

## St. George Confirmation Prep | Sponsor Info & Sessions

Sponsors, you have been asked to accompany a candidate for the Sacrament of Confirmation as they prepare to receive this Sacrament in May. You are someone they see as a role model or leader to look up to in faith and they are eager to learn from your experience and knowledge of what it means to live out your Catholic faith every day. **This is an honor and a privilege.**

**Being a Sponsor means you meet the following requirements:**

1. You are **not** the parent, stepparent, or adoptive parent of the Candidate
2. You have the qualifications and intention of fulfilling the role of sponsor
3. You are at least **16 years old**
4. **You have received the Sacraments of Baptism, Eucharist, and Confirmation**
5. **You are a registered, active member of a Catholic Church Parish**
  - a. You regularly participate in the Mass on Sundays and Holy Days
  - b. You regularly receive the Sacraments of Holy Eucharist and Reconciliation
6. **You are not under any canonical impediment to serving as a sponsor:**
  - a. If currently married, you celebrated the Sacrament of Marriage in the Catholic Church, had the marriage blessed in the Catholic Church, or are working with a Catholic Priest or Deacon to have the marriage blessed. **If you are married outside of the Catholic Church you may not be a sponsor.**

There are expectations for you in this program, as we believe that having you involved in more ways is better and generates more opportunities for discussion with your candidate.

**First and foremost**, sponsors are asked to pray for their candidates every day. Prayer is the foundation, the root of our ministry, don't overlook the impact of a simple daily prayer. Once your candidate has chosen a Confirmation Saint, ask for that saint's specific intercession for your candidate.

**Second**, you are asked to attend **Confirmation Practice [April 28<sup>th</sup>], and Confirmation Mass [April 29<sup>th</sup>] itself**. That's two times where you will come to St. George and join with your candidate either for Mass or for a practice.

**Third**, you are asked to encourage your candidate to attend Mass. *If you can – go to Mass with them at least once throughout this process.* Help them develop the habit, if they don't have it already, of weekly Mass attendance.

**Fourth**, you are asked to share your faith and engage in discussion of our Catholic faith with your candidate. *To be a sponsor you must accept, acknowledge, and believe the Catholic Faith to be the one, true, faith.* You must live a Catholic life and be willing to share your faith with your candidate. We ask that you meet twice throughout the year with your candidate to discuss our faith using sessions from the Decision Point program.

Whenever you have questions, please reach out to me and I'll happily find you the answer.

You'll get emails from me with reminders, updates, and any announcements regarding our Confirmation Preparation Program that would affect you. **Remember:** Being a sponsor does not end at Confirmation Mass, it is a lifelong relationship centered on building of faith.

## Sponsor-Led Session Content

**Decision Point by Dynamic Catholic** is an innovative Confirmation Preparation Program that consists of twelve (12) sessions that each cover a different aspect of our Catholic Faith.

The Sponsor-Led sessions cover two of the twelve lessons in our Decision Point program and are meant to foster discussion about faith and growth in faith with your candidate. They can be done on y'all's time, so long as each session is completed by the date marked on the schedule. You can access the videos for the lessons by the link on our website, and the Decision Point website has PDF versions of the Leader's Guide and Workbook if you desire access to those.

**To complete these sessions**, you will either watch the videos for the sessions or read the material in the PDF workbook with your candidate. This can be in-person, via Zoom, in a coffeeshop, a phone call, whatever way y'all are most comfortable doing this. You'll go through the material for the session and then use the provided discussion questions to have solid conversations about the material. Each session is expected to take 1.5-2 hours, but you may go a little faster or slower, which is just fine.

**After you complete each session**, I ask that you (and your candidate, separately) to send me a "proof of completion" email **that consists of just three sentences**:

1. The day you completed the session on.
2. A one-sentence summary of what the session was about
3. One thing you & your candidate found insightful, interesting, or useful that y'all talked about.

You can access the videos and content for each session by following the links below, or by simply googling "decision point confirmation program" and navigating the Decision Point website.

