

St. Therese Catholic Church – Confirmation Preparation – Candidate-Sponsor Faith Sharing Reflections

Instructions – Set up a time to meet, talk with, or e-mail your sponsor. The purpose of these reflections is to provide you and your sponsor the opportunity to reflect on the process of your preparation for Confirmation. Please approach these reflections not as something that are a requirement, but an opportunity for growth. After discussing these reflection sheets with your sponsor, please have your parent sign the sheet, and include it in your Confirmation folder. You may write or journal your reactions to these discussion sheets if you desire to do so.

The Apostle's Creed is provided as a basis for your discussions. There are no right or wrong answers to these reflections.

The Apostle's Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit, and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead.

On the third day, he rose again. He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Candidate-Sponsor Reflection #1

1. Ask your sponsor to tell you about his/her Confirmation experience. Specifically, what did he/she remember about the preparation process, the Mass, and their feeling after being confirmed.
2. Who did your sponsor choose as their sponsor when they were confirmed? What qualities did that person have that lead your sponsor to choose them as their sponsor?
3. Share with your sponsor the reasons that you chose him/her to be your sponsor for Confirmation. What is it about the way that they live their life that exemplifies Christianity to you?
4. Discuss with your sponsor the following questions:
 - a. Why is it important to be confirmed as a Catholic today?
 - b. Has being a Confirmed Catholic helped your sponsor to become the person that they are today? How?
5. Does your faith really enter into the decisions you make on a daily basis whether you are conscious of them or not?

Candidate-Sponsor Reflection #2 –“I believe in God, the Father almighty, creator of heaven and earth”

1. Think back to when you were a child of 4 or 5, what did you imagine God to look like?
2. What does God look like to you today?
3. Why do you think that your image of God has changed? What does that say to you about your faith? Does it change over time as well?
4. Is God more of a judge or is God more of a friend and companion in your life? How and why?
5. Do you see God in Your life today? How and why?
6. Who is Jesus for you? Is it important for you to have a relationship with Him? “I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary.”

Candidate-Sponsor Reflection #3

1. Is it really important to live a life that has at its core one in which we perform service to others who are in need?
2. Please review the Beatitudes in your Bible (Matthew 5:3-12). What do they mean to you? What does it say to us about the attitude we are to have in reaching out to others?
3. Ask your sponsor to share with you the ways in which he/she serves others currently, or has done so in the past. Which ones were especially meaningful to him/her?
4. Share with your sponsor the different ways you have served others. Which have been the most meaningful to you?

5. Share with your sponsor the talents you have that can be used in the service of others? List these and record them in your folder.
6. Lent is a special time of preparation for Jesus' death and resurrection. What things are you doing to make this Easter, which is only a few weeks from your confirmation, special? What are you willing to sacrifice (give something up) or offer (do something positive) for Lent this year?
7. "He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day, he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead." How do these truths impact your sponsor's life? Your life?

Candidate-Sponsor Reflection #4

1. Ask your sponsor about the name that they chose and why? What was it about that saint that especially attracted them at the time of their confirmation? (If they can't remember the saint name they chose, what saint would they choose now to pattern their life after?)
2. Share with your sponsor the saint that you have chosen for your confirmation name. Explain why you chose that saint and what it is about that saint that attracted you?
3. In thinking about the saint you chose, he/she was confronted with the same problems and temptations that we are today. What do you think made that person different from everyone else? Discuss this with your sponsor.
4. Discuss with your sponsor what it means to be a Catholic in today's world. How are we supposed to act and treat others? Do we have an obligation to set an example for others?
The final lines of the Apostle's Creed state "I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen. What in this statement speaks most strongly to your sponsor? Has your sponsor found these truths to be a comfort in their lives? How can these truths translate into your life?"
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Candidate-Sponsor Reflection #5

1. Scripture tells us that every day Jesus would go out and pray to His father in heaven. How are you growing in your prayer life? Ask your sponsor what they do to grow in their prayer life.
2. Ask your sponsor to share with you where they go to pray. Do they have a special location, chair, room that they use when they want to pray to God? How do they pray? Do they use a journal, just talk to God in their own words, or do they use memorized prayers?
3. Share with your sponsor why you want to receive the Sacrament of Confirmation. Why is it important to you at this point in your life?
4. Ask your sponsor to share with you the reasons that he/she agreed to serve as your sponsor for this sacrament. What does being your sponsor mean to them? Why is it important to them that they help; you to grow in your faith?
5. Share with your sponsor the thing that has been most meaningful to you as you prepared for the Sacrament of Confirmation.
6. Do you think that it is possible for someone your age, living today, to become a Saint? What would that require of someone? What type of commitment would they have to make?

Candidate-Sponsor Reflection #6

1. Share with your sponsor your thought and feelings the evening of the Confirmation Mass.
2. How is your life going to be different now that you have been confirmed?
3. Do you have different responsibilities now that you are a confirmed Catholic? How so and in what ways?
4. How did you feel immediately following reception of confirmation? Did you experience any special feelings?
5. If you could share with a younger student, preparing for the Sacrament of Confirmation, what three things would you tell them, and why?