



## CONFIRMATION SPONSOR AND CANDIDATE GUIDE

Confirmation Sponsor,

In Confirmation, Christians receive a special outpouring and deepening of the spiritual gifts that they received when they were baptized, just like the apostles received on Pentecost. (CCC 1285; 1302) The increase of these spiritual gifts that are received in the Sacrament of Confirmation helps the baptized to more fully live as a disciple of Jesus. (CCC 1303) When one does the things that a follower of Jesus would do, we call these spiritual habits. So, in other words, the Sacrament of Confirmation is where one receives the spiritual gifts to live out spiritual habits.

**That's where you come in...**

**If a Confirmation candidate saw enough in you to ask you to be their Confirmation sponsor and therefore spiritual coach and mentor, the idea of spiritual habits is probably pretty familiar to you. Spiritual disciplines, quiet time, devotions – whatever you call it, you've probably established at least a few rhythms in your life that help you grow spiritually.**

Maybe you...

- start your day with a quiet time
- follow a Bible reading plan
- listen to worship music while you drive
- subscribe to spiritual podcasts
- go to Mass weekly, attend a small group or bible study at your home parish
- serve somewhere

Since you have already received these spiritual gifts in the Sacrament of Confirmation, you've had a little time to figure out this whole "spiritual growth" thing. The Confirmation Candidate, on the other hand, might need a little help from you to figure out how to grow spiritually.

**This is where spiritual habits come in...**

**Spiritual habits are the decisions, behaviors, and rhythms that help us grow spiritually over time. If you're like most people, the first things that pop into your head when you hear "spiritual habits" are probably reading the Bible, praying, or going to Mass. Sure, reading, praying, and going to Mass are important spiritual habits. But they're not the only spiritual habits that matter.**

So what is the complete, final, definitive list of spiritual habits? Well, there isn't one. Not officially. You can organize and categorize and define spiritual habits in a number of ways.

As part of your Confirmation Candidate's preparation to receive these spiritual gifts in the Sacrament of Confirmation, we have been looking at six specific habits with them. (CCC 1309)

**Through these six spiritual habits, we hope both you and your Confirmation Candidate grow spiritually.**

***How do you help your Confirmation Candidate grow spiritually and practice these six habits?***

- ***There are many ways, but we recommend having a monthly 1-on-1 meeting with just you and your candidate to:***
  - *Review last month's spiritual habit challenge*
  - *Have a discussion about this month's spiritual habit challenge*
  - *Come up with a plan to both practice this month's spiritual habit, either together or apart*
  - *Set a time for your next 1-on-1 meeting*

**We look forward to meeting you or seeing you again at our Confirmation rehearsals and Liturgies this fall. Until then, please let us know how we can support you in your role as Confirmation sponsor, spiritual coach, and role model.**

In Christ,

Mike Cleary  
High School Youth Minister  
mcleary@stlaurence.org  
281-690-5367

# First Spiritual Habit: Prayer

Recommended for February 1-on-1

## Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- Matthew 6:5-15; James 4:8; any of the Psalms
- CCC # 363; 366; 2558-2567; 2707-2708; 2726-2745

GOAL OF THIS MONTH'S 1-ON-1:

Come up with a plan on how each of you can develop a daily routine of spending time with God in prayer for the next thirty days.

KEY TERM

**Prayer: The elevation of the mind and heart to God in praise of His glory; a petition made to God for some desired good, or in thanksgiving for a received good, or in intercession for others. Through prayer, the Christian experiences a communion with God through Christ in the Church.**

NOTE TO YOU, THE SPONSOR:

This is an obvious spiritual habit, right? It's so obvious, in fact, that sometimes it's the only spiritual habit we can name. After all, isn't "growing spiritually" synonymous with "prayer"? Well, not exactly. Spending time with God in prayer is a big part of growing spiritually, but it's not the whole picture. That's why it's just the first of our six spiritual habits.

Spending time with God may not be the only spiritual habit that exists, but it's still a pretty important one. After all, if your Confirmation Candidate is ever going to make their faith their own, they've got to start spending time with God on their own. It means having conversations with God on their own, and discovering how they best connect with God through prayer on their own.

