



Faith Formation for New Life

Encounter

Meeting the Living Christ and Experiencing His Love

Age range: 2nd – 5th grades

Family-based faith formation

First Reconciliation and First Holy Communion Preparation

Family-based formation.

Discipleship

Growing in Relationship with Jesus, within the life of the Church

Age Range: Middle school years

Small group formation guided by faith mentors.

Confirmation Preparation

Allowing youth as young as age 14 to discern readiness for Confirmation, followed by sacramental preparation.

Witness

Living the Faith with Mission, Purpose, and Contagious Joy

Age Range: Post-Confirmation youth formation

Integration of faith and life guided by faith mentors

Missionary Witness

Age Range: later years of high school

Youth will be invited to engage in some specific area of ministry either within the parish or as part of service to the community.



Diocese of Crookston

FAITH FORMATION

GUIDING PRINCIPLES

Guiding Principles of Faith Formation in the Diocese of Crookston

The following guiding principles inform and direct all faith formation efforts in the Diocese of Crookston.

1

Faith Formation is Ever-Kerygmatic

At the heart of all faith formation is the Kerygma – the core foundation of the Gospel that proclaims the saving love of Jesus Christ through his life, death, and resurrection, and invites us into a living relationship with him. The Kerygma is the foundation of all catechesis. Formation received through a lived encounter with Jesus moves beyond information and instruction, penetrating the heart as Good News.

2

Faith Formation Strengthens and Deepens the Prayer Life and the Sacramental Life

Faith Formation awakens a desire to cultivate a living relationship with God the Father, the Son, and the Holy Spirit through prayer and participation in the Sacraments.

3

Faith Formation is Inherently Evangelistic

By reason of our baptism, we are all missionary disciples. Evangelistic faith formation invites us into a personal relationship with Jesus, fosters our growth as disciples, and inspires us to live and share our faith with others.

4

Faith Formation is Rooted in Authentic Accompaniment

All members of the Body of Christ deserve to be accompanied by the Church on their journey of faith. Authentic accompaniment mirrors the way Jesus walked with his disciples—with love, patience, and attentive presence. He met them where they were, shared life with them, and taught them how to pray and live. At the same time, Jesus lovingly called his disciples to a deeper trust, conversion, and commitment. Faith formation goes well beyond the transmission of information. It is a commitment to walk alongside young people and families, supporting and encouraging them every step of the way.

5

Faith Formation Strengthens the Domestic Church

Faith Formation strengthens and supports the Domestic Church, recognizing parents as the primary educators of their children in the faith. Parishes serve their families best when they support, encourage, and equip parents as their children's primary educators.

6

The Holy Spirit Animates Faith Formation

The Holy Spirit is the principal agent of evangelization. It is essential to expose young people to a life of discipleship sustained by the Holy Spirit, accompanying them as they explore and discern their charisms.



Diocese of Crookston

FAITH FORMATION

GUIDING PRINCIPLES

7

Those who Pass on the Faith, Respond to a Vocational Call

Those who serve as catechists, mentors, and leaders respond to a vocational call, not simply a request for volunteers. Faith is most effectively transmitted through authentic witness. Well-formed, evangelized leaders model discipleship and invite others into more profound conversion.

8

Lead with Beauty

Faith Formation is mindful of the transcendentals of Truth, Beauty, and Goodness, as pathways to God that appeal to the intellect, shape the heart, and capture the imagination. In *Evangelii Gaudium*, Pope Francis instructs that “every form of catechesis would do well to attend to the ‘way of beauty’ (via pulchritudinis) ...; every expression of true beauty can thus be acknowledged as a path leading to an encounter with the Lord Jesus” (167). What is beautiful often awakens the heart, making fertile soil to plant the seeds of truth and goodness.

9

Faith Formation is Attentive to Societal Realities and Cultural Complexities

Transmitting the Faith must be attentive to societal realities and cultural complexities without compromising the timeless truth of the Gospel. Those who transmit Faith may be called to find new and creative ways to meet people where they are on their faith journey.

10

Faith Formation is Mission-Centered

Parish faith formation methods, programs, and strategies must be ready to accompany and serve those on the peripheries.





