

Confirmation Preparation
Sponsor Meeting Reflection #1

Due: January 11, 2026

Date Submitted: _____

Name: _____

When did you meet with your sponsor? _____

How did you meet with your sponsor (in person, Zoom, etc.)? _____

The life of Christian discipleship includes the practices of prayer, fasting, and almsgiving.

Prayer: Turning our hearts toward God who seeks and invites us to be in relationship with Him.

1. What is one goal that you can set for increasing prayer in your life? (1-2 complete sentences)

2. What advice does your sponsor have for maintaining a faithful prayer life? (1-2 complete sentences)

Fasting: Giving up food, drink, or other physical goods. When we fast, we imitate Christ who fasted. Fasting helps us from becoming overly attached to our appetites, therefore giving our hearts the freedom to love God and place Him first in our lives.

3. How can you incorporate fasting into your own life? (1-2 sentences)

4. Read John 4:13-15 and John 6:32-35 with your sponsor. What is Jesus' message? (1-2 complete sentences)

Turn over

Almsgiving: Giving our money, food, clothes, or other goods to the poor or to the Church.

5. Read Matthew 25:31-40 with your sponsor. What is Jesus' message? (1-2 complete sentences)

6. What is one way that you will give alms? (1-2 complete sentences)

