

The Sacrament of Confirmation for Teens Packet

The Sacrament of Confirmation

For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed."

CCC 1285

Effects of Confirmation

- ❖ *Brings an increase and deepening of baptismal grace;*
- ❖ *Unites us more firmly in Christ;*
- ❖ *Increases the gifts of the Holy Spirit in us;*
- ❖ *Renders our bond with the Church more perfect;*
- ❖ *Gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.*

CCC 1303

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of the faithful and enkindle in them the fire of Your love. Send forth Your Spirit and they shall be created. And You shall renew the face of the Earth.

O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolation. Through Christ our Lord. Amen.



The Sacrament of Confirmation for Teen Requirements

THE CANDIDATE (student)

To begin preparation:

Each baptized Catholic can and should receive the Sacrament of Confirmation. The candidates may request the Sacrament if they:

1. Are baptized and able to renew baptismal promises.
2. Are open to receiving the gifts of the Holy Spirit.
3. Have received their First Communion.
4. Are regularly participating in the Sunday Mass and sacramental life of the Church (Eucharist & Reconciliation).
5. Have reached 15 years of age.
6. Are willing to commit to active involvement in the parish Confirmation preparation process.
7. Are willing to continue to grow in faith following the reception of the Sacrament of Confirmation and throughout their lifetime.

During preparation:

1. Learn about the Sacrament of Confirmation and actively participate in the classes.
2. Submit all required forms by the due date. (See Confirmation Candidate Checklist)
3. Complete the Intake and Final interviews to determine readiness of the candidate to receive the Sacrament.
4. Choose a sponsor that can meet with and guide you throughout your Confirmation journey and beyond.
5. Participate in the Saturday Vigil or Sunday Mass every weekend.
6. Be active in the life of the Church (ex: participate in youth group, be an altar server, sing in the choir, volunteer at church events, and/or participate in another ministry of the Church).

Norms for Teen Candidate Readiness:

1. Demonstrates age-appropriate desire and understanding of the Sacrament.
2. Participates weekly in Saturday Vigil or Sunday Mass.
3. Is active in the life of the church.
4. Has submitted all required paperwork.

THE SPONSOR

Sponsors represent in a personal way the witness and support of the parish community. A sponsor is a mentor and *should be a role model regarding the Catholic faith.*

It is appropriate that the sponsor be the baptismal sponsor (godparent) if that is possible. If that is not possible, the sponsor may be selected by the candidate with the help of their parent(s) and/or the parish community.

Sponsors must:

1. Not be the parent of the candidate.
2. Be at least 16 years of age.
3. Be active, practicing Catholics.
4. Have received all the sacraments of initiation (Baptism, Confirmation, Eucharist).
5. If married, must be married in the Catholic Church, therefore living in a sacramental marriage. If single, not living with anyone as if married.
6. Be someone the candidate can identify with in terms of Christian living.
7. Be someone who can share the faith journey of the candidate.
8. Assist in all aspects of the candidate's preparation and celebration of the sacrament, accompany their candidate to celebrate the sacrament, and continue to support the candidate to fulfill their baptismal promises faithfully under the influence of the Holy Spirit after the reception of the sacrament.

THE PARENT(S) OR GUARDIAN OF THE TEEN CANDIDATE

The parent(s)/guardian are called to be actively involved in the Confirmation preparation process. The role of the parent(s)/guardian is an extension of the commitment they undertook at their child's Baptism. The family serves as the primary community of faith. As children grow in faith, the parental role lessens regarding decision-making and becomes one of support and witness.

For the Sacrament of Confirmation, the parental role is very much one of spiritual companion and advisor, that is, both parents and adolescents learning and growing in understanding of Catholic traditions and beliefs. This points to the understanding that forming faith is a lifelong process and that parents, as well as adolescents and children, should continue their own faith growth. It is in this way that parents will be able to share their own faith journey, thereby helping the candidates to make decisions about their faith. It is expected that at least one parent will attend weekly Faith Formation/Confirmation classes with their candidate.

Parents/guardians must:

1. Continue their own faith growth.
2. Indicate a willingness to support the candidate's faith journeys
3. Support their adolescent candidate in choosing a sponsor.
4. Support their adolescent candidate in prayer throughout the preparation process.

Confirmation Candidate Checklist

_____ Attend Root and Zeal classes on Sundays 10:30 – 11:45 am and complete online follow throughs

_____ Complete Intake & Final Interviews

- Intake – January
- Final – prior to Confirmation

_____ Complete Baptismal Information on Holy Family website and submit Baptismal Certificate with Notations (Due by February 1, 2026)
(If baptized at Holy Family, you will not need to submit certificate.)

_____ Sponsor should submit a completed Godparent/Sponsor Suitability Statement and Baptismal Certificate with Notations
(Due by February 1, 2026)

_____ Complete Confirmation Saint profile on Holy Family website
(Due March 1, 2026)

_____ Attend Confirmation Mass Rehearsal (TBD – day before Confirmation Mass) *Sponsor or parent must attend with candidate

_____ Attend Confirmation Mass (TBD)

** Links to forms are on the Holy Family Catholic Church website (holyfamilyfw.org) under Faith Formation/High School Confirmation. **