

Pastoral Manual Excerpts: Guidelines for the Preparation for the Sacrament of Confirmation

The information in this section is taken from “Section G: Confirmation” from the 2009 Pastoral Manual of the Diocese of Corpus Christi. The information provided in this resource is directed to the reception of Confirmation for High School Students. For further information, please refer to the Pastoral Manual or the Office of Catechesis.

Qualifications of Candidates

Each baptized Catholic has the right and the obligation to receive the Sacrament of Confirmation, but the candidate has the responsibility to personally choose to complete initiation into the faith life of the Church. The candidate may request the sacrament if he or she:

- a) is baptized and able to renew baptismal promises unless a grave reason suggests otherwise.
- b) exhibits an active faith life and knowledge of the Church.
- c) participates in the sacramental life of the Church, especially Eucharistic liturgies.
- d) is willing to commit to active involvement in the parish Confirmation catechesis.
- e) is willing to respond to the call to active ministry.
- f) is willing to continue to learn and grow in his/her faith following Confirmation and throughout his/her lifetime.

Age of Candidate

Students receiving Confirmation are to receive the sacrament at the end of their 10th grade year. The sacramental preparation is to be a two (2) year process beginning in the 9th grade. The age of the candidate from a Catholic School is the same as those in the public schools.

Sponsors

Sponsors represent in a personal way the witness and support of the parish community. Opportunities for catechesis should be offered to the sponsors in order to assist them in fully understanding their role in the ongoing formation of the candidates. The sponsors should participate with the candidates in their preparation, as well as the celebration. It is desirable to choose as sponsor, the one who undertook the same function in baptism. (CIC, 893.2)

One sponsor (male or female) is sufficient.

To perform the role of sponsor, the conditions of Canon 874 must be fulfilled, therefore it is necessary that a person:

- a) be designated by the one to be confirmed, by the parents or the one who takes their place or, in their absence, by the pastor or minister and is to have the qualifications and intention of performing the role.
- b) have completed the sixteenth year unless a different age has been established by the bishop or it seems to the pastor or minister that an exception is to be made for a just cause.
- c) be a Catholic who has been confirmed and has already received the Sacrament of the Eucharist and leads a life in harmony with faith and the role to be undertaken. An example of not living the life of faith is being in an invalid marriage.
- d) not be bound by any canonical penalty legitimately imposed or declared.
- e) not be the father or the mother of the one to be confirmed.

Parents

For the Sacrament of Confirmation, the parental role is very much one of spiritual companion and advisor; that is, both parent and child learning and growing in understanding of Catholic traditions and beliefs. As part of their continuing support and witness, parents should attend catechetical sessions provided by the parish for their own faith formation. With the parish's help, parents will be better able to share their own faith journey, thereby helping the candidate reach his or her own decision to go forward in faith. It is recommended that for the preparation for the reception of the Sacrament, there will be at least one hour session for the parents. The session may include a focus on the Sacrament of Confirmation and how to understand and support the adolescent's faith formation.

Catechesis

Keeping in mind that all catechesis should lead a person to a conscious, active and living faith, each parish should provide a process of immediate preparation to celebrate the Rite of Confirmation. Because Confirmation strengthens the initiation process toward an active Catholic life, candidates must be mature enough to make a more conscious commitment to Christ and His Church. Therefore, we request that the reception of Confirmation not take place before the completion of the sophomore (10th grade) year of high school and be preceded by a one-year preparation during freshman (9th grade) year. The freshman year (1st year) of the catechesis for Confirmation preparation focuses on fundamental teachings of the Catholic faith. The sophomore year (2nd year) will include service projects, at least one retreat, and specific instruction on the meaning and responsibilities of the Sacrament of Confirmation.