Diocese of Crookston ENCOUNTER

Family Faith Formation - Grades 2-5

"The Christian home is the place where children receive the first proclamation of the faith. For this reason, the family home is rightly called 'the domestic church,' a community of grace and prayer, a school of human virtues and of Christian charity (CCC 1666)."

Encounter Family Faith Formation serves as a bridge between the home and the Church.

Encounter Family Faith Formation is designed to:

- Accompany families through the process of faith formation.
- Equip families to strengthen the Domestic Church.
- Guide and support families to live out the liturgical year in their home.
- Facilitate encounters with Jesus Christ through prayer and the Sacraments.
- Connect families with each other and with the Church.

Encounter Family Faith Formation is a four-year cycle that covers the four pillars of the Catechism of the Catholic Church.

Families gather at the parish a few times per month. However, most catechesis is done at home. At each gathering, families learn together, pray together, and share their experiences with each other. The Office of Missionary Discipleship is recommending that parishes consider incorporating the A FAMILY OF FAITH curriculum from Sophia Institute Press. However, there are several solid family faith-formation resources. The important thing is that we engage, support, and equip families as they pass the Catholic faith along to their children.





Diocese of Crookston ENCOUNTER

Family Faith Formation - Grades 2-5

Four-Year Theme & Curriculum Rotation (Sophia Institute)

	Year 1	Year 2	Year 3	Year 4
Month	The Creed	The Sacraments	Life in Christ	Christian Prayer
September	The Role of Parents in Education	The Role of Parents in Education	The Role of Parents in Education	The Role of Parents in Education
October	What is Faith, Who is God	What Is a Sacrament?	Heaven: Our Final Destination	What is Prayer?
November	What is Faith, Who is God	Created in God's Image	Conscience: God's Law in Our Hearts	Jesus Teaches Us How to Pray
December	Annunciation, Immaculate Conception	Confirmation	Cardinal and Theological Virtues	Prayer and the Our Father
January	Who is Jesus	The Eucharist, The Mass	The First Great Commandment and the First Four Commandments	Prayer and the Holy Spirit
February	Paschal Mystery	Sacraments of Healing	The 5th - 10th Commandments	Prayer and the Holy Spirit
March	The Holy Spirit	Anointing of the Sick	The New Commandment and the Works of Mercy	Prayer with Scripture and Expressions of Prayer
April	Marks of the Church, Communion of Saints	Holy Orders & Holy Matrimony	The Beatitudes	Prayer as Spiritual Battle
May	The Way of the Creed	Sacraments Jeopardy	Journey to Heaven	Prayer Castle Game



Diocese of Crookston ENCOUNTER

Family Faith Formation - Grades 2-5

Four-Week Model

May be modified

Week 1	Week 2	Week 3	Week 4
At Church	At Home	At Church	At Home
Gather as families. Catechists introduce theme and prepare families for the month	At Home Lessons	Gather as families for prayer, community, prayer, check-in, and additional catechesis	At Home Lessons





Diocese of Crookston

FAITH FORMATION

ESSENTIAL ELEMENTS

Essential Elements of **DISCIPLESHIP AND WITNESS**

Build Prayer Teams

Support faith formation and all ministries with intentional prayer ministry teams.

Recruit Committed Faith Mentors

It is essential to surround young people with disciples. Parents and other adults, young adults, and older high-schoolers who live a sacramental life centered on Jesus Christ and can relate to middle-schoolers. Their witness and example are key to creating an environment that guides and nurtures young people to be devoted followers of Jesus. Young people need role models to teach them the habits of discipleship.

Create a Welcoming Environment

There are many ways to form disciples that do not involve a traditional classroom setting. In the Church before the Blessed Sacrament, on beanbag chairs, at a coffee shop or local cafe, or off-site at a retreat. The environment often sets the tone of the discussion. Consider creative ways to create or find an environment that invites relational ministry.

Create a Small Group Ministry Culture

Begin introducing small group faith sharing early. Include trained faith mentors to assist in facilitating small groups. Draw from your confirmed high school student population for this endeavor.