**Session 4: *The Prayer Process*** | <https://www.dynamiccatholic.com/confirmation/decision-point-session-4-0.html>

**Session 11: *Made for Mission*** | <https://www.dynamiccatholic.com/confirmation/decision-point-session-11-0.html>

**The goal of these sessions that you complete with your candidate is to encourage the discussion of faith.** You'll help your candidate discover how to pray, and talk about who Jesus really is, who He was, and who He will always be, and finally, towards the end of our program, you'll talk about our mission in life and how God has made us each for a reason, for a purpose. Don't worry if your discussion goes in directions that don't follow the questions – the most important thing is that you and your candidate spend this time praying together, talking about our faith, and seeking to grow ever-closer to God.

**Each session you will cover has several components that go along with the videos:**

- **The Objectives** for each session are the main points you are supposed to instill, if y'all take just a few things away from the sessions, it should be these. Use them to guide your discussions and help you formulate discussion questions, should you choose to create your own, and for reflection.
- **Discussion Questions** are given at the end of each segment of each lesson, and usually refer back to the video or pages covered by said segment. These are starters for discussion and provide a framework for what you should talk about, however, they are not the *only* questions

you can use nor are you asked to cover every single question. Talk about what you need to that day, at that time.

- Each Decision Point session has a **Saint** associated with them. Research these and talk about who they are and how they relate to the sessions if you want a deeper experience.
- **Exercises** are interspersed throughout each session and are ways to drive points home, get candidates thinking in new ways, ponder thought-provoking information, or just take a break from the video/discussion monotony. Since it's just you and your candidate, the exercises may not be a whole lot of use but do them as you see fit.
- **Psalms.** Decision Point ends every session by praying a psalm. The Psalms are beautiful ways to pray, and kind of unusual for a lot of people, so try it out. Read through the psalm slowly and ask yourself, "How does this impact my relationship with God?" or "What is God saying to me with these words?"

There's no right or wrong way to complete these sessions. You don't have to watch all the videos, or cover every segment of every session, but look at the objectives and tailor your discussion around those when you can.

**However, keep in mind that we are here to be witnesses of faith, and that discussions with the candidates are not the right place to voice opinions we may hold that are contrary to or outright questioning Church teaching.**

We all have struggles or questions about our faith, and that's part of being Catholic. But when it comes to sharing our faith, especially if it is regarding a dogmatic or doctrinal issue that the Church has spoken firmly about, it can be very confusing for a candidate to hear from someone that one thing is okay while the Church says the opposite. Encourage study and prayer when candidates mention struggling, emphasize that it's okay to question, that we are called to look for the answers (and the answers do exist) and pray for the grace to accept the Church's teaching as Truth when we find it hard .

If you or your candidate has questions about material covered in y'all's sessions, or about our faith in general, please reach out to me or one of our incredible priests and we'll help find the answers. I highly recommend the following websites as resources for discussion & questions:

**Dynamic Catholic (to access program content):**

**Session/Season 4:** <https://www.dynamiccatholic.com/plus/decision-point.html#:~:text=DECISION%20POINT-Season%204,-Season%204%3A%20Episode>

**Session/Season 11:** <https://www.dynamiccatholic.com/plus/decision-point.html#:~:text=DECISION%20POINT-Season%2011,-Season%2011%3A%20Episode>

**Catholic Answers (in-depth, solid answers to faith-related questions):** <https://www.catholic.com/>

**Ascension Press (podcasts, bible studies, and more):** <https://ascensionpress.com/>

## Decision Point Session 4: The Prayer Process (complete by 1/8/2024)

*Note: This session is all about prayer, how to pray, what it means to pray, the power of prayer, etc., pay attention to how it explains the importance of prayer and why using the prayer process can help us take our prayer lives to the next level.*

**Start this session on prayer by, you guessed it, *praying*.** It can be short and simple but make it intentional.

### Objectives:

- To teach the candidates how to pray
- To demonstrate that the way prayer helps is by helping us discover God's will for our lives, and that we cannot ever truly be happy outside of God's will
- To encourage candidates to develop a daily routine of prayer