- Catholic High Schools: Students attending Catholic Schools are to receive their preparation in the Catholic school: however, students are to make every effort to be part of the life of their parish so as not to simply "arrive" on the day of the conferral of the sacrament. They are encouraged to be part of the life of the parish by participating in at least one (1) parish ministry. The students must also attend the Confirmation retreat with their parish in addition to their yearly school "class" retreat. The student is also to fulfill the service hour requirement outlined by the parish, and the Catholic high school should look to see what service project hours at the parish can be applied to their school requirement. Parents/Guardians of confirmandi, must also attend the required catechesis outlined by the parish to fully participate and support their child in preparation for the sacrament.
- Home-school: Parents are the primary educators of the children's faith. If parents so choose, they may home-school their child in preparation for the Sacraments of Initiation and Penance.

The pastor should assist the parent(s) regarding the curriculum, while meeting with the child at the end of the preparation to help the parent determine readiness for the sacrament(s).

Liturgy

The Rite of Confirmation should be carefully prepared and well executed, following the Rite of Confirmation. A guide for preparing the liturgy must be made available from the Office of Worship. Scheduling of Confirmation will be done through the Office of Worship in collaboration with the Pastor/Administrator of the Parish.

Recording Confirmations

The names of the confirmandi, their parents and sponsors, and the dates and places of baptism should be promptly and fully recorded in the Confirmation register, with the name of the confirming minister. A notice of Confirmation should be sent to the parish of baptism of each confirmand. In the case where the candidate is prepared at his or her home parish or another parish, but the reception of the sacrament takes place in a parish other than the home parish in the diocese (e.g., Adult Confirmation at the First Sunday of Advent, neighboring parish due to the candidate's unavailability when Confirmation occurred at the home parish) the home parish records the Confirmation in its Confirmation register.

Recommended Practices

"Instead of seeming to impose new obligations, [Christians] should appear as people who wish to share their joy, who point to a horizon of beauty and who invite others to a delicious banquet. It is not by proselytizing that the Church grows, but 'by attraction'."¹

These practices are not required to receive the Sacrament of Confirmation, but provide an opportunity for spiritual growth, docility to the Holy Spirit, and receptivity to receive the graces of the Sacrament of Confirmation.

When a candidate approaches the Sacrament of Confirmation through the lens of "encounter" and "accompaniment," it can make all the difference in shifting the focus away from obligations to be fulfilled and toward an authentic relationship with our Lord Jesus Christ. While these recommendations are not mandates toward receiving Confirmation, they do serve a unique opportunity to have our young people "encounter" the person of Jesus and receive the gifts of the Holy Spirit which will equip them to be lifelong disciples.

Confirmation Name

For centuries, it has been a common practice that individuals who are to receive the sacrament of Confirmation select a "confirmation name." The purpose of this selection is twofold: First, the "new" name is a reminder that as we receive the sacrament of Confirmation, we are undertaking a new responsibility in life—taking a "new" life, as an active, participating, responsible member of the Catholic community. Secondly, the name chosen is, by tradition, the name of a patron saint who the candidate admires; someone whose life they will seek to model, and upon whom they will rely for spiritual assistance and intercession.

¹ Francis, Pope. *The Joy of the Gospel: Apostolic Exhortation Evangelii Gaudium* (November 24, 2013), no. 15.

Throughout the formation process, candidates for Confirmation should be given the opportunity to select a Confirmation name as they reflect on how they should live out their baptismal commitment.

The selection of a candidate's name is best guided by their devotion to a particular saint and his/her commitment to living as a Catholic in today's world. It is recommended that the candidate study the saint and gain knowledge of the saint's witness of faith.

The selected name for Confirmation should be the name of a saint that has been officially canonized by the Roman Catholic Church. The candidate may also choose his baptismal name, showing the relationship between the Sacraments of Baptism and Confirmation. "A name foreign to Christian sensibility" cannot be chosen.

Titles of Mary such as "Our Lady of ..." should not be used for Confirmation. The candidate in this case can choose "Mary" or "Maria" as their Confirmation name.