Include Personal Witness / Testimony

Invite guests in to share their testimony as it relates to the theme or topic. At the heart of a good testimony is an authentic witness who describes what life was like, what God did, and how things are different now. A 5-minute witness from someone the youth know can often illuminate a topic more profoundly than a video message from an unknown witness.

Connect Everything to the Sacraments

One way to counter the sacramental crisis in our Church is to make the sacraments available, accessible, and central. Planned time for adoration, connecting your time together to the Mass, witness testimonies about the centrality, and life-changing power of the Sacraments in people's lives.

Mix it up, and have fun!

Don't be afraid to mix it up. Sometimes, when you gather, simply gather for pure fun. This builds community and allows for more informal relational ministry and mentorship.



Diocese of Crookston

FAITH FORMATION

ESSENTIAL ELEMENTS

Essential Elements continued...

Teach young disciples to pray and read Scripture

Just like the disciples had to ask Jesus how to pray, many of our young people desire a prayer life, but are unsure where to begin or how to proceed. Likewise, there are many ways to read Scripture. Be intentional about guiding young disciples to grow in both areas.

Let the Holy Spirit guide your ministry

Surrender your goals to the Holy Spirit and let him guide the ministry. As catechists, take time to discern your charisms and expose your youth to charism awareness and discernment. Teach about the Holy Spirit and encourage your youth to develop a personal relationship with the Holy Spirit. Recruit parishioners to pray for your time together and to pray individually for the youth in your program.

Authentic Christian Service

Seek authentic opportunities to serve together. Reflect on that service, and invite people to reflect and share about the power of Christian service.





Diocese of Crookston

DISCIPLESHIP

Faith Formation - Middle School Years

“Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me.”
John 15:4

The middle school years emphasize discipleship as a way of life - the intentional and ongoing process of loving, knowing, and following Jesus Christ. Below are the discipleship traits that we desire to nurture in our young Church.

A disciple of Jesus Christ

- Has a personal relationship with Jesus Christ that is constantly renewed
- Has a life sustained by the healing and nourishing graces of the Sacraments
- Has an understanding of what we believe as the Body of Christ, and why we believe it
- Is open (docile) to the Holy Spirit working in his/her life
- Is centered on Christ, and stays connected to Him daily through genuine prayer and scripture study
- Strives to live a virtuous and moral life
- Is formed within the Church, as an essential member of the Body of Christ
- Is an active participant in the life of the parish
- Witnesses to the Good News of Jesus Christ's saving love
- Serves with a spirit of charity, in response to God's love





Diocese of Crookston

DISCIPLESHIP

Faith Formation - Middle School Years

Creating a Strong Foundation for the Sacrament of Confirmation

During the Discipleship Years, we build a foundation of understanding so that, when candidates are ready to opt in to Confirmation preparation, they can fully receive and understand the gift of the Sacrament of Confirmation

The Kerygma

The Kerygma is the core proclamation of the Gospel - the Good News of who Jesus Christ is and what he has done for us. It cannot be assumed that everyone in the pews or in the youth group has received this message. The Kerygma should be introduced and reintroduced often throughout Discipleship and beyond.

The Kerygma:

- God has a plan for your life.
- Sin interrupts that plan and separates you from God.
- Jesus Christ died and rose so that you could be forgiven of these sins and be united to God.
- Through faith and his Church, you can be united to God forever.

Pope Francis emphasizes the centrality of the kerygma in *Evangelii Gaudium*:

“On the lips of the catechist the first proclamation must ring out over and over: ‘Jesus Christ loves you; he gave his life to save you; and now he is living at your side every day to enlighten, strengthen and free you.’” (EG 164)

The Creed

During the Rite of Confirmation, the Bishop asks the candidates to renew their baptismal promises, asking:

- Do you renounce Satan and all his works and all his empty show?
- Do you believe in God the Father almighty, creator of heaven and earth?
- Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead, and is seated at the right hand of the Father?
- Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in confirmation?
- Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

To each of these questions, the candidates declare, “I do”.

The Bishop concludes the prayer, stating, “This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord. Amen.”

It is important that candidates know, understand, and believe what they are saying “yes” to. Therefore **the Creed** will be a part of the foundational catechesis during Discipleship.