# First Spiritual Habit: Prayer

Recommended for February 1-on-1

## Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. Has anyone ever taught you to pray? Who? When?
2. How do you pray? What do you pray for? When do you pray? Where do you pray?
  - a. How can you improve your daily prayer time with God?
  - b. What time and what quiet location would be best for your prayer time?
  - c. What's the biggest obstacle to silence and listening to God while you pray?
3. Who is your Confirmation Saint? How did they uniquely pray?
4. Which gift of the Holy Spirit that you received at Baptism and will receive an increase of at Confirmation will help you pray and spend more time with God? Why?
5. Pick a day and time right now for next month's 1-on-1 meeting.

**Wisdom** is the ability to see God's plan and to have faith in Him in all things.

**Understanding** is the ability to comprehend the truths of God.

**Counsel** is the ability to discern good and evil and make good choices.

**Fortitude** is having the courage and the strength to suffer for our faith and face persecution.

**Knowledge** is having a deeper ability to see things as God sees them.

**Piety** helps us understand who we are in relation to God. It leads us to humble prayer.

**Fear of the Lord** is having a fear of separating ourselves from Him and being in awe of God and who He is.

### Closing Challenge for this next month:

Talk to God and spend time with Him in prayer every day for the next thirty days. After thirty days I hope you are convinced that prayer should remain a daily habit for the rest of your life.

## Second Spiritual Habit: Serve those in need

Recommended for March 1-on-1

### Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- Matthew 25:31-46; Luke 3:11; Luke 10:25-37; Luke 16:19-31; James 2:14-17;
- CCC # 2447

GOAL OF THIS MONTH'S 1-ON-1:

Go serve others using the Corporal works of Mercy found in Matthew 25 that are in need, either together or apart, at least once over the next month.

KEY TERM

**Works of Mercy: 14 actions and practices articulated in Sacred Scripture that Christians perform as extensions of God's mercy.**

NOTE TO YOU, THE SPONSOR:

Here's the second spiritual habit. Your Confirmation Candidate needs to know that God made them unique, and special, and with really specific gifts, talents, passions, and resources – and then they need to use those gifts to love God, love others, and influence the world around them. When we use our gifts, we acknowledge that the things we've been given weren't given to us by chance. They were part of God's design. And using those gifts can become a spiritual habit, because when our Confirmation Candidate begins to discover who God made them to be, and then use their unique identity to make a difference in the world, to serve others, and to give back to the God who made them, they begin to discover the amazing life God has planned for them.

## Second Spiritual Habit: Serve those in need

Recommended for March 1-on-1

### Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. How was your prayer challenge from last month? Are you still praying?
2. What is one service project that you have done before?
  - a. Which of the corporal works of mercy did it involve?  
(Feed the hungry, give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit and ransom the captive, Visit the sick, Bury the dead)
3. What is a cause that you care about that you haven't gotten involved in yet?
4. How did your Confirmation Saint Serve others?
5. Which gift of the Holy Spirit that you received at Baptism and will receive an increase of at Confirmation will help you pray and spend more time with God? Why?
6. Pick a day and time right now for next month's 1-on-1 meeting.

**Wisdom** is the ability to see God's plan and to have faith in Him in all things.

**Understanding** is the ability to comprehend the truths of God

**Counsel** is the ability to discern good and evil and make good choices.

**Fortitude** is having the courage and the strength to suffer for our faith and face persecution.

**Knowledge** is having a deeper ability to see things as God sees them.

**Piety** helps us understand who we are in relation to God. It leads us to humble prayer.

**Fear of the Lord** is having a fear of separating ourselves from Him and being in awe of God and who He is.

### Closing Challenge for this next month:

Serve sometime in the next month. It could be together or apart. It could be an organized service project through an organization or it could be just taking a meal to someone on the side of the road that appears to be hungry.