Only one name should be given to the Bishop, in which the candidate is to be confirmed. Please note that on the name tag for Confirmation not to preface "Saint" before the name. It should simply say "Mary Magdalene" or "John of the Cross" or "Francis of Assisi."

Retreats

The Catechism of the Catholic Church states, "preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a livelier familiarity with the Holy Spirit – his actions, his gifts, and his biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life."² A retreat or conference setting can often create an opportunity for such an encounter.

Multiple opportunities for retreats exist; some recommended opportunities include, but are not limited to:

- Steubenville
- March for Life in Washington, DC
- World Youth Day
- Parish-led retreat (see Appendix D for ideas).

Service as Christian Witness

In contrast to an obligation of service hours, young people should be presented an opportunity to be generous witnesses to the command of Christ to "love one another, as I have loved you." Young people are called to proclaim the good news of the Gospel both in word and action. Care should be taken in approaching service hours or projects with the proper disposition. Some parishes have customs of serving a specific number of hours. The requirements to fulfill a set number of hours could be presented in a manner which contradicts the meaning of the service component, which is an expression of the gospel lived in the world. Candidates could be given the false impressions that by performing service they are earning the Sacrament.

If a parish has an expectation of service within your parish program, be mindful that it should be an expression of the Gospel lived in the world – not just a requirement.

For example, if a program requires service:

² CCC, 1309.

- Consider coupling it with a reflection on how they encountered Christ in their service.
- 24 Hours for the Lord – Parishes may encourage Christian service of up to 24 hours for each young person in the program. This would allow the youth to symbolically give one “day” back to the Lord as an expression of thanksgiving.
- Perform the service as a project or set of projects rather than individual hours.

Confirmation Interview

Many parishes find that an interview with the pastor is beneficial. These interviews can take a variety of forms, such as a conversation getting to know the candidate and getting to know where they are in their Catholic faith, to a more deliberate testament to whether they have been suitably instructed. For recommendations on questions to be asked or how to conduct the interview, *see Appendix F*.

Dress Code

“Worship the Lord in holy attire.”³ Candidates for Confirmation and their sponsors should dress modestly and appropriately to be in the presence of the Lord. In the Diocese of Corpus Christi, the following is recommended the Candidate and Sponsor:

Girls:

- Dresses for the girls should be knee length or longer. (Traditionally White)
- Please no strapless, spaghetti straps, or sleeveless tops or dresses.
- No jeans, no tennis shoes, no flip flops.

Boys:

- Must wear dark dress slacks.
- Buttoned up shirt with tie (Traditionally White)
- Dress shoes. No jeans, no tennis shoes, no flip flops.

Under no circumstances are the candidates to wear stoles; this is not permitted.

Vocational Discernment

All Christians are called to a life of holiness. A part of receiving the gifts of the Holy Spirit is the reality that we are set ablaze with God’s love to go into the world. An aspect of Confirmation preparation would be to help young people identify their unique calling in the life of the Church. The Catechism tells us that, “Baptism, Confirmation, and the Eucharist...ground the common vocation of all Christ's disciples, a vocation to holiness and to the mission of evangelizing the world. They confer the graces needed for the life according to the Spirit during this life as pilgrims on the march towards the homeland.”⁴ Young people should know that most people are called uniquely to share in that mission through the vocations of Holy Matrimony, Holy Orders or Consecrated Life.

Prayer

As Pope Paul VI says, “Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses.”⁵ Therefore, catechists should not just teach about

³ Psalm 96:9.

⁴ CCC, 1533.

⁵ Paul VI, Pope. *On Evangelization in the Modern World: Apostolic Exhortation Evangelii Nuntiandi*, (Dec. 8, 1975), no. 41.

prayer, but first by modeling their own life of prayer, they then find ways and opportunities for the candidates to experience prayer and grow in deeper relationship with the triune God.