Diocese of Crookston

DISCIPLESHIP

Faith Formation - Middle School Years

Creating a Strong Foundation for the Sacrament of Confirmation

The Most Holy Trinity

"The mystery of the Most Holy Trinity is the central mystery of Christian faith and life. It is the mystery of God in himself. It is therefore the source of all the other mysteries of faith..." (CCC 234)

We profess faith in and are called to worship the Most Holy Trinity—three distinct Persons in one divine Being: the Father, the Son, and the Holy Spirit. Because the Trinity is the central mystery of our faith, it is at the heart of all we do in Faith Formation.

The Centrality of the Eucharist and the Mass

"The Eucharist is the source and summit of the Christian life. The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch (Passover). (CCC 1324)"

"With all the strength of my soul, I urge you, young people, to approach the Communion table as often as you can. Feed on this bread of angels, whence you will draw all the energy you need to fight inner battles. Because true happiness, dear friends, does not consist in the pleasures of the world or in earthly things, but in peace of conscience, which you have only if you are pure in heart and mind."

-Saint Pier Giorgio Frassati

"Jesus said to them, 'I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.'" -John 6:35

The Eucharist is the greatest gift. Every aspect of our faith formation—what we pray, study, and do—should be **rooted** in the Eucharist, and **draw us back** to the Eucharist.

A daily hunger and thirst for the Eucharist mark the life of every disciple of Christ. This longing is fulfilled in the Holy Mass, where Jesus becomes truly and wholly present—Body, Blood, Soul, and Divinity—each time the Eucharist is celebrated.

Building this foundation includes (but is not limited to):

- Teaching and reinforcing that the Holy Mass is the highest and most perfect form of prayer.
- Teaching ways to be active participants in the Mass.
- Creating opportunities and guidance for authentic Eucharistic encounters with Jesus in Adoration.
- Robust catechesis on the Eucharist/Mass
- Eucharistic witness testimonies
- Exposure to Eucharistic miracles
- Creating opportunities for the celebration of the Sacraments



Diocese of Crookston

DISCIPLESHIP

Faith Formation - Middle School Years

Creating a Strong Foundation for the Sacrament of Confirmation

One, Holy, Catholic, Apostolic Church

It is in the Church, in communion with all the baptized, that the Christian fulfills his vocation..." (CCC 2030)

"As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit... Now you are Christ's body, and individually parts of it." (1 Corinthians 12: 12-13, 27)

"I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing." (John 15:5)

The Church is essential, and we each have a vital role as members of the Body of Christ

The Catholic Church is essential to the life of the baptized Catholic. Through the Church, we receive Jesus Christ—His Word, His grace in the sacraments, and the witness of holiness that guides us in living out our vocation. At the same time, each person has a vital role within the Church. We are not passive members but living parts of Christ's Body. We are called to remain in Him and bear fruit. United to Christ and one another, every individual both receives life from the Church and contributes to its life and mission.

How this truth—about the Church's role in our lives and our role within the Church—is communicated, received, and understood by families, youth, and all members is critical to reversing the trend in which, for every person who enters the Church, six to seven walk away.

Life in Christ

"Christian, recognize your dignity and, now that you share in God's own nature, do not return to your former base condition by sinning. Remember who is your head and of whose body you are a member. Never forget that you have been rescued from the power of darkness and brought into the light of the Kingdom of God." (CCC 1691) (St. Leo the Great, Sermo 22 in nat. Dom., 3:PL 54,192C.)

We are made for beatitude - for participation in the life of the Trinity. We reach it by freely choosing right moral living that is guided by God's law and grace and fulfilled in love, as taught in the Ten Commandments.

Time spent with caring, faithful mentors in Faith Formation offers young people the opportunity to be guided, taught, and formed—learning to shape their consciences, cultivate virtue, and be renewed through Sacred Scripture and the sacraments.



