, Confirmation strengthens and enlightens the soul. Bread and wine nourish, Holy Eucharist nourishes the soul.

*“For those Catholics who are not accustomed to thinking of Confirmation, together with Baptism and Eucharist, as part of the initiation process, perhaps this analogy will be helpful: What do we do when invited out to eat? In most cases there would be three steps: When the time comes (1) we take off our old clothes and wash up by taking a shower or bath. Then (2) we dry off and put on our good clothes. Finally (3) we go to the place where we have been invited and there we join with our friends to talk, eat, drink, celebrate.”*

Baptism, Confirmation and Eucharist exist in a similar relationship: In Baptism (1) we take off the old, sinful person and wash away Original Sin. In Confirmation (2) we are anointed with the oil of the Holy Spirit and filled with his sevenfold gifts. Finally, (3) we are led to the Eucharistic banquet.”

1) How is the Eucharist a sign of the Christian community that we must strive to build? How can we bring Jesus’ presence to one another? How does this relate to Confirmation? (YOUCAT 217, 221)

2) How do you see Baptism, Confirmation and Eucharist all working together to bring you closer to Christ? (YOUCAT 208, 221)

## 4 *Ministry and Involvement in the Church*

*“ . . . the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For “by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.” (Lumen Gentium)”*  
*Catechism of the Catholic Church No. 1285*

There are many ways that we, the People of God can participate in the life of the Church and do our part in the mission. We all have our own gifts, talents and callings. We can all serve in different ways. We are all called by God to holiness and service. This is our COMMON VOCATION.

Serving our brothers and sisters in Christ is part of the commitment we make as Christians, following in Christ's footsteps and living out the Mission of the Church. Service is not something we do once, or just before Confirmation: it is a way of life for Christians that we incorporate fully into our faith. When Jesus speaks to the disciples in the gospels, he speaks to each one of us. In Confirmation, as fully initiated Catholics, we are commissioned to be witnesses to others. The grace to do this is the grace which Jesus promised to His Apostles (and to us) when He said: “You shall receive power when the Holy Spirit comes upon you, and you shall be witnesses for Me... even to the very ends of the earth” (Acts 1:8). (YOUCAT 203, 205, 347).

1) In what ways are you currently involved in the church and in service to others?

2) After Confirmation, what are some of the ways in which you will give and serve in the Church community?

3) In what concrete, specific ways do you plan to grow in your faith and share your faith with others?

# 5 Saints and Virtues

## Saints are Role Models...

We don't learn about the lives of the saints just to admire the great things they did and said. We learn about them so that we can be inspired to find greatness in ourselves. God has gifted all of us with a mission that is only ours to perform in the world. If we don't discover what our gifts are or what our mission is, then the world will be missing something very important. How was this person like Jesus Christ and followed Him? How can this person be a role model for young people today?

## Extraordinary Gift, Extraordinarily Ordinary

Some saints are given extraordinary gifts from God, in order to be a greater witness of Faith and to inspire people to know and love God. These include the stigmata, levitation, and martyrdom. Other Saints are "Extraordinarily Ordinary," meaning that they were regular people - just like you and me, yet they lived their lives as witnesses of faith and always worked to bring people closer to Christ. Pope Francis recently said that "***Saints aren't superheroes, they are regular people who just never left God's side after encountering him and his love,***"

No matter what gifts a saint was given, all saints are given the gift of Humility. Humility is important those who become saints because all the work they do is focused on God—NOT to make someone famous. These people tapped into the Gifts of the Spirit and the different virtues to make God known, loved, and served,

## Heroic Virtue (Virtue - YOUCAT 294, 299-309)

Heroes are people we look up to, people we want to be like. Pope Benedict XVI said that "***heroic virtue does not mean that the saint performs a type of 'gymnastics' of holiness, something that normal people do not dare to do. It means rather that in the life of a person God's presence is revealed....***"

1) Who is (or was) your Confirmation Saint and why?

2) What do you try to imitate about this Saint?



## **6 Confirmation Candidate/Sponsor Activity**

***Choose ONE Sponsor/Candidate activities and be prepared to share them together then answer the reflection questions in the blank space provided.***

1. Watch a movie together or read the same book, and find 2 ways that it connects with your faith. Each of you should pick a character and tell how this character to reflected God's goodness. You can choose any story like "Star Wars," "the Avengers" or even an animated movie like "Finding Nemo."
2. Both sponsor and candidate each select a person in their life that a role model of faith and strong follower of Christ - such as a family member, schoolmate or teacher, or even a patron saint. Discuss both people and then together create a list of at least 3 virtues that both role models have in common.
3. Attend Mass together (or on the same day if distance is a factor). Discuss the Gospel and homily and how will be part of your life.
4. Work on a service opportunity together. For example, you could help clean the church, help at a soup kitchen, or visit a nursing home. Together write a reflection on how you both put your faith into action.

ACTIVITY PICKED: \_\_\_\_\_



# Choosing a Confirmation Name

## Candidate Saint Report

Due: NOVEMBER 1st

To be completed by Candidate ONLY

Your Name: \_\_\_\_\_

Your Confirmation Name: \_\_\_\_\_

Please include the following about your Patron Saint:

- 1) Brief Biography of the saint's life, including birth date and place (if possible), death, and information about the saint's early life and adulthood, what they are patron of, the date of their feast day, and 1 picture.
- 2) Why you chose this saint? If you choose to keep your baptismal name, please give a brief explanation of why that name was chosen. (You may need to interview your parents to answer this question.)
- 3) Give examples of how your saint life a life of heroic virtue.
- 4) How you can relate to the saint's life or something about the saint?
- 5) How can you imitate this saint and become a better Christian?

**If your saint name is also your baptismal name, please give a brief explanation of why that name was chosen.** You may need to interview your parents to answer this question.

