



ST. LAURENCE

Catholic Church

CONFIRMATION SPONSOR AND CANDIDATE GUIDE

Confirmation Sponsor,

In Confirmation, Christians receive a special outpouring and deepening of the spiritual gifts that they received when they were baptized, just like the apostles received on Pentecost. (CCC 1285; 1302) The increase of these spiritual gifts that are received in the Sacrament of Confirmation help the baptized to more fully live as a disciple of Jesus. (CCC 1303) When one does the things that a follower of Jesus would do, we call these spiritual habits. So, in other words, the Sacrament of Confirmation is where one receives the spiritual gifts to live out spiritual habits.

That's where you come in...

If a Confirmation candidate saw enough in you to ask you to be their Confirmation sponsor and therefore spiritual coach and mentor, the idea of spiritual habits is probably pretty familiar to you. Spiritual disciplines, quiet time, devotions — whatever you call it, you've probably established at least a few rhythms in your life that help you grow spiritually.

Maybe you...

- start your day with a quiet prayer time with God
- follow a Bible reading plan
- listen to worship music while you drive
- subscribe to spiritual podcasts
- go to Mass every Sunday, attend a small group or bible study
- serve somewhere

Since you have already received these spiritual gifts in the Sacrament of Confirmation, you've had a little time to figure out this whole "spiritual growth" thing. The Confirmation Candidate, on the other hand, might need a little help from you to figure out how to grow spiritually.



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This is where spiritual habits come in...

Spiritual habits are the decisions, behaviors, and rhythms that help us grow spiritually over time. If you're like most people, the first things that pop into your head when you hear "spiritual habits" are probably reading the Bible, praying, or going to Mass. Sure, reading, praying, and going to Mass are important spiritual habits. But they're not the only spiritual habits that matter.

So what is the complete, final, definitive list of spiritual habits? Well, there isn't one. Not officially. You can organize, categorize and define spiritual habits in a number of ways, but **We believe there are six spiritual habits that help teenagers (and us adults, too) grow in relationship with God.** These habits aren't anything new. They've been talked about countless ways, by countless numbers of people. But they are the behaviors that help us grow closer to God.

As part of your Confirmation Candidate's preparation to receive these spiritual gifts in the Sacrament of Confirmation, we have been looking at the six specific habits of praying, serving, receiving the Sacraments, building relationship, and reading the Bible. (CCC 1309)

Through these six spiritual habits, we hope both you and your Confirmation Candidate grow spiritually.

How do you help your Confirmation Candidate grow spiritually and practice these habits?

- ***There are many ways, but we recommend having a monthly 1-on-1 meeting with just you and your candidate to:***
 - Review last month's spiritual habit challenge
 - Have a discussion about this month's spiritual habit challenge
 - Come up with a plan to both practice this month's spiritual habit, either together or apart.
 - Set a time for your next 1-on-1 meeting

Please let us know how we can support you in your role as a Confirmation sponsor, spiritual coach, and role model.

In Christ,
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First Spiritual Habit: Prayer

Recommended for your November 1-on-1

Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- Matthew 6:5-15; James 4:8; any of the Psalms
- CCC # 363; 366; 2558-2567; 2707-2708; 2726-2745

GOAL OF THIS MONTH'S 1-ON-1:

Come up with a plan on how each of you can develop a daily routine of spending time with God in prayer for the next thirty days.

KEY TERM

Prayer: The elevation of the mind and heart to God in praise of His glory; a petition made to God for some desired good, or in thanksgiving for a received good, or in intercession for others. Through prayer, the Christian experiences a communion with God through Christ in the Church.

NOTE TO YOU, THE SPONSOR:

This is an obvious spiritual habit, right? It's so obvious, in fact, that sometimes it's the only spiritual habit we can name. After all, isn't "growing spiritually" synonymous with "prayer"? Well, not exactly. Spending time with God in prayer is a big part of growing spiritually, but it's not the whole picture. That's why it's just the first of our six spiritual habits.

Spending time with God may not be the only spiritual habit that exists, but it's still a pretty important one. After all, if your Confirmation Candidate is ever going to make their faith their own, they've got to start spending time with God on their own. It means having conversations with God on their own, and discovering how they best connect with God through prayer on their own. Prayer though can often seem hard to understand and even harder to build into our lives as a daily habit. **If we want to grow spiritually, we need to spend time growing in relationship with God through personal times of prayer, reading Scripture, and personal reflection.**



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First Spiritual Habit: Prayer

Recommended for your November 1-on-1

Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. Has anyone ever taught you to pray? Who? When?
2. How do you pray? What do you pray for? Who do you pray for? When do you pray? Where do you pray? How long do you set aside in prayer?
 - a. How can you improve your daily prayer time with God?
 - b. What time and what quiet location would be best for your prayer time? How much time can you realistically set aside for prayer?
 - c. What's the biggest obstacle to silence while you pray?
3. Have you chosen a Confirmation Saint? If so, how did they pray?
5. Pick a day and time right now for next month's 1-on-1 meeting.