- **Need for Regular Prayer**

Participation in prayer during class time, as well as in church, is needed by teens. Confirmation programs should seek to offer opportunities that allow reflection on the faith they explore week after week through the many forms of prayer. These times of prayer should be constructed in a manner that promotes the development of a lasting relationship with God, who is personal. While memorized prayers are not the whole of Catholic prayer life, knowing basic prayers is important to the life of a Catholic.

For a list of Catholic prayers, see *Appendix E*.

- **Reverence and Respect**

Prayer cultivates reverence and respect that other educational experiences cannot. Prayer helps us understand that God is greater than us and we are dependent on His grace for our lives. From this, we understand the need to have reverence.

- “Prayer is the raising of one's mind and heart to God or the requesting of good things from God.” But when we pray, do we speak from the height of our pride and will, or “out of the depths” of a humble and contrite heart? He who humbles himself will be exalted; humility is the foundation of prayer. Only when we humbly acknowledge that “we do not know how to pray as we ought,” are we ready to receive freely the gift of prayer. “Man is a beggar before God.”⁶

- **Cultivation of Silence**

We live in a society where there is little quiet. It is this lack of quiet that leads many to think of prayer and reflection as difficult. At the same time, it is only within moments of quiet prayer that we have an opportunity to reflect on our relationship with God, the Church and ourselves. Confirmation preparation is a perfect time for these opportunities to be deepened and cultivated.

For example:

- Lectio Divina
- Ignatian Meditation (making yourself present to the scenes of Scripture)
- Adoration of the Blessed Sacrament
- Rosary
- Reading the lives of the Saints
- Reading Catholic devotional books

Eucharist at the Center of Worship

All Catholic devotions and prayer lead to and are taken from the fullest expression of worship in the Sacrifice of the Mass. Due attention should be given to be certain that the Eucharist is the center of all worship. Mass is required on Sundays and holy days of obligation.

⁶ CCC, 2559.

Appendices

“The primary reason for evangelizing is the love of Jesus which we have received, the experience of salvation which urges us to ever greater love of him. What kind of love would not feel the need to speak of the beloved, to point him out, to make him known? If we do not feel an intense desire to share this love, we need to pray insistently that he will once more touch our hearts. We need to implore his grace daily, asking him to open our cold hearts and shake up our lukewarm and superficial existence.”⁷

⁷ Francis, Pope. *The Joy of the Gospel: Apostolic Exhortation Evangelii Gaudium* (November 24, 2013), no. 264.

Appendix A: Parent/Sponsor/Parish Involvement

Parent Involvement

From the time of infant Baptism, parents are the primary teachers of faith for their child. Today their involvement in the Confirmation process is essential for the continued formation of their child's faith. Young people need to see their parents modeling faith in daily life.

The parents of the Confirmation candidate are responsible for:

- 1) Providing the primary formation in the Catholic faith through family prayer and through examples of Christian life lived out at home and in the community.
- 2) Supporting the candidate during the preparation process by:
 - a) Faithfully attending Sunday Mass and Holy Days of Obligation with the candidate
 - b) Sharing their own faith journey
 - c) Prioritizing attendance at the parish formation sessions by making sure the candidate's schedule is free of other commitments and making sure they have transportation to and from events, so they can be on time.
 - d) Participating in preparation sessions, retreats, liturgies, and service opportunities when requested and attending all parent sessions.
 - e) Participating with the candidate in the choosing of a sponsor and making sure that the sponsor is aware of activities, liturgies, and his/her responsibilities as a sponsor and mentor.
 - f) Helping the candidate understand the meaning of the Sacrament of Confirmation in their ongoing faith development.

Sponsor Involvement

Sponsors represent, in a personal way, the witness and support of the parish community, and the support and prayers of the entire Church. Sponsors should be mature persons of faith who are highly convinced that their faith makes a difference in their lives. The sponsor should participate with the candidate in his/her preparation, as well as the celebration. The primary roles of the sponsor are to assist the candidate in preparing for Confirmation and to help the confirmed person to live out his or her Christian life faithfully.

