



ST. THOMAS AQUINAS CATHOLIC CHURCH
Family Faith Sharing Guide



2023 Confirmation
Packet

To the Candidates, Sponsors, and Parents:

Over the next few months, you will be doing much reflecting, sharing, praying, celebrating, caring, and growing as you all prepare for Confirmation. Confirmation completes the process of initiation into the Church and sets the newly confirmed on the way of Jesus.

The activities contained in this booklet are designed to encourage your family's participation in the Catholic faith. It allows your family to explore the works of the Holy Spirit in your everyday life. Some activities will be shared in class and sent home at that time. The faith shared, the questions to be raised or answered, cannot be "crammed" into an hour or two. You must have time to reflect on, pray about, and thoroughly consider what you discover about yourself, your family, and your faith community.

These faith sharing activities will have numerous activities that need to be completed by the candidate, sponsor, or family. Each activity will have instructions for the family, links to additional resources, and questions for family reflection. Please review this book and its deliverables every month.

I pray that the enclosed activities will bring about a deeper awareness and appreciation for the gift of this sacrament.

Blessings,

Carmen Lerma

Come Holy Spirit!

Faith Sharing Activity

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Activity 1: Sponsor

- Step 1:** Parents with your teen list people in your lives that have a visible strong faith and then review the Sponsor information (pg. 7) from the Resource Book
- Step 2:** Candidates choose a sponsor and arrange a time to speak (in person, phone, email) to discuss the questions below
- Step 3:** Candidate completes the worksheet

Discussion Questions with Sponsor

1. What do you remember about your Confirmation?
2. Since being Confirmed what has been your most influential faith moment?
3. Tell me about an experience in your life when it was difficult for you to be Catholic- perhaps a time when you were made fun of for your faith or when you struggled with a teaching of the Catholic Church. How did you keep your faith or find answers to your questions at that time?
4. Who has been your role model for you to live out your Catholic faith? What has he or she taught you? How has he or she challenged you?
5. Where do you see God in your daily life? When and how do you most feel His presence?
6. In what ways do you still need to grow in your faith? Do you try to keep learning? How?
7. What is the best thing about being Catholic? What is the greatest challenge to being Catholic?
8. What advice would you give me in becoming an adult in the Catholic faith?
9. Ask your sponsor to provide a verification form from his or her church.

Activity 1: My Sponsor Worksheet

Name _____

1. My sponsor's name is _____
2. I have known my sponsor for (how long) _____
3. I admire my sponsor's faith because _____

4. I chose my sponsor because _____

5. What was one thing you learned about your sponsor's faith journey that surprised you during your meeting? _____

Give your Sponsor the Confirmation Sponsor Form he/she will need to complete and return to St. Thomas Aquinas Catholic Church. If your sponsor is a parishioner of STA, use the STA form, if not use the GENERIC form.

Activity 2: Baptism and Confirmation

- Step 1:** Candidate, please review with your parents and your Sponsor the questions listed below. If you have questions, refer to “What is Confirmation” (pg. 3) from the Parent Resource
- Step 2:** As a family complete the Question section and then have a similar discussion with your Sponsor.
- Step 3:** Candidate completes the reflection sheet entitled Reflection on the Sacraments of Initiation

Parent Reflection Questions

1. Why did you baptize your child?
2. Do you remember your Confirmation – when and who were your sponsors?
3. Why do you want your child confirmed?

Candidate / Parent Reflection Questions

1. When and where were you baptized?
2. Who are your godparents and why were they chosen for this role?
3. At your baptism, your parents and godparents made a commitment to ‘train you in the practice of the faith.’ How has this been done for you?
4. What is the connection between Baptism and Confirmation?
5. Is your experience at Confirmation going to be the same as someone else in your class? Why or why not?
6. Why are you in Confirmation preparation?
7. How do you expect Confirmation to affect your life?

Activity 2: Reflection on Confirmation

Name _____

Please state your reasons for being in Confirmation preparation.

Activity 3: Saints

- Step 1:** Parents/Sponsor discuss and list as many Saints possible with your teen
- Step 2:** As family research or discuss different Saints. Pick the top three and fill out chart.
- Step 3:** Candidate uses the information to choose a Saint for Confirmation and completes the worksheet

If your baptismal name is that of a recognized saint of the Church, there is no need to select a new name for Confirmation unless you want. Using the baptismal name for Confirmation is preferred because it highlights the relationship between the Sacraments of Baptism and Confirmation.

If you choose to take a new name for Confirmation, however, it should be a name selected in honor of Jesus or Mary or from the list of recognized saints of the Catholic Church. Names of saints are chosen to serve as patrons and models for those being confirmed. You should choose a patron whose Christian life and virtues can be imitated. You may also choose the saint who celebrates their Feast Day on your birthday, i.e. the Feast of St. Joseph is March 19.

