

CONFIRMATION

Candidate/Sponsor
Activity Booklet



Candidate
Booklet
7th Grade

Candidate's name: _____

Sponsor's name: _____

How to Use this Activity Booklet

You and your sponsor each have a copy of this booklet that is specific to your role in your relationship. Your sponsor's booklet has additional ideas for discussion to help guide you through these activities as you strive to become a better witness of Christian living and to embrace the moral teachings of the Catholic Church. Our hope is that a unique bond will be created between the two of you over the next two years.

If possible, you will want to meet face-to-face with your sponsor to work through the activity booklet. If your sponsor does not live in the area, this activity can be completed together over the phone, Facetime, Skype, or by e-mail (last resort).

Try to plan ahead and get dates scheduled with your Confirmation sponsor to complete these activities.

May the Lord bless you as you grow in your Catholic faith and prepare for the Sacrament of Confirmation.

Due Candidate/Sponsor Dates

Once you have chosen a Sponsor, we hope for the two of you to regularly interact with one another. Our hope is that these discussions help build and/or reinforce the relationship between yourself and your Sponsor, so that you have a stable faith mentor in your life. These discussions can be done in person, through FaceTime or Skype, over the phone, and *at the least* through e-mail.

There are two activities that will be completed during the Spring of your 7th grade year. During your 8th grade year, you and your Sponsor will complete four additional activities.

Below we have included due dates for the two activities for this school year. These are rough due dates, which means we hope that you are able to complete the following activity around that date. We will not require you to bring in your booklet after each of the due dates. We understand life is busy, so if you need the dates to provide you with the structure, then please utilize them.

All we ask, is that they are completed by the last class on Sunday, May 31. On this day, you will be required to hand in your completed packet. You and your Sponsor will receive a new packet of activities at the beginning of your 8th grade year.

Activity 1 – March 29

Activity 2 – May 17

Candidate/Sponsor Faith-Sharing

Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a *sponsor*.

Catechism of the Catholic Church No. 1311

DUE: MARCH 29

Use the questions below as discussion prompts to help you and your sponsor get to know each other better. After you are finished interviewing your sponsor, answer the three questions on the following page.

1. How did you become Catholic? Were you baptized when you were a baby or did you become Catholic as an adult through the RCIA program? Tell me about how you first learned about your faith, whether you were a child or an adult.
2. How do you picture the Holy Spirit? What images come to mind? When or how have you experienced the presence of the Holy Spirit in your life?
3. What name did you choose for your Confirmation name and why?
4. When did you receive the Sacrament of Confirmation (*approx. grade level in school or year*)?
5. What do you remember most about your Confirmation? What was the name of your sponsor and does he/she still play an important part in your life? How?
6. Do you have a favorite saint (or favorite saints)? Why is he/she your favorite? What is there about his/her life that has helped you on your faith journey?
7. How do you define the word “holy”? Do you know people in your life you would describe as “holy”? Do you think anyone describes you as “holy”? How does that make you feel? What challenges do you face when you are trying to live a life of holiness?
8. Tell me about an experience in your life when it was difficult for you to be Catholic – perhaps a time when you were ridiculed because of your faith or a time when you struggled to believe in the teachings of your Catholic faith. What did you do to “keep your faith” or find answers to your questions during these times.

