

# Confirmation Sponsor Session I

## “We Believe”

*Begin with a prayer*

*God of Love,  
Please give us the tools we need to  
make good decisions.  
You alone give us the power to change  
and grow as people.  
Thank you for loving us and  
caring for us.  
May we share our gifts and talents with  
others by reaching out in service and  
bringing your love to all.  
Amen.*

The candidate you are sponsoring is exploring their Christian identity and how it ties into our Catholic experience. They have been studying about Church teachings, traditions, and beliefs. It is hoped that you can talk about beliefs and traditions in your own life and then tie them to our faith community.

On the back, we have listed some questions for conversation. You are welcome to add more as you share your experiences.



## What Do We Believe?

1. What does it mean for you to be a “Catholic Christian?” What difference does it make in your life? Can you be a good person if you are not a good Catholic? Why or why not?
2. The Catholic faith asks us to believe in certain things. Name some situations where there are differences between what God/Church teaches and what is lived out in our society.
3. What makes you feel involved in your parish?
4. What traditions or beliefs are important in your family? What traditions or beliefs do you like best about our church?
5. How do you think you will fit into the life of the church community as you grow older?

# Confirmation Sponsor Session II

## “Prayer and Relationship with Jesus”

*Begin with a prayer*

*Holy Spirit,  
Stir us into action as we follow you.  
May your presence come  
alive in us.  
Let my words and deeds show my  
love for you.  
Allow me to be a sign of your love  
to all people.  
Amen.*

The primary focus of our faith is our relationship with Jesus. Jesus then shows us the way to God. We believe that prayer is the ‘meat’ of how that relationship works. If we want to know someone or be friends with them, we have to talk with them and share our lives. So it is in our relationship with God. Often times our prayer can lack life and creativity. We need to work hard at building this friendship with the Lord.

During this session, you will help your candidate talk about obstacles to prayer and their solutions, as well as different styles of prayer.

## Forms of Prayer:

**Conversation**--This is just talking to Jesus as a friend. We share what is happening in our lives. It is just being together.

- How easy/hard is it to 'just talk' to Jesus or God?
- When do you pray? When is the best time? Where is the best place?

**Petition**--All of us need help or advice from our friends. The same is true for Jesus and for God. This form of prayer is seeking what we need for ourselves and others.

- Do you ask for things you need right now? Have other people asked you to pray for them?
- How does God answer your prayers?

**Thanksgiving**--It is always easy to complain to our friends or ask for things. Sometimes it is easy to take them for granted. We need to also be people that say 'thank you' for what Jesus and God have done for us.

- Is it hard to say 'thank you' to parents and friends?
- For what are you thankful in your relationship with Jesus and God?

**Meditation**--Sometimes we just like to spend time with people without conversation or an agenda. We simply want to be together. Meditation is like this. It allows us simply to be with God, to think about our relationship with Him, and join our hearts and lives to one another.

- Do you ever just take time to 'think about life'?
- Is it easy/hard to just spend time with friends, or do you always have to be 'doing something'?
- How do you relate to Jesus in your life? As friend...leader...guide...helper...?

## Obstacles to Prayer

Listed here are a few common obstacles to prayer. Share together how these affect your own prayer life. Then brainstorm some practical ways to overcome them.

**Time**--We are busy and can't find time. We forget. What time of day would be a good time to spend with God? Finding a time is hard.

Possible solutions:

**Inner Quiet**--We are running at 100 miles per hour and it's hard to clear out mind and hearts. When we want to pray, we think about everything else going on and we can't calm down.

Possible solutions:

**External Quiet**--Even if we can get ourselves quiet, everything else is going on around us. There is noise everywhere! We can't find a quiet place or time that we don't get interrupted.

Possible solutions:

**Aids to Prayer**--We feel our prayer life seems the same all of the time. We pray at the same time, in the same place, and in the same way. How can we change this?

