



# **DIOCESE OF SIOUX CITY**

*Office of Evangelization, Discipleship & Family Life*

## **Confirmation Requirements & Guidelines**

### ***Confirmation Requirements:***

With regard to Confirmation (sacramental formation) requirements, the diocese requires what canon law requires:

- 1) That those to be confirmed must be at least 7 years old (age of reason), unless in danger of death.
- 2) Those to be confirmed should also be suitably formed for their age and have a desire to be confirmed.

*The Code of Canon Law* states, "To receive Confirmation licitly, outside of the danger of death, requires that a person who has the use of reason be suitably instructed, properly disposed, and able to renew the baptismal promises."<sup>1</sup>

While it is good for students to attend Confirmation retreats and the like, *this is not required by the diocese. Nor is there any requirement for service hours.* Contrary to common practice, *service is NOT a central part of preparation for Confirmation.* As a Sacrament of Initiation, *it is important that the Sacrament of Confirmation not be perceived as something to be "earned."* The Church teaches that Confirmation is not:

- A graduation from religious formation.
- A rite of passage into adulthood in the Church.
- One "confirming" the decision your parents made for you at Baptism.
- Taking "ownership" of your faith.
- Something to be earned through "requirements."

"Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds" (*Catechism of the Catholic Church*, 1316).

### ***Confirmation Guidelines for Formation:***

If students have an awareness and understanding of the following, they should be ready for Confirmation:

- 1) A familiarity with the Gospel message; with that, an experience and realization of the love of God at work in their lives.
- 2) Knowledge of what the Sacraments are and the important role they play in our lives.
- 3) An understanding of Baptism and how this Sacrament relates to our identity in Jesus Christ. (e.g. our call to be a disciple and share the Gospel with joy).
- 4) That we receive the Holy Spirit in Baptism and are strengthened through Confirmation.
- 5) Knowledge of the Seven Gifts of the Holy Spirit and the ability to recognize them in the lives of others, and possession of a basic awareness of the Gifts in their own lives.
- 6) Understanding that Christ is fully present in the Eucharist and have a strong desire to receive Him.
- 7) A strong desire to be faithful to God's commandments, knowing they are given out of love.
- 8) A sense of and desire for prayer; and an awareness of the need for God in their daily lives.
- 9) A desire to build a life-long relationship with Jesus Christ.
- 10) Experience with Lectio Divina (praying with Scripture) is expected.

Fred Shellabarger  
Director of Evangelization & Discipleship  
Diocese of Sioux City  
freds@sdiocese.org  
712-233-7532

Kara Kardell  
Assistant Director, Youth & Young Adult Ministry  
Diocese of Sioux City  
karak@sdiocese.org  
712.233.7516

<sup>1</sup> Canon 889, available online at: [http://www.vatican.va/archive/ENG1104/\\_P33.HTM](http://www.vatican.va/archive/ENG1104/_P33.HTM). See also: *Catechism of the Catholic Church*, 1306-1311, available online at: [http://www.vatican.va/archive/ccc\\_css/archive/catechism/p2s2c1a2.htm](http://www.vatican.va/archive/ccc_css/archive/catechism/p2s2c1a2.htm)