Diocese of Crookston DISCIPLESHIP

Faith Formation - Middle School Years

Resource Recommendations (This list will be expanded)

Diocesan Resources
YDisciple
RealTrue.Org
Alpha Youth + Y Disciple
Symbolon Youth (Formed)
YouCat (Reference)

Examples of a Format for Content Delivery (Small Group with Mentor/Facilitator)

Opening Prayer	2-3 Minutes
Thematic Game or Activity (to preview the evening)	5-7 Minutes
Content Presentation 1	5-7 Minutes
Small Group Discussion 1	8-10 Minutes
Content Presentation 2	5-7 Minutes
Small Group Discussion 2	8-10 Minutes
Personal Testimony	5-7 Minutes
Guided Prayer	10-15 Minutes

Example of a Format for Content Delivery (Large Group / Small Group with Mentor/Facilitator)

Opening Prayer	2-3 Minutes
Thematic Game or Activity (to preview the evening)	5-7 Minutes
Content Presentation (in the church)	8-10 Minutes
Witness Testimony (in the church)	5-7 Minutes
Adoration	20 Minutes
Small Group Discussion	15-20 Minutes



Diocese of Crookston DISCIPLESHIP

Faith Formation - Middle School Years

There are several ways this program can be structured for middle school. The example below illustrates one possible approach

	September	October	November	December	January	February
Week 1		Content Focus	Content Focus	Content Focus	Content Focus	Content Focus
Week 2	Family Night/ Kickoff	Youth Group	Youth Group	Youth Group	Youth Group	Youth Group
Week 3	Community Building	Content Focus	Content Focus	Content Focus	Content Focus	Content Focus
Week 4	Youth Group	Flex*	Flex	Flex	Flex	Flex

	March	April	May	June	July	August
Week 1	Content Focus	Content Focus	Content Focus			
Week 2	Youth Group	Youth Group	Youth Group			
Week 3	Content Focus	Content Focus	Content Focus			
Week 4	Flex	Flex	Flex			

- Small group Bible Studies
- Encourage Camps, Totus Tuus or Vacation Bible School Volunteering, Etc.
- XLT Nights, or Fun Activities – Bonfires, Etc.
- Focus on building community.
- What could Confirmation prep look like in the summertime?

Flex Nights are opportunities to be creative with your youth, focusing on community building, service projects, prayer methods, guest speakers, coffee, small-group bonding, etc. You are encouraged to give your Flex Nights a name and identity that fit your parish, youth, and community.



Diocese of Crookston

WITNESS

Post-Confirmation Faith-Formation

“But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.” Acts 1:8

Witness is a post-Confirmation (high-school age) faith formation approach that prepares young people to share the love of Jesus Christ with others.

Encountering Christ, growing in **discipleship**, and **witnessing** God's love to the world are not sequential steps to be completed or formulas to be mastered. They are pathways, grounded in experiences we return to repeatedly, each time calling us to more profound conversion and renewal.

Faith Formation during the post-Confirmation years fosters new and deeper encounters with the Lord, leading to a more mature discipleship and authentic witness.

The format for **Witness** will be similar to Discipleship in that formation will take place within small peer groups accompanied by adult faith mentors. Sessions will vary between large gatherings of all the small groups for catechesis and mentor-led small-group formation, with time for prayer.

Rather than a year-long curriculum, we encourage smaller **modules** that focus on themes, topics, Bible studies, deep dives, and small faith-sharing groups.

Faith Formation during the high school years will build toward an experience called **Missionary Witness**, in which our youth will be encouraged to engage in active ministry within the parish or in Christ-centered community service.

The Office of Missionary Discipleship offers, through its resource site (www.crookston.org/ffrc), relevant topics and activities for parish use.

Some Examples of Themes & Topics

- Identity/Made in God's Image
- Dignity of the Human Person
- Charism Discernment
- Eucharistic Miracles
- Faith & Reason
- Discerning God's Will
- Apologetics 101, 102, etc.
- Virtue vs. Vice
- Dating & Marriage
- The Saints & Social Justice
- Rosary Deep-Dive
- Living a Sacramental Life



Diocese of Crookston

WITNESS

Post-Confirmation Faith-Formation

There are several creative ways that post-Confirmation faith formation can be structured. The example below illustrates one possible approach

