

**Saint
Bernadette**
Catholic Church



SMA
Saint Mary Academy

Candidate Confirmation Booklet 2021-22

Student Name: _____



(Must Be Completed by January 2022)

Student Name:

My Discipleship Foot **S.T.E.P.S.**

(**S**erve, **T**ithe, **E**ngage, **P**ractice, **S**hare)

Use the following pages to help you keep track of events and activities that you participate in between now and your final discernment meeting in January 2021. Write "YES" next to the ones you did or make tally marks for things which you complete multiple times (ex. praying, tithing, serving in a particular ministry, etc.).

SERVE in Ministry & Mission to make a difference in the world!
Be an ACTIVE disciple. *"Love one another."* - John 13:34

SERVE in Ministry	"YES" or Dates Served
Elementary Faith Formation Assistant	
Prepare supplies for Elementary Formation	
Lector	
Hospitality Ministry	
Boy Scouts/ Girls Scouts	
Make Rosaries - Baptism Ministry	
Other:	
Other:	
SERVE in Mission	"YES" or Dates Served
Saint Bernadette Dove Tree	
Packages for the Military	
St. Vincent de Paul	
Saint Bernadette Youth Ministry Opportunities	
Volunteer at a food bank or food pantry	
Grocery shop for someone who has difficulty getting out	
Plan a fundraiser for Water Steps or another water relief organization	
Volunteer sorting clothes at service organizations thrift store	
Other:	
Other:	

Student Name:

Demonstrate your trust in God by **TITHING 10%**!
 Be a TRUSTWORTHY Disciple. *“Blessing without measure” Malachi 3:10*

TITHE through sacrificial giving	Tally Marks or Dates on which you tithed
Give to the parish from your own money, not your parents’	
Give to other charitable organizations from your own money/possessions	
Noticed blessings from God after sacrificing your spending money	
Other:	
Other:	

ENGAGE to grow in faith and Christian friendships!
 Be a RELATIONAL Disciple. *“Unity of the spirit” Ephesians 4:3*

ENGAGE in Formation & Relationships	“YES” or Dates Attended
Attend/Participate in Four Youth Ministry Meetings/Events	
Attend the Confirmation Days of Reflection (TBA)	
Attend Confirmation Rehearsal	
Other ENGAGE Opportunities	
Make an effort to build friendships with others in your weekly Youth Ministry Group	
Read the Bible on your own	
Learn a new fact about the faith	
Visit a Catholic Website. List sites here:	
Attend another Catholic Parish Youth Ministry or Event	
Other:	
Other:	

Student Name:

PRACTICE Prayer & Sacraments to grow in love & closeness to Jesus!
 Be a Deeper Disciple! *“Pray without ceasing.” 1 Thessalonians 5:17*

PRACTICE prayer & Sacraments	“YES” or Dates Attended
Participate in Mass Weekly	
Pray daily	
Go to Reconciliation at least once before the Rite of Confirmation	
Other Practice Actions:	“YES” or Tally Marks
Catholic Youth Conferences or Rallies	
3-Minute Daily Retreat http://www.loyolapress.com	
Pray the Examen (numerous variations)	
Perform acts of Penance	
Pray the Stations of the Cross	
Praise God through music	
Pray the Rosary	
Pray the Divine Mercy Chaplet	
Pray a novena	
Pray when you wake up	
Pray before going to sleep at night	
Pray before meals	
Learn and pray a new written prayer	
Pray in your own words	
Keep a prayer or spiritual journal	
Pray for an end to abortion as a family	
Spend time in Eucharistic Adoration	
Deliberately offer up the grace you receive at Mass for the benefit of someone else	
Other:	
Other:	

Student Name:

SHARE the Gospel to bring the love of Jesus Christ to others!
Be a BOLD Disciple! *“Be an instrument of salvation” Acts 13:47*

SHARE the Gospel	“YES” or Tally Marks
Listen patiently - Be selfless	
Practice forgiveness, let go of grudges	
Make amends with friends or siblings you may have fought with	
Invite someone to Youth Group or Mass or Parish Event	
Choose to avoid gossip when the opportunity to participate in it arises	
Be supportive of others who are struggling with something	
Speak up for those who are being picked on or bullied	
Speak up when your friends are doing things you know are wrong	
Control your anger or frustration	
Perform Random Acts of Kindness for others	
Send a greeting card to someone preparing for a Sacrament	
Encourage someone by your words or by sending them a card	
Other:	

Student Name: _____

Serve in **MINISTRY** Reflections

For **TWO** of your Ministry Service actions, use the questions below to help you reflect on your experience.