9. In what ways do you feel that celebrating the Eucharist (the Mass) every week (or maybe every day) strengthens and nourishes you to live as a Catholic? Did you ever have a time when you did not like going to Mass? Do you like going to Mass now? What do you think caused the change?
10. What is your understanding of what it means “to sin”? What does “forgiveness” mean to you? What do you do when you find it difficult to forgive someone who has hurt you? What do you do when you need to ask forgiveness from someone you have hurt?
11. One very special aspect of our Catholic faith is the Sacrament of Reconciliation. Tell me about your own feelings and thoughts about and experiences with this Sacrament. Is it difficult for you to celebrate this Sacrament or was there a time when it was? What kind of preparations do you find helpful before you celebrate the Sacrament of Reconciliation?
12. How do you pray? Do you have a favorite place to pray or a favorite time to pray? Do you ever find it difficult to pray? When you pray, who do you usually pray to: God, Jesus, The Holy Spirit, Mary, a particular saint? Who or what do you usually pray for?
13. Do you regularly participate in service projects or volunteer opportunities at your parish, work, or in your neighborhood? Describe what you do and how it impacts your life.
14. How would you answer someone who told you that “Catholics worship Mary”? Who do you turn to or what resources do you use when you find that you do not know an answer to a question about your faith?
15. Have you ever had a time in your life when you really felt close to God? Tell me about it.
16. Have you ever had a time in your life when you really struggle to believe in God? Tell me about it and how you kept your faith in the end.
17. Who has been a good role model for you to live according to your Catholic faith? What has he/she taught you or shown you? How has he/she deepened your faith?
18. In what ways do you think you still need to grow in your Catholic faith?
19. What is your favorite Scripture passage, verse or story? Tell me why.
20. Through the Sacrament of Confirmation, the gifts we first received at our Baptism:
 - Wisdom
 - Right Judgement (Counsel)
 - Knowledge
 - Wonder and Awe (Fear of the Lord)
 - Understanding
 - Courage (Fortitude)
 - Reverence (Piety)

are strengthened and increased within each of us. These seven special gifts represent all of the gifts and blessings that God gives us to lead a good and holy life. They are special graces that are given to us through the Holy Spirit to enable us to respond to God’s call to holiness. Reflecting back on your life experiences and decisions, which gifts have you used a lot? Which gift do you need to use more?

21. What do you think is one of the greatest challenges to being Catholic? What is the best thing about being Catholic?

DIRECTIONS:

Sometime after meeting with your sponsor, take a few minutes to reflect on your discussion and write brief answers to these questions.

1. What was one thing that you learned about your sponsor during your meeting?

2. Write about one story or experience that your sponsor shared that you felt showed that he/she was truly strengthened by the Holy Spirit through Confirmation to live a life of holiness.

3. Was there something you especially liked or did not like about interviewing your Confirmation sponsor?

2 Gifts and Fruits of the Holy Spirit

The seven *gifts* of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations.

Catechism of the Catholic Church No. 1831

DUE: MAY 17

Step 1: Individually, think about and write down your responses to the following questions:

1) How have you experienced God’s presence (specifically in the Person of the Holy Spirit) in your life?

2) On the next page, rank the strength of the fruits of the Holy Spirit in your life today. (Remember that we can see these fruits more easily when we pray and use the seven *gifts* of the Holy Spirit.)

Rank on a scale of 1-5. With 1 indicating needing significant development and 5 being an area of great strength.

_____ **Charity:** Love for God and for others

_____ **Joy:** Happiness in living the Christian life

_____ **Peace:** Inner calmness, even in difficulties

_____ **Patience:** Kindly putting up with the faults of others

_____ **Kindness:** Sympathy and concern for the needs of others

_____ **Goodness:** Giving good example in all that we do

_____ **Continence:** Proper balance in our desire for pleasure

_____ **Mildness:** Being gentle in our words and deeds towards others

_____ **Fidelity:** Loyalty to God and the people we are committed to, such as one's parents, spouse, good friends

_____ **Longsuffering:** Extraordinary patience in enduring suffering

_____ **Modesty:** Respecting ourselves and others in conversations, dress, etc.

_____ **Chastity:** Proper attitude toward others and control over our sexual desires

3) How can you grow in the gifts and fruits of the Holy Spirit?

Step 2: Discuss the responses with your sponsor and write down one thing you learned about your sponsor.

Additional ideas to grow In your faith life and to Strengthen your relationship With your sponsor

Here are some ideas of additional activities that you and your sponsor can do:

#1: REVIEW Go back and review/discuss in more detail one of the topics in this packet. Pick one that you felt rushed to finish or one that you feel was reaching you in a unique way.

#2: STUDY Read together additional materials on one of the topics or another topic of our choosing, such as the life of a saint.

#3: LISTEN Listen as your sponsor shares more about his/her faith life and walk with God.

#4: SHARE Share more about your own life with your sponsor. Mention topics related to your faith or any other events or situations that are important to you.

#5: PRAYER Pray with your sponsor.