Possible solutions:



# Confirmation Sponsor Session III

## “Gifts of the Spirit”

*Begin with prayer*

*Come, Holy Spirit,  
fill the hearts of the faithful  
and kindle in them  
the fire of your love.  
Send forth your Spirit,  
and they shall be created.  
And you shall renew the  
face of the earth.  
Amen.*

In the Scriptures, people are very aware of the working of God’s Spirit in their lives. We believe that the Holy Spirit is part of the divine person of God. We teach that the Spirit describes God’s action in our lives. The first disciples were empowered to follow Jesus their whole life. That power was alive and transforming.

In the Sacrament of Confirmation, we publicly celebrate this same Spirit who has been growing within us since Baptism. The Church community acknowledges the working of the Spirit within us. The young people are called to use their gifts and talents given by God through their life and personality. We believe this Sacrament endows us with specific gifts: **wisdom, understanding, right judgment, courage, knowledge, reverence, and wonder & awe of God.**

On the back, we have listed the gifts and hope you will share some of your own experiences.

# The Gifts of the Spirit of God in My Life

## Wisdom

Tough times, times of doubt and hard to answer questions test the quality of a person's faith. The gift of wisdom helps you to see things in a way as God sees them. Think of a challenging situation in your life. Imagine what God might think and do.

## Understanding

You could be really wise, but you may not know how to apply what you know. The gift of understanding helps you to make sense out of life. It helps us experience compassionate awareness of what others think and feel.

How can the Holy Spirit's gift of understanding help you in your relationships with yourself, your family, and your friends? With people you do not know? With God?

## Right Judgment

The gift of right judgment gives you good advice to make good choices. Everyone needs a friend who will listen and offer suggestions when asked. The gift of right judgment helps you with the right words and ideas to share the Lord's love with others. Think of a time when you made a difficult decision. What steps did you take to make your decision? What was the result?

## Courage

The gift of courage helps you to make the sacrifice to do what is right. We often know what is right and what we should do, but don't follow through. It is courage that helps us to take that risk to follow Jesus faithfully. God is our strength.

Think about a time you were afraid. How did you overcome your fears? Who helped you? How did they help?

## Knowledge

The gift of knowledge isn't so much about new information, but about how you can figure out life from the gifts God has already given to you. You get help on how to be practical in being a good follower of Jesus.

Describe the traits and behavior in people you know who model friendship and knowledge of God to you.

## Reverence

Reverence describes the attitude we have in relationship to our God. It is an attitude of praise, thanksgiving, and love. We are reverent when we want to please God with the gift of our lives.

Think about your own attitudes toward prayer and attending Mass. What would you like to change or improve about your attitudes, using the gift of reverence?

## Wonder & Awe of God

The gift of wonder & awe helps us see God as one deserving our reverence and loyalty. God desires us to recognize that God is our creator and is the 'director' of his plan for us.

Think about an experience you have had that you might describe as 'wonderful' or 'awesome'. How is God present in that experience? Why do you think some people act as though it is 'uncool' to be surprised and delighted?



# Confirmation Sponsor Session IV

## “Service to the Community”

*Begin with prayer*

*Lord, make me an instrument of your peace.*

*Where there is hatred, love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*

*Grant that I may not so  
much seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.*

*For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to  
eternal life.*

*St. Francis of Assisi*

The role of service is key to the ministry of Jesus. He said, “I have come not to be served, but to serve.” We share in bringing the good news of God’s love and compassion through our actions of service to others. Christian life is not just a personal relationship with God, but a communal one as well. In our Baptism, we accept a relationship with others. We are called to reach out with God’s love, compassion, and presence. Service to the needs of others is a key way to show this Baptismal responsibility.

On the back are some questions about your candidate’s service to the community. It would be helpful for you to outline some of your thoughts on Christian service and why it is important to you. You could add a few examples of ways you reach out in service.

## Service to the Community

1. Share about the different ways you have served while preparing to celebrate Confirmation:
2. How have these experiences helped you grow as a candidate for Confirmation and grow in your relationship with Jesus?
3. As you mature as an adult in our faith, how would you see yourself reaching out in service during your high school years and beyond?