The sponsor of the Confirmation candidate should:

- 1) Be present at the Confirmation Mass in order to support and represent the expansion of the spiritual family to the one to be Confirmed.
- 2) Be a role model of Christian living for the Candidate, through daily prayer, virtue, and active participation in parish life and liturgy.
- 3) Nurture a close personal and spiritual relationship with the candidate during the Confirmation preparation year and throughout their lifetime.
- 4) Pray for the candidate regularly. Pray that he or she will not only come to know about the Faith, but also will encounter Christ while preparing to receive the sacrament. Sponsors are encouraged to commit to lifting their candidate up in prayer every day.
- 5) The Sponsor is encouraged to celebrate the anniversary of the Confirmation each year with a visit, a call, or a card.

Parish Involvement

The parish is an extension of the family and has an essential role in supporting the candidate for Confirmation in the growth of faith through prayer and example.

The parish is responsible for:

- a) Providing, supporting, and encouraging catechists who are trained and knowledgeable about Catholicism and who are willing to walk with, and support the candidates and their parents on the journey.
- b) Supplying the candidates and catechists with all necessary materials to complete the process.
- c) Providing ongoing catechesis for candidates, catechists, parents and sponsors. This would include an understanding of the history and theology of Confirmation, the Order of Confirmation, the other Sacraments of Initiation and the Gifts of the Holy Spirit.
- d) Praying for the candidates.

Appendix B: Sponsor Interview

It is a recommended practice for the candidate for Confirmation to interview their sponsor both to learn about their sponsor's faith journey, as well as to get to know them on a personal level. A recommendation would be for students to meet with their sponsors regularly.

Sponsor Interview Questions

These are sample questions that candidates could ask their sponsors:

- What do you remember about being Confirmed? What saint name did you choose and why? Share with your sponsor which Saint you chose and why.
- How has the Holy Spirit played a role in your life?
- Through the Sacrament of Confirmation, the gifts of the Holy Spirit that we first received at Baptism (wisdom, understanding, counsel, fortitude, knowledge, piety, fear of the Lord) are strengthened and increased within each of us. Reflecting on your life experiences and decisions, which gifts have you used a lot? Which gifts do you need to use more?
- How would you define the word "holy"? Do you know people in your life that you would describe as "holy"? What challenges do you face when you are trying to live a life of holiness?
- What saints have been good role models in your life?
- How has your appreciation of the Mass changed for you over your life? Was there a time when you did not like going to Mass? How have you grown to appreciate Mass since then?
- How have you come to value and appreciate the Sacrament of Reconciliation? What kind of preparations do you find helpful before you celebrate the Sacrament of Reconciliation?
- What is your favorite Scripture passage, verse, or story? Why?
- How has participation in Christian service played a role in your life? In what types of service have you enjoyed participating? What have you learned from these experiences?
- Do you pray? How often do you pray? Why do you pray? How do you pray? What are some of your favorite prayers or ways to pray? Who taught you to pray? Why is regular, daily prayer important in a Confirmed Catholic's life?
- Describe a time when it was challenging to pray and a time when you really felt God's presence. What obstacles do you find in praying regularly and how do you overcome them?
- Describe a time when you felt really close to God.
- Since getting Confirmed, what has been your most influential faith moment in your life?
- How did you first learn about what it means to be Catholic?
- What does it mean to be Catholic for you? How has being Catholic shaped your life?
- How has the Catholic faith strengthened and nourished you?
- Tell me about an experience in your life when it was difficult for you to be Catholic – perhaps a time when you were ridiculed because of your faith or struggled to have faith. What did you do to "keep your faith" or find answers to your questions during these times?
- Where would you like to see growth in your Catholic faith?
- What is the best aspect about being Catholic?
- Who has been a good role model for you? How has this person taught you or shown you what it means to be Catholic? How has this person deepened your faith?
- What spiritual advice do you have for me as I prepare for Confirmation and the rest of my Catholic life?