### Discussion Questions:

- 4.0: What is one idea from the short film that you found most helpful?
- 4.1: Whom do you talk to every day? Why?
- 4.1: Do you pray? How often? How do you feel after you pray?
- 4.1: Do you think you would be happier if you made time to pray each day?
- 4.2: Describe a time when someone challenged you to do something that would help you become the best version of yourself. How did you respond?
- 4.2: Have you ever asked God the big question: "What do you think I should do?" If you have, what happened? If you have never, why not?
- 4.2: If you spent 10 minutes a day in prayer every day for the next month, how do you think you might be different a month from now?
- 4.3: Has anyone ever taught you how to pray?
- 4.3: Which of the seven steps in the prayer-process intrigued you the most?
- 4.3: If you were going to set aside ten minutes to pray at the same time every day, what time of day would be best for you?
- 4.4: What are you most grateful for today?
- 4.4: What surprised you the most as you practiced the prayer process?
- 4.4: Now that you have been taught how to pray, what is most likely to get in the way of developing prayer as a daily habit in your life?
- 4.5: Over and over in Scriptures we read about Jesus going off to a quiet place to pray. Do you have a quiet place you can pray each day? Where?
- 4.5: Do you have a favorite quiet place you like to go when you need to make big decisions?
- 4.5: Did you do anything today that was more important than spending a few minutes with God in prayer?

**Session's Virtue:** Perseverance

**Saint of the Session:** St. Teresa of Avila

**Psalm:** Psalm 63 *Ask yourself, what am I thirsting for? Is it God?*

## Decision Point Session 11: Made for Mission (complete by 4/8/24)

*Note: Make sure your candidate knows that they are loved. That they are **enough**. That they are here for a purpose, intentionally created by our God. If you get nothing else across this session but those point, you've gotten across what matters. **I recommend you skip section 11.2 in order to talk about this more.***

**Suggested starting prayer:** St. Patrick's Breastplate

**Objectives:**

- To demonstrate that when people abandon God and his ways, the world becomes a mess
- To teach candidates that God created them on purpose, for a purpose
- To help candidates discover the mission God is calling them to.

**Discussion Questions:**

- 11.0: What is one idea from the short film that you found most helpful?
- 11.1: In what ways do you think the world is a mess?
- 11.1: How do you sense God is calling you to make the world a better place?
- 11.1: What's one thing you can do today to make the world a better place?
  
- 11.2: Jesus calls us to love our neighbor as we love ourselves. Whom do you consider to be your neighbor?
- 11.2: Why do you think so many children die from lack of food?
- 11.2: Are you willing to make sacrifices to reduce the amount of suffering in the world?
  
- 11.3: Who do you know who has found and followed their mission in life?
- 11.3: Have you ever asked God what mission he has for you?
- 11.3: How do you think what you want for yourself is different than what God wants for you?
  
- 11.4: Who do you know who is great at serving other people?
- 11.4: What does the story about the rich man and Lazarus make you think about?
- 11.4: Do you think you will be happier if you find and follow your mission?
  
- 11.5: What are you afraid of?
- 11.5: One day, when you are dying, what do you want to see when you look back on life?
- 11.5: How available are you to God?

**Session's Virtue:** Generosity

**Saint of the Session:** St. John Henry Newman

**Exercises:** This session's exercise are very straightforward; but talk about conversion. How it's never too late to say "yes" to God, and how God calls us all, constantly. Maybe talk about some famous Saints (like John Henry Newman) who converted and shared their faith with the world?

**Psalm:** Psalm 141: *Ask yourself, when I call upon God, am I willing to listen to him?*

**Final Questions for Reflection:**

- Do I know that God loves me?
- Am I open to saying "yes" to God? Will I allow God to radically change my life?