Date you served in Ministry: _____

Name of Ministry and/or Location: _____

Describe the Service that you did: _____

How did you bring the love of Christ to others through this service? _____

How did you encounter Christ through this service? _____

Date you served in Ministry: _____

Name of Ministry and/or Location: _____

Describe the Service that you did: _____

How did you bring the love of Christ to others through this service? _____

How did you encounter Christ through this service? _____

Student Name: _____

Serve in **MISSION** Reflections

For **TWO** of your Mission Service actions, use the questions below to help you reflect on your experience.

Date you served in Ministry: _____

Name of Ministry and/or Location: _____

Describe the Service that you did: _____

How did you bring the love of Christ to others through this service? _____

How did you encounter Christ through this service? _____

Date you served in Ministry: _____

Name of Ministry and/or Location: _____

Describe the Service that you did: _____

How did you bring the love of Christ to others through this service? _____

How did you encounter Christ through this service? _____

Student Name:

My **S.T.E.P.S.** Reflections

(**S**erve, **T**ithe, **E**ngage, **P**ractice, **S**hare)

A WEEK OR TWO BEFORE YOUR FINAL DISCERNMENT MEETING: Look over your “My Discipleship foot S.T.E.P.S.” & your Serve Reflections pages. Use the notes you made on them to answer the questions on the next 4 pages.

How have I experienced the foot S.T.E.P.S. of a Disciple during my preparation for Confirmation and how do I plan to continue to live as a disciple?

SERVE in ministry and mission - **ACTIVE** Disciple

Goals:

- ✓ *Identify and appreciate the gifts, passions and personality God has given you*
- ✓ *Identify what types of service you are passionate about (working with children or the elderly, the poor the lonely, the environment, etc..)*
- ✓ *Share your gifts, time and talents inside (ministry) and outside (mission) the parish walls*



Answer these questions.

1. Look back over your **SERVE** checklist and your **SERVE Reflections**. How have you used your time and talent to **SERVE** others? How have these opportunities helped you grow as a disciple of Jesus?

2. What gifts from God did you use to **SERVE** others? Did you discover any gifts you didn't know you had? If so, what were they?

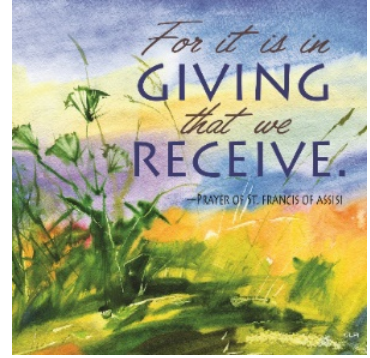
3. How do you plan to continue to **SERVE** in the future?

Student Name:

TITHE through sacrificial giving - TRUSTWORTHY Disciple

Goals:

- ✓ Understand that tithing means giving 10% of your earnings
- ✓ Understand that tithing is an important sign of your trust in God
- ✓ Practice offering money to God and noticing how God blesses you



Answer these questions.

1. Look back over your **TITHE** checklist. What actions have you taken to support the parish or the poor with your material possessions?

2. How has your trust in God grown as a result of **TITHING**? What choices have you made that were influenced by your trust in God? Did you notice any blessings from God?

3. How do you plan to keep **TITHING** in the future?

ENGAGE in formation & small group relationships - RELATIONAL Disciple

Goals:

- ✓ Have friends at church with whom you feel comfortable sharing fun and faith
- ✓ Have adults at church with whom you feel comfortable talking to, asking questions about faith and discussing the faith
- ✓ Grow in your understanding of the faith and how to keep growing



Answer these questions.

1. Look back over your **ENGAGE** checklist. Which **ENGAGE** opportunities did you participate in?

Student Name:

2. How have these **ENGAGE** opportunities helped you form relationships with peers and adults in this parish? How have you grown in your faith through these opportunities? Name at least 3.

3. How do you plan to continue to **ENGAGE** in formation and small-group relationships?

PRACTICE prayer and the sacraments - DEEPER Disciple

Goals:

- ✓ *Weekly participation in Mass*
- ✓ *Explore different ways of praying and pray daily*
- ✓ *Have a deep, personal relationship with Jesus*



Answer these questions.

1. Look back over your **PRACTICE** checklist. In what ways did you **PRACTICE** prayer and the sacraments with the church community? (Include how often you attended Mass and how you prayed along)

2. In what ways did you **PRACTICE** prayer by yourself or with your family? Which ones did you try for the first time?

3. What types of Prayer **PRACTICES** do you think you should continue or start using to help you grow in your relationship with Christ beyond Confirmation?

