



Confirmation Preparation Guide

Due February 3, 2026

*Please read through this entire packet before you begin so that you have a thorough understanding of what you are being asked to do.

When we are Baptized, usually as babies, our parents and godparents take on the baptismal promises on our behalf. When we are Confirmed, we are renewing those promises and taking them on ourselves. We are all called to "bear witness to the Christian faith in words and deeds" - this means that what we do and what we say must reflect that we are following Jesus. In preparing for Confirmation, you will be asked to do something which is a purposeful example of what it is to follow Jesus.

What you need to do

All Confirmandi should offer **10 hours** of service in order to fulfill this part of preparation for the sacrament. The last page of this packet is a service log which you will hand in on or before February 3.

*You may choose to concentrate all your hours into one project, or you may choose to perform multiple acts of service which **total 10 hours**. Of course, you are welcome to go beyond the 10 hours if you'd like or if your project requires it.*

To decide what to do for your service, think about how you can follow Jesus by serving, or helping, other people. You may want to think about what your gifts, talents, interests, and abilities are, and find a way to combine them with your faith. For example, if you are good at a certain subject in school you may offer to help a younger sibling who is having difficulty in that area. *You may also want to think about the saint whose name you are choosing and find inspiration in that person's life.*

A good way to get started thinking about how you can live your faith is to think about the Spiritual and Corporal Works of Mercy; one of the reflection questions requires/asks that you relate the Works of Mercy to your service, so please read and review the following very carefully. **We ask that you incorporate one or more of the Works of Mercy, listed on the next page, in your service.**

A special note about service

We know that many organizations limit the age of volunteers. Call to ask if they have other opportunities or have suggestions for what younger volunteers can do at home. The Religious Education Office will offer ideas and opportunities as we are able.

When you read through the works of mercy, you may also think of how you can perform these works within your own home and family. St. Teresa of Calcutta (also known as Mother Teresa) once said, "If you want to change the world, go home and love your family." This is good advice to keep in mind while you decide what service to do. **NOTE: At least half of the service hours should be done outside the home.**

The Spiritual Works of Mercy are loving deeds that fulfill the needs of other people.

- † Help others do what is right
- † Teach the ignorant
- † Give advice to the doubtful
- † Comfort those who suffer
- † Be patient with others
- † Forgive injuries
- † Pray for the living and the dead

The Corporal Works of Mercy are ways we show respect for people and can care for the physical needs of others.

- † Feed the hungry
- † Give drink to the thirsty
- † Give clothing to the poor
- † Visit those in prison
- † Shelter the homeless
- † Visit the sick
- † Pray for those who have died

Please note! It is important that you discuss your ideas for service with your parents before you make any plans. They, and your sponsor, can also be helpful to you in deciding what to do.

Reflecting on Your Service

See the "Confirmation Preparation Reflection" pages. This is to be completed when you are finished with your project. This paperwork is due by February 3, 2026, but you may hand it in earlier.

Please read through the 4 reflection questions before you begin your project so that you can think of them while performing your service.

If you have any questions, make sure you ask your catechist or ask a parent to call the Religious Education Office.

Important!

Remember that even though your formal classes may end after the Sacrament, Confirmation is just the beginning of living as a disciple of Jesus Christ. This preparation, in addition to what you will learn and have learned in class, will help you discover how you can serve Jesus in your own unique and special way. May God bless you this year as you prepare for this beautiful Sacrament!

Confirmation Preparation Reflection

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Sacred Heart Religious Education

Name of Confirmation Candidate: _____

Please answer the following 4 questions in complete sentences and submit it with the completed Confirmation Service Log sheet.

1. Specifically, which of the Corporal and/or Spiritual Works of Mercy did you see in the activity/activities you did as part of your service (for example, comfort those who suffer or shelter the homeless)?

2. How do you think this service part of your Confirmation preparation helped you prepare for the Sacrament?

3. What parts of this did you like best about your service and why? What were the most difficult parts and why?

4. What lesson from Jesus (Scripture reading, parable, quote, or story) has been most meaningful to you, and how did your service help you understand what it means to follow Jesus?

Sacred Heart Religious Education



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Confirmation Service Hours

Please **complete the 4 reflection questions** and attach to Confirmation Preparation Reflection sheet before handing in. Reflection questions **MUST** be answered and submitted with log.

Name of Confirmation Candidate: _____

<u>Date</u>	<u>Serviced Performed</u>	<u># of Hours</u>	<u>Name/Contact Info of Adult Supervisor</u>	<u>Signature of Supervisor</u>

****If your service was done at home/within your family, a parent or other **adult** can sign under 'Signature of Supervisor.'**