# Third Spiritual Habit: Participate in weekly Sunday Mass

Recommended for April 1-on-1

## Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- Mark 14:22-26; John 6:22-69; Acts 2:42-47; 1 Corinthians 11:23-26
- CCC 1071-1088; 1154; 1324-1395;

GOAL OF THIS MONTH'S 1-ON-1:

Activity participate in weekly Sunday (or Saturday evening) Mass each week, either in person or online.

KEY TERMS

- **Eucharist: what used to be bread and wine but has now been changed into the Body and Blood of Jesus Christ.**
- **Transubstantiation: the process in which the substance of bread and wine change into the Body and Blood of Jesus Christ, while the appearance of bread and wine remain.**
- **Mass: What we call the Eucharistic liturgy. It comes from the Latin word "missio," which means "to send." We gather at Mass to be sent back into the world to proclaim Christ.**

NOTE TO YOU, THE SPONSOR:

Research shows that Catholics who believe that Jesus is truly present in the Eucharist don't leave the Catholic Church to join other churches. This 1-on-1 meeting could be the difference for your Confirmation Candidate in whether they remain Catholic their whole life or not.

# Third Spiritual Habit: Participate in weekly Sunday Mass

Recommended for April 1-on-1

## Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. If you didn't serve together at the same service project: How was your service project last month? What did you do? What did you think of it?
2. Have you ever encountered Jesus unexpectedly or uniquely during Mass?
  - a. What was that experience like?
3. Is it important to gather as a community to worship God? Why?
  - a. What makes it different from worshipping or praying alone?
4. What is your experience of Mass during the pandemic?
  - a. How does that compare to going to your Mass experience before the pandemic?
5. When did you first learn about Jesus being truly present in the Eucharist?
  - a. Has this effected how you view being Catholic? Why or why not?
6. Which of the gifts of the Holy Spirit received at Baptism, and even more so at Confirmation for those of you that are Confirmed, do you think could help you worship God more fully at Mass?
7. Set a time for both your monthly challenge, as well as your next month's 1-on-1 meeting.

**Wisdom** is the ability to see God's plan and to have faith in Him in all things.

**Understanding** is the ability to comprehend the truths of God

**Counsel** is the ability to discern good and evil and make good choices.

**Fortitude** is having the courage and the strength to suffer for our faith and face persecution.

**Knowledge** is having a deeper ability to see things as God sees them.

**Piety** helps us understand who we are in relation to God. It leads us to humble prayer.

**Fear of the Lord** is having a fear of separating ourselves from Him and being in awe of God and who He is.

### Closing Challenge for this next month:

Make time for an extra 1-on-1 meeting over the next month. Make it on a Sunday after you both went to Mass, either together or apart, in person or online. Talk about what the readings were and what God spoke to you through them.



# Fourth Spiritual Habit: Form Healthy Relationships

Recommended for May 1-on-1

## Preparation

SCRIPTURE VERSES TO CHECK OUT BEFORE YOUR 1-ON-1:

Mark 10:1-12; 1 Corinthians Chapter 13

NOTE TO YOU, THE SPONSOR:

Engaging in healthy relationships can, and should, be a spiritual habit we help our Confirmation Candidate develop. We believe that relationships now have a real effect on their future relationships and even, marriage, if that is the Vocation that God calls them to.

## Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. Who are the 6 most important people in your life? Why?
  - a. Does your relationship with God influence your relationships with these 6 other people?
  - b. Why or why not?
2. What is one of the best relationship decisions you have made before?
  - a. What is one of the hardest relationship decisions you have made?
3. What is one of the worst relationship decisions you have made? What did you learn?
  - a. In what ways might someone go looking for love in the wrong places?
4. Who do you know who has a great marriage?
  - a. What do you admire about their marriage?
5. What relationships, healthy or unhealthy, was your Confirmation saint in during their life?
6. Which of the 7 spiritual gifts that you are going to receive this October 2nd or October 9th when you are Confirmed do you think is most important to healthy relationships?
7. Set a time for next month's 1-on-1 meeting.