	Saint Name	Patron Saint of	Year Born/ Died	Interesting Fact
1				
2				
3				

Online Resources – Click on the links to access	
English	Spanish
Biggest and Best List of Confirmation Saints	Posibles Santos de confirmación para los Hombres Jóvenes
Choosing a Confirmation Name	Los principales Santos Católicos: consulta la lista de los 10 santos

Activity 3: My Saint Name Worksheet

Name _____

Saint Name: _____

Feast date (birthday or date of death): _____

Why did this person become a saint? Are there particular qualities or achievements about this person that caught your attention?

Why did you choose this saint / what role does the saint have in your life? (There should be a personal connection)

Activity 4: Mass

Step 1: Parents decide ahead of time a Sunday to complete this activity. Read and talk about upcoming Sunday readings at least twice during the week. Scriptures for the Sunday Mass can be found at www.usccb.org under the tab Bible and Today's Reading. Then you can scroll through the dates. At the top is a **red** tab to translate information in Spanish.

Step 2: Take time as a family to go over "Rate My Faith" chart below, to discuss questions and complete it.

Step 3: Candidate writes a short reflection (2-3 paragraphs) on any part of the Mass on the Reflection on Mass sheet

Rate my Faith questions: Please rate the following statements from 1 (low) to 10 (high), enter in box

	Dad	Mom	Candidate
I believe that my faith (my spiritual life) needs the support of a community			
I believe that the Eucharist is truly the body and blood of Christ			
If I did not receive the Eucharist weekly, I would feel as if I was missing an important part of my life.			
I feel that there is a strong connection between Mass and my Life			
The Word of God in the Bible is a valuable source of God's presence in my life			
I believe that the Eucharist strengthens me to be Christ to others in every part of my life			
I want my child to know that weekly attendance at Mass is central to living a Catholic life			

Activity 4: Reflection on Mass

Name _____

What part of Mass will you choose to reflect on and why? _____

Write a 2 -3 paragraph essay on the Mass part. Questions that should be addressed:

- a. What does this part of the Mass mean to me?
- b. Why is this part of the Mass important?
- c. How can I be more engaged with this part of the Mass?

Activity 5: Gifts and Fruits of the Holy Spirit

Step 1: Sponsor/Teem review the gifts and fruits of the Holy Spirit and complete the list

Step 2: Discuss how you have used the gifts and fruits in your life

Step 3: Candidate completes the two-part reflection sheet on the gifts and on the fruits

The Seven Gifts of the Holy Spirit are

1.	2.	3.	4.
5.	6.	7.	

The Twelve Fruits of the Holy Spirit

1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.

Online Resources – Click on the links to access	
English	Spanish
The Seven Gifts	Gifts of the Spirit
Confirmation: Gifts and Fruits of the Holy Spirit	Fruits of the Spirit

Activity 5: Reflection on the Gifts & Fruits of the Holy Spirit

Name _____

Which gift of the Holy Spirit do you want most in your life? Why? Discuss how you plan to achieve this goal.

Describe how you model the Gifts of the Holy Spirit.

Read [Galatians 5:22-23](#).

Of the twelve fruits of the Holy Spirit, name three that you believe you possess and how you show them to others.

1. _____

2. _____

3. _____

Activity 6: Prayer

Step 1: Parents and Sponsor discuss different Prayers and Prayer experiences that you know.

Step 2: Together read [1 Kings 19:9-13](#) and discuss the following questions below then complete one of the following prayer experiences

- A Holy Hour – Adoration
- Rosary
- Lectio Divina [English explanation](#) , [Spanish Explanation](#)

Step 3: Candidate completes the reflection sheet on Prayer

Family/Sponsor Discussion Questions:

1. Why do you think God wanted Elijah to hear him in the silence? What lesson do you think Elijah learned?
2. How comfortable are you with silence? For example, are you able to ride in the car without the radio on or music playing? Are you able to be with someone when there are periods of silence?
3. How do the noises and distractions of your daily life affect you? Do you ever find time to be alone by yourself or with God?
4. How successful have you ever been in setting aside time to pray in the morning or at some point during the day? What are some obstacles you face that might prevent you from doing so?
5. Do you believe that you can hear God speaking to you in prayer? Do you recall an instance in your life in which you got a sense about something from the Lord, whether during prayer or at some other time?

Online Resources – Click on the links to access	
English	Spanish

<u>Types of prayers</u>	<u>Types of prayers</u>
<u>A 'How to pray' resource for families</u>	<u>A 'How to pray' resource for families</u>

Activity 6: Reflection on Prayer

Name _____

What meaning does prayer have in your life? _____

Prayer doesn't change God's mind, prayer changes us. What is your reaction to this statement?

Which prayer experience did your family complete?