Ideas for how to pray this month:

- Pray out loud with a friend
- Pray out loud with a family member
- Pray while taking a walk (The Rosary works well for this)
- Pray in your backyard or somewhere else outside

Ideas for what to pray about over the next month:

- What in life brings you stress?
- Where in your life do you need God's peace right now?
- Which people do you want to thank God for?
- How can you love better this week?
- Read Psalm 23. How does God protect and provide for you?
- Read Psalm 100. How does God show His love to you?

Ideas of who to pray for during this next month:

St. Laurence, our priests, your life teen small group, your life teen leaders, teachers & coaches, your friends, your family, your Confirmation sponsor, someone you miss, those that are overlooked or underprivileged.

Closing Challenge for this next month:

Spend time talking to God. Use a different way to pray (listed above) each time you pray as a way to learn different ways to spend time with God. You could write these down on cards or slips of paper and draw a different one each time that you pray.



Second Spiritual Habit: Serve those in need

Recommended for your December 1-on-1

Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- Matthew 25:31-46; Luke 3:11; Luke 10:25-37; Luke 16:19-31; James 2:14-17;
- CCC # 2447

GOAL OF THIS MONTH'S 1-ON-1:

Go serve others using the Corporal works of Mercy found in Matthew 25 that are in need, either together or apart, at least once over the next month.

KEY TERM

Works of Mercy: 14 actions and practices articulated in Sacred Scripture that Christians perform as extensions of God's mercy.

NOTE TO YOU, THE SPONSOR:

Here's the second spiritual habit. Your Confirmation Candidate needs to know that God made them unique, and special, and with really specific gifts, talents, passions, and resources – and then they need to use those gifts to love God, love others, and influence the world around them. When we use our gifts, we acknowledge that the things we've been given weren't given to us by chance. They were part of God's design. And using those gifts can become a spiritual habit, because when our Confirmation Candidate begins to discover who God made them to be, and then use their unique identity to make a difference in the world, to serve others, and to give back to the God who made them, they begin to discover the amazing life God has planned for them.



CONFIRMATION SPONSOR AND CANDIDATE GUIDE

Second Spiritual Habit: Serve those in need

Recommended for your December 1-on-1

Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. How was your prayer challenge from last month? Are you still praying?
2. What is one service project that you have done before?
 - a. Which of the corporal works of mercy did it involve?
(Feed the hungry, give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit and ransom the captive, Visit the sick, Bury the dead)
3. What is a cause that you care about that you haven't gotten involved in yet?
4. How did your Confirmation Saint Serve others?
5. Which gift of the Holy Spirit that you received at Baptism and will receive an increase of at Confirmation will help you pray and spend more time with God? Why?
6. Pick a day and time right now for next month's 1-on-1 meeting.

Wisdom is the ability to see God's plan and to have faith in Him in all things.

Understanding is the ability to comprehend the truths of God

Counsel is the ability to discern good and evil and make good choices.

Fortitude is having the courage and the strength to suffer for our faith and face persecution.

Knowledge is having a deeper ability to see things as God sees them.

Piety helps us understand who we are in relation to God. It leads us to humble prayer.

Fear of the Lord is having a fear of separating ourselves from God and being in awe of God and who God is.

Closing Challenge for this next month:

Serve sometime in the next month. It could be together or apart. It could be an organized service project through an organization or it could be just taking a meal to someone on the side of the road that appears to be hungry.



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Third Spiritual Habit: Weekly Sunday Mass

Recommended for your January 1-on-1

Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- Mark 14:22-26; John 6:22-69; Acts 2:42-47; 1 Corinthians 11:23-26
- CCC 1071-1088; 1154; 1324-1395;

GOAL OF THIS MONTH'S 1-ON-1:

Activity participate in weekly Sunday (or Saturday evening) Mass each week.

KEY TERMS

- **Eucharist:** what used to be bread and wine but has now been changed into the Body and Blood of Jesus Christ.
- **Transubstantiation:** the process in which the substance of bread and wine change into the Body and Blood of Jesus Christ, while the appearance of bread and wine remain.
- **Mass:** What we call the Eucharistic liturgy. It comes from the Latin word "missio," which means "to send." We gather at Mass to be sent back into the world to proclaim Christ.

NOTE TO YOU, THE SPONSOR:

Research shows that Catholics who believe that Jesus is truly present in the Eucharist don't leave the Catholic Church to join other churches. This 1-on-1 meeting could be the difference for your Confirmation Candidate in whether they remain Catholic their whole life or not.



CONFIRMATION SPONSOR AND CANDIDATE GUIDE

Third Spiritual Habit: Weekly Sunday Mass

Recommended for your January 1-on-1

Meeting Plan

QUESTIONS TO HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. If you didn't serve together at the same service project: How was your service project last month? What did you do? How was it?
2. Have you ever experienced Jesus unexpectedly or uniquely at Mass?
 - a. What was that experience like?
3. Is it important to gather as a community to worship God? Why?
 - a. What makes it different from worshipping or praying alone?
4. What is your experience of Mass in high school?
 - a. How does that compare to your Mass experience before high school?
5. When did you first learn about Jesus being present in the Eucharist?
 - a. Has this effected how you view being Catholic? Why or why not?
6. Which of the gifts of the Holy Spirit received at Baptism, and even more so at Confirmation for those of you that are Confirmed, do you think could help you worship God more fully at Mass?
7. Set a time for both your monthly challenge, as well as your next month's 1-on-1 meeting.