(continued)

## Fourth Spiritual Habit: Form Healthy Relationships

Recommended for May 1-on-1

### Meeting Plan (contiued)

**Wisdom** is the ability to see God's plan and to have faith in Him in all things.

**Understanding** is the ability to comprehend the truths of God.

**Counsel** is the ability to discern good and evil and make good choices.

**Fortitude** is having the courage and the strength to suffer for our faith and face persecution.

**Knowledge** is having a deeper ability to see things as God sees them.

**Piety** helps us understand who we are in relation to God. It leads us to humble prayer.

**Fear of the Lord** is having a fear of separating ourselves from Him and being in awe of God and who He is.

#### Closing Challenge for this next month:

Have your Confirmation candidate begin to pray for the relationship(s) that will make up their future primary Vocation. (Priesthood, religious life, marriage, consecrated single life)

For example, if your Confirmation candidate feels called to marriage, have them pray for their future spouse. If they feel called to religious life or the priesthood, have them pray for their future parishes or communities. If they are unsure what God is calling them to, have them pray for everyone that God will one day bring into their life to love and serve.

## Fifth Spiritual Habit: Read the Bible

Recommended for June 1-on-1

### Preparation

CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

CCC 65-67; 101-114; 120-133

### Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. How has it been praying for your future vocation and relationships?
2. Why do you think some people do not read the Word of God or even reject it?
3. Do you believe Scripture is the Word of God? Why or why not?
4. What is your favorite bible verse or bible story? Why?
5. What would you say is the Bible's main theme in the 73 books of the Bible?
  - a. How would you explain the Bible to someone that has never read it?
6. What struggles or questions do you have still about Scripture?
7. Which of the 7 spiritual gifts that you are going to receive this October 2nd or October 9th when you are Confirmed do you think is most important to help you read and love the Bible?
8. Set a time for your next 1-on-1 meeting.

Wisdom is the ability to see God's plan and to have faith in Him in all things.

**Understanding** is the ability to comprehend the truths of God.

**Counsel** is the ability to discern good and evil and make good choices.

**Fortitude** is having the courage and the strength to suffer for our faith and face persecution.

**Knowledge** is having a deeper ability to see things as God sees them.

**Piety** helps us understand who we are in relation to God. It leads us to humble prayer.

**Fear of the Lord** is having a fear of separating ourselves from Him and being in awe of God and who He is.

### Closing Challenge for this next month:

Sometime during this upcoming week, before you both go to Mass, read the Sunday Mass readings ahead of time, before you go to Mass. They can be found at [usccb.org/readings](http://usccb.org/readings). Then discuss together what God might be saying to you through His Word.

## Sixth Spiritual Habit: Confess your sins in the Sacrament of Reconciliation

Recommended for July or August 1-on-1

### Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- John 20:22-23;
- CCC #1310; 1423-1479; 2838-2845

GOAL OF THIS MONTH'S 1-ON-1:

Have your Confirmation Candidate examine their conscience to prepare for confession at our Confirmation Penance service on September 28th at 5:45 pm in the church.

### Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. How often do you go to Reconciliation? When was your last confession?
2. How might your life be different if you went once a month?
3. Why do you think someone is required to go to Confession before they receive Confirmation? (Catechism of the Catholic Church paragraph #1310)
4. Which of the 7 spiritual gifts that you are going to receive this October 2nd or October 9th when you are Confirmed do you think are most important to help confess your sins?

**Wisdom** is the ability to see God's plan and to have faith in Him in all things.

**Understanding** is the ability to comprehend the truths of God.

**Counsel** is the ability to discern good and evil and make good choices.

**Fortitude** is having the courage and the strength to suffer for our faith and face persecution.

**Knowledge** is having a deeper ability to see things as God sees them.

**Piety** helps us understand who we are in relation to God. It leads us to humble prayer.

**Fear of the Lord** is having a fear of separating ourselves from Him and being in awe of God and who He is.

### Closing Challenge for this next month:

Have your Confirmation candidate make sure that September 28th at 5:45 pm is in their calendar so they are able to go to Confession before they receive the Sacrament of Confirmation.