As an option, you may ask candidates to answer the following question in a small group or other reflection activity.

- Tell about one story or experience that your sponsor shared that you felt showed that he/she was truly strengthened by the Holy Spirit through Confirmation to live a life of holiness.
- Describe one thing your sponsor said that you think could help you in your adult Catholic faith journey, and how it might help you.
- Has talking with your sponsor taught you something new or given you a new perspective regarding being Confirmed? Why or why not?
- Summarize why you chose this person to be your sponsor and why you think he or she will be a good role model in your faith journey.

Appendix C: General Catechetical Resources

Any textbook approved by the USCCB (as found on their “Conformity Listing of Catechetical Texts and Series”) may be used in preparation for the Sacrament of Confirmation. The list of approved textbooks may be found by visiting www.usccb.org or the Office of Catechesis page of the Diocesan website, <https://diocesecc.org/>.

The USCCB Subcommittee on the Catechism only typically reviews student textbooks. Given this, the subcommittee noted in their letter of September 27, 2013, to Catechetical Publishers, “supplemental texts or series that are developed independently from basal texts or basal series can appropriately be submitted to local ordinaries for review in accordance with the church’s general normal on permission to publish.” The USCCB subcommittee has outlined a protocol for assessing the conformity of catechetical materials with the Catechism of the Catholic Church. This protocol is primarily concerned with the content of the catechetical material. As a result, the Offices of Catechesis has approved the following programs for use in the Diocese of Corpus Christi:

- Chosen by Ascension Press
- Decision Point by Dynamic Catholic

If you are interested in using a resource other than those already approved, please contact the Director of Catechesis to discuss how to submit the material for review by the Diocese.

Appendix D: Retreat Recommendations

The current recommended practice is that parishes provide the opportunity for candidates for Confirmation to have a retreat experience before they receive the Sacrament of Confirmation.

The Catechism of the Catholic Church states:

Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a livelier familiarity with the Holy Spirit – his actions, his gifts, and his biddings – in order to be more capable of assuming the apostolic responsibilities of Christian life.⁸

Further, in the National Directory for Catechesis, the USCCB recommends that parishes should present catechesis that “is developmentally appropriate and includes retreat experiences.”⁹

The basis of a retreat experience, whether it is a few hours, a day, a weekend, or several retreats is to “retire” or move away from day-to-day activities in order to give oneself up to the moving of the Holy Spirit in our lives. If we are to form a “more intimate union with Christ” we should follow his example by retreating from the world from time to time to pray and listen in an atmosphere that is less distracting.

A Confirmation retreat should consist of four basic components:

- 1) A proclamation of the Gospel (an invitation to conversion)
 - a) Catechesis in a retreat experience should have the purpose of preparing the retreatants for the Order of Confirmation. The symbols of the ritual and their meaning should be explored as well as what it means to be a Catholic confirmed in faith. The gifts of the Holy Spirit that are strengthened in them as they are confirmed should also be opened and explained.
 - b) Witness is an important element of a retreat. It allows each person to listen to stories of faith from peers and/or from respected adults. In listening, they can connect their own faith story with that of the other person and the story of the people of God told in Scripture and Church Tradition b.
- 2) Response to the mercy of God (Sacrament of Reconciliation)
 - a) The Sacrament of Reconciliation provides a reminder of the limitless mercy of God and our need to be forgiven and to begin again, renewed in spirit and love for ourselves and each other. Young people should have ample chance to prepare through an appropriate examination of conscience and a review of the “how-to” of the Sacrament.
- 3) Encounter with Jesus (Mass and Exposition of the Blessed Sacrament)
 - a) Prayer is essential to a retreat and can be experienced in several ways – through worship experiences, meditation, journaling, song, etc.
- 4) Commissioning to live the Gospel (sending forth)
 - a) The retreatants should begin to understand that knowing, loving and serving God and Church is a lifelong endeavor and that Confirmation is a continuation of that journey.
 - b) While social aspects (community building, activities, icebreakers, etc.) should be fostered throughout the retreat, they should be oriented towards the understanding that not only is he or she a child of God, but that all are blessed and deserving of our friendship, respect, and love.