Describe the experience for you in 2 – 3 sentences:

Activity 7: Discipleship

- Step 1:** Parents/Sponsor read and discuss the sections on 'Being a Disciple' and 'What is Catholic Discipleship?' with your teen
- Step 2:** As a family or with Sponsor answer and discuss the questions below
- Step 3:** Candidate completes the reflection sheet on Discipleship

Being a Disciple – *Those who accepted Jesus' message to follow Him. Disciples share in the mission, joy, and suffering of Christ.*

Jesus calls all of us to be His disciples. Being a disciple means participating in the mission of Christ to be a leader and witness to Him in our world. We are sustained in this mission by our relationship with Him. It doesn't matter who we are, where we have been, what we have done, or how "holy" we perceive ourselves to be. Christ calls everyone to follow Him – when he was preaching he called on tax collectors, sinners, prostitutes, Pharisees, rich and poor. Christ calls and challenges us continually. We are called to a different standard than what the world sets, and we are called to share our faith in Christ with others.

What Is Catholic Discipleship?

Conscious Choice

One of the characteristics of Catholic discipleship is that it requires a conscious choice about pursuing a Christian life. Therefore, it is a commitment that involves more than merely attending Mass and other Catholic observances in a passive manner. The Catholic who demonstrates discipleship exercises discipline in pursuing spiritual observances -- such as prayer or fasting -- as well as good works. Indeed, all aspects of the Christian life are to be performed with a sense of purpose.

Being a Disciple

Catholic discipleship also requires that the individual be willing to use his talents and blessings in building the "Kingdom of God," which is the goal of all Christian activity on earth. Since talents and blessings are seen as coming from God, the Catholic disciple is expected to be unselfish in using these for appropriate purposes. Another mark of discipleship is an unwillingness to resort to excuses to explain inaction or poor performance. The true Catholic disciple is expected to follow through on all Christian commitments.

Questions

1. What makes a good leader? How would you define a “disciple leader?”
2. Who are your Catholic role models? Do you have a person / people who have influenced you in a positive way? How?
3. Are you a role model? To who? Are you a good role model? Why or why not?

Activity 7: Reflection on Discipleship

Name _____

Have you heard the call to follow Christ? Describe the experience.

Where do you struggle to live as a disciple?

Why are the sacraments and prayer so important to growing closer to Christ as a disciple?

Information you should know

Common Prayers

- Sign of the Cross
- Glory Be
- Our Father
- Hail Mary
- Blessing before meals
- Prayer to St Michael
- **Act of Contrition**

Seven Gift of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

Fruits of the Holy Spirit

1. Charity
2. Modesty
3. Faithfulness
4. Goodness
5. Joy
6. Peace
7. Chastity
8. Generosity
9. Gentleness
10. Patience
11. Kindness
12. Self-control

Seven Sacraments of the Church

Sacraments of Initiation

1. Baptism
2. Confirmation
3. Eucharist

Sacraments of Healing

4. Anointing of the sick
5. Reconciliation

Sacraments of Service

6. Holy Orders
7. Marriage

Four Gospels

- Mark
- Matthew
- Luke
- John

Additional Topics to Review

- Liturgical Seasons
- Holy days of Obligation
- Parts of the Mass

The Corporal Works of Mercy

- *Feed the hungry*
- *Give drink to the thirsty*
- *Clothe the naked*
- *Shelter the homeless*
- *Visit the sick*
- *Visit the imprisoned*
- *Bury the dead*

The Spiritual Works of Mercy

- *Admonish the sinner*- Stand up for what you believe in. Treat all others with respect. Explain kindly why you disagree with how others are behaving
- *Instruct the ignorant* – Learn about the Catholic faith. Share what you know with others. Teach by example.
- *Counsel the doubtful* – Be positive. Share with others your confidence in God. Encourage others to put their hope and trust in God.
- *Comfort the sorrowful (afflicted)* – Walk with others through their pain. Encourage those who seem discouraged. Offer sympathy to those who are grieving.
- *Bear wrongs patiently*- Try not to be critical. Overlook other's mistakes. Assume the best of others.
- *Forgive all injuries (offenses)* – Pray for those who have hurt you and pray for the grace to forgive. Let go of grudges. Be kind, even if your kindness is not returned.
- *Pray for the living and the dead* – Keep a list of those for whom you promise to pray. Visit the graves of loved ones. Pray for those who have helped you in your life.

Beatitudes

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- Blessed are the meek: for they shall possess the land.
- Blessed are they who mourn: for they shall be comforted.
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the clean of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called the children of God.
- Blessed are they that suffer persecution for justice's sake, for theirs is the kingdom of heaven.

Ten Commandments

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods

Laws (precepts) of the Church

- To attend Mass on Sundays and Holy Days of Obligation and resting from servile works.
- To observe the days of abstinence and fasting.
- To confess our sins to a priest, at least once a year.
- To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season.
- To contribute to the support of the Church.
- To obey the laws of the Church concerning Matrimony.
- To participate in the Church's mission of Evangelization of Souls. (Missionary Spirit of the Church)