



Confirmation

Journal Questions

SACRAMENTS



1. Why did Jesus give us sacraments as visible signs of invisible grace? How do physical signs help us understand spiritual reality?

2. Which sacrament do you personally feel most connected to right now, and why?

3. The Eucharist is called the “source and summit” of Christian life. In what ways do the other six sacraments point toward it?

4. Baptism removes original sin and makes us part of God’s family. How should your identity change knowing you are a child of God?

5. In Confirmation, you receive the gifts of the Holy Spirit. Which gift do you need most today, and how will you use it?

6. What makes it difficult for people your age to go to confession, and how can we overcome that? Reconciliation heals our relationship with God.

7. Matrimony and Holy Orders are vocational sacraments. How do these sacraments show that love is meant to be lived for others, not just ourselves?