# Confirmation Sponsor Form | Due to Confirmation Director by 10/22/23

Name of Candidate: \_\_\_\_\_

Name of Sponsor: \_\_\_\_\_

**Sponsor Information:** *Print clearly, this information is how I will contact you all year*

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ [Circle one: Home | Cell | Work]

Email Address *that you check regularly:* \_\_\_\_\_

Name and Address of Catholic Church where you are a registered parishioner:

Church Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Pastor's Name: \_\_\_\_\_

## Sponsor Agreement:

*(Read carefully and initial beside each statement. Contact Catherine Stewart with questions. see Can. 874 §1-2)*

*As Sponsor, I declare that:*

\_\_\_\_\_ **I am at least 16 years of age**, a Baptized Catholic who has received the Sacraments of Initiation in the Catholic Church (Baptism, Holy Eucharist, and Confirmation)

\_\_\_\_\_ **I am a registered member of a Catholic Church Parish.** I regularly participate in Mass on Sundays and Holy Days of Obligation and I receive the Sacraments of Holy Eucharist and Reconciliation at least once a year. If I am married, this Sacrament was celebrated within the Catholic Church.

\_\_\_\_\_ **I believe what the Catholic Church teaches**, and I make a serious effort to live my life according to the Gospel and worthy of imitation by the person I am sponsoring. I realize this is a great honor and responsibility placed on me before God and the Church in serving as a sponsor.

\_\_\_\_\_ **I am not the parent, step-parent, or adoptive parent** of the candidate and **I am not under any canonical impediments** which would prevent me from serving as sponsor. (Such as a marriage that is not recognized by the Catholic Church)

\_\_\_\_\_ **I will provide a Letter of Eligibility** from the parish I am registered in which states that I am a registered and active parishioner who is in good standing and able to fill the role of sponsor.

[Non-St. George Parishioners only. St. George Parishioners should initial here: \_\_\_\_\_]

\_\_\_\_\_ **I will be present at the Rite of Enrollment, Confirmation Practice, and Confirmation Mass itself.** If I am unable to be present at one or more of these, I will contact the Confirmation Director in advance.

\_\_\_\_\_ **I will complete the two Sponsor-Led sessions with my candidate** as required and detailed in the "For the Sponsor" page I received. If I am unable to do one or both of these sessions I will communicate with the Confirmation Director about a suitable alternative.

**Sponsor Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Return to Catherine Stewart by mail, email, or dropping off at Church Office by October 22<sup>nd</sup>, 2023**

St. George Catholic Church [Attn: Confirmation Director]

7808 St. George Drive | Baton Rouge, LA 70809

**Email:** [CatherineS@St-George.org](mailto:CatherineS@St-George.org) | **Phone:** (225) 293-2212 [work] (225) 349-9632 [cell]



**St. George Catholic Church**  
**Sacrament of Confirmation**  
*Sponsor Eligibility Form*

**Dear Father,**

I am the Confirmation Director at St. George Catholic Church in Baton Rouge, LA. A parishioner of yours has been asked by one of our teens to serve as their confirmation sponsor. I am writing to verify that this individual is an active participant in your parish and is in good standing with the Catholic Church. Your signature below will give us such verification and allow us to proceed with this adult as a sponsor for the candidate.

Thank you for your time in this matter.

**Sincerely,**  
Catherine M. Stewart  
*Youth Minister/Confirmation Director*

Name of Candidate: \_\_\_\_\_

Name of Sponsor: \_\_\_\_\_

Sponsor's Email Address: \_\_\_\_\_

Sponsor's Phone Number: \_\_\_\_\_

Name of Sponsor's Parish: \_\_\_\_\_

Parish Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Name of Pastor: \_\_\_\_\_

Pastor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Affix Church  
Seal Here

**Return this form to the Confirmation Director:**

St. George Catholic Church

Attn: Confirmation Director

7808 St. George Drive, Baton Rouge, LA 70809

**Fax:** 225-291-8063 | **Email:** [catherines@st-george.org](mailto:catherines@st-george.org) | **Phone:** 225-293-2212

**Website:** <https://www.st-george.org/>