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Fear of the Lord is having a fear of separating ourselves from God and being in awe of God and who God is.

Closing Challenge for this next month:

Have your next one-on-one meeting after you both went to Mass, either together or apart. Talk about what the readings were and what God spoke to you through them.



Fourth Spiritual Habit: Form Healthy Relationships

Recommended for your February 1-on-1

Preparation

SCRIPTURE VERSES TO CHECK OUT BEFORE YOUR 1-ON-1:

Mark 10:1-12; 1 Corinthians Chapter 13

NOTE TO YOU, THE SPONSOR:

Engaging in healthy relationships can, and should, be a spiritual habit we help our Confirmation Candidate develop. We believe that relationships now have a real effect on their future relationships and even, marriage, if that is the Vocation that God calls them to.

Meeting Plan

QUESTIONS TO BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. Who are the 6 most important people in your life? Why?
 - a. Does your relationship with God influence your relationships with these 6 other people?
 - b. Why or why not?
2. What is the best relationship decision you have made before?
 - a. What is one of the hardest relationship decisions you have made?
3. What is one of the worst relationship decisions you have made? What did you learn?
 - a. How might someone go looking for love in the wrong places?
4. Who do you know who has a great marriage?
 - a. What do you admire about their marriage?
5. What relationships, healthy or unhealthy, was your Confirmation saint in during their life?
6. Which of the 7 spiritual gifts that you are going to receive this spring when you are Confirmed do you think is most important to healthy relationships?
7. Set a time for next month's 1-on-1 meeting. (continue on next page)



Fourth Spiritual Habit: Form Healthy Relationships

Recommended for your February 1-on-1

Meeting Plan (continued)

Wisdom is the ability to see God's plan and to have faith in Him in all things.

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Fear of the Lord is having a fear of separating ourselves from God and being in awe of God and who God is.

Closing Challenge for this next month:

Have your Confirmation candidate begin to pray for the relationship(s) that will make up their future primary Vocation. (Priesthood, religious life, marriage, consecrated single life)

For example, if your Confirmation candidate feels called to marriage, have them pray for their future spouse. If they feel called to religious life or the priesthood, have them pray for their future parishes or communities. If they are unsure what God is calling them to, have them pray for everyone that God will one day bring into their life to love and serve.



CONFIRMATION SPONSOR AND CANDIDATE GUIDE

Fifth Spiritual Habit: Read the Bible

Recommended for your March 1-on-1

Preparation

CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:
CCC 65-67; 101-114; 120-133

Meeting Plan

QUESTIONS TO HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. How has it been praying for your future vocation and relationships?
2. Why do you think some do not read the Bible or even reject it?
3. Do you believe Scripture is the Word of God? Why or why not?
4. What is your favorite bible verse or bible story? Why?
5. What would you say is the Bible's main theme in it's 73 books?
 - a. How would you explain the Bible to one who has never read it?
6. What struggles or questions do you have still about Scripture?
7. Which of the 7 spiritual gifts that you are going to receive this spring when you are Confirmed do you think is most important to help you read and love the Bible?
8. Set a time for your next 1-on-1 meeting.

Understanding is the ability to comprehend the truths of God.

Wisdom ability to see God's plan and to have faith in Him in all things.

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Closing Challenge for this next month:

Sometime during this upcoming week, before you both go to Mass, read the Sunday Mass readings ahead of time. They can be found at uscbb.org/readings. Then discuss together what God might be saying to you through His Word.



CONFIRMATION SPONSOR AND CANDIDATE GUIDE

Sixth Spiritual Habit: Confess your sins in the Sacrament of Reconciliation

Recommended for right before your Confirmation date

Preparation

SCRIPTURE VERSES AND CATECHISM PARAGRAPHS TO CHECK OUT BEFORE YOUR 1-ON-1:

- John 20:22-23;
- CCC #1310; 1423-1479; 2838-2845

GOAL OF THIS MONTH'S 1-ON-1:

Have your Confirmation Candidate examine their conscience to prepare for confession at our Confirmation Penance service in the church.

Meeting Plan

QUESTIONS THAT MIGHT HELP YOU BEGIN YOUR 1-ON-1 MEETING THIS MONTH ARE:

1. How often do you go to Reconciliation? When was your last confession?
2. How might your life be different if you went once a month?
3. Why do you think someone is required to go to Confession before they receive Confirmation? (Catechism of the Catholic Church paragraph #1310)
4. Which of the 7 spiritual gifts that you are going to receive when you are Confirmed will be most helpful in confessing your sins?

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Closing Challenge for this next month:

Plan a time when both the sponsor and high school student can go to Confession at roughly the same time, then afterwards, plan a time to talk about your experience.