⁸ CCC 1309

⁹ NDC 123

A Confirmation retreat should also be able to lead people of any age toward a greater understanding of the role of the Holy Spirit and how all the Sacraments of Initiation bring them into full participation in the life of the Church.

Another aspect to be considered is to include the larger community consisting of parents, sponsors, and the parish.

Appendix E: Treasury of Prayers

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Simple Prayer Suggestions

Jesus, I love You.

Thank You, God.

God, how great You are. Jesus, I trust in You.

Come, Holy Spirit.

Prayer Before Meals

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

Angel of God

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side, to light and guard,
to rule and guide. Amen.

Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.

Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with Thee;
blessed art Thou among women,
and blessed is the fruit of Thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Prayer After Meals

We give thee thanks, for all Thy benefits, almighty God, who lives and reigns forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.

Apostles Creed

I believe in God, the Father almighty, Creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended into hell; on the third day He rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears! Turn, then, most gracious Advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who have the most need of your mercy.

Prayer to Saint Michael, The Archangel

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.
R. And Thou shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in his consolation. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Morning Offering

O my Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Prayer of Saint Francis (Peace Prayer)

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, it is in dying that we are born to eternal life. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my mother; to you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

Angelus

V. The angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to your word.

Hail Mary ...

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary ...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

Vocation Prayer

O Lord,

Grant that I may know the vocation to which you have destined me from all eternity. Give me the courage to embrace it generously and to be faithful to it.

From this moment I abandon myself to your most holy will. Amen

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds hide me. Permit me not to be separated from you. From the malicious enemy defend me. In the hour of my death call me. And bid me to come to you, that with your saints I may praise you forever and ever. Amen.

Appendix F: Confirmation Interviews

Many parishes find that an interview with the pastor is beneficial. These interviews can take varied forms, such as a conversation getting to know the student and getting to know where they are in their Catholic faith, to a more deliberate testament to whether they have been suitably instructed.

Confirmation Interview with Pastor or his delegate:

- Confirmation interviews are not a test of readiness for a Sacrament. Truly, Sacraments are a gift from God. The interview is a time for the candidate to have some one-on-one time with the pastor, parish director, director of faith formation, or youth minister in their parish and reflect on their faith journey and its role in their daily life.
- Traditionally, interviews take place toward the end of the immediate Confirmation process, but you may also want to consider an interview around the beginning of the process. The interviews can be less than 10 minutes, but they are important to incorporate. Here are some suggested questions for both times. This is not meant to be an exhaustive list, but idea starters for your use.

Initial Confirmation Interview Questions:

- Why do you want to prepare for Confirmation?
- How often in each month does your family attend weekend liturgy?
- What are some ways that you live your faith in your home?
- How do you know faith is important to your parent(s)?
- How important is faith in your daily life? How do you try to live it out?

Closing Confirmation Interview Questions:

- How important is your attendance at Sunday Mass every week?
- What was a significant experience in your Confirmation preparation? Why?
- What did you like least about Confirmation preparation? Why?
- Looking back over the preparation process, how would you say you have grown in faith?
- What experience with your sponsor/mentor did you most enjoy?
- Why do you want to receive the Sacrament of Confirmation?
- Tell me about your service experience. Why do we ask you to do service?
- Tell me about your retreat experience. What was your favorite aspect of the retreat?
- What Saint or virtuous Biblical figure did you choose for your Confirmation name? How do you hope to imitate their life of virtue?
- Do you have any other questions about being Catholic or about being Confirmed?
- Have you thought about a vocation to the priesthood or consecrated life?
- Do you want to be more involved with your parish?