	September	October	November	December	January	February
Week 1		Small Group Formation	XLT night-Adoration, Speaker	Made in His Image	XLT night-Adoration, Speaker	Dating & Marriage
Week 2	Family Night/Kickoff	Charism Study	Made in His Image	Advent Mini Retreat	Apologetics 101	Dating & Marriage
Week 3	Community Building	Charism Study	Made in His Image		Apologetics 101	Dating & Marriage
Week 4	Adoration & Confession	Charism Study	Made in His Image		Apologetics 101	Preparing for Lent
	March	April	May	June	July	August
Week 1	Lent Mini-Retreat	Easter Celebration	XLT Night-Adoration, Speaker	• Small group Bible Studies • Encourage Helping at Camps, Totus Tuus, or VBS • XLT Nights, or Fun Activities - Bonfires, etc. • Mission/Service Experiences		
Week 2	Lent Bible Study	Saints & Social Justice	Youth Group			
Week 3	Lent Bible Study	Saints & Social Justice	Content / Prayer			
Week 4	Lent Bible Study	Saints & Social Justice				

Diocese of Crookston

The Sacrament of Confirmation

Confirmation Preparation includes:

- Allowing Catholics as young as the 8th Grade to opt in to Confirmation preparation.
- A unique retreat experience for those opting in (parish, deanery, or diocesan level)
- A four-session formation experience facilitated by faith mentors focused on the Holy Spirit and the Sacrament
- Meeting with the Confirmation sponsor who will lead the young person through a series of guided conversations

What happens at Confirmation?

At the Sacrament of Confirmation, you receive a spiritual seal, an indelible (permanent and irreversible) mark on your soul. This confirms, strengthens, and completes the graces you received at your baptism.

This spiritual seal signifies that you belong to Jesus Christ and that you are called to witness to him in the world.

It also prepares you spiritually to be his witness. At Baptism, you received the gifts of **wisdom, knowledge, counsel, fortitude, understanding, piety, and fear of the Lord.**

Through an outpouring of the Holy Spirit, the Sacrament of Confirmation strengthens and deepens these gifts by drawing you closer to Jesus Christ and His Church.

Discerning the Sacrament of Confirmation

It is important for every Catholic discerning the Sacrament of Confirmation to make a free, mature choice. Candidates should never feel pressured into receiving the sacrament.

We ask each candidate to spend time praying and reflecting on the questions that follow. Good, honest discernment might also include conversations with parents, clergy, and/or other trusted Catholic adult mentors – for example, people you would consider choosing as a Confirmation sponsor.

Signs of Readiness for the Sacrament of Confirmation.

1) Am I attending Mass every Sunday and on Holy Days of Obligation?

Attending Mass each Sunday is essential. It is the very foundation that the Sacrament of Confirmation is built upon. Not attending Mass on Sundays is a sign that one is not yet ready for confirmation. For Catholics, Sunday Mass is our highest form of prayer. It grounds us in the Eucharist and deepens our understanding of Scripture and the Sacraments. Sunday Mass is the most important way for Catholics to keep the Lord's Day holy.

As you reflect on the importance of the Mass, consider the following questions:

What are some ways that I could be more present (spiritually, mentally, and physically) at Mass?

What are some things I would like to know more about that would help me better understand the Mass?

If I have not made Mass a priority, am I willing to do so moving forward?

2) Do I go to confession regularly?

The Church requires that every Catholic receive the Sacrament of Reconciliation at least once per year. However, going to confession more frequently is recommended, as it is integral to every Catholic's faith journey. Through this Sacrament, we are reconciled with God and with the Church. Our sins are forgiven, and we begin anew. We also receive the necessary graces to help us avoid sin going forward. As you reflect on the Sacrament of Reconciliation, consider the following questions:

Have I made it a practice to go to Confession at least once a year?

If not, what is keeping me from this Sacrament?

Are there any questions that I have about the Sacrament that would help me better understand it?



Discerning the Sacrament of Confirmation: Signs of Readiness Continued...

3) Am I willing to set out on a path of being a disciple of Jesus Christ?

One of the greatest gifts Pope Francis gave us was his reminder that by virtue of our Baptism, we become 'missionary disciples' called to bring the Gospel to the world (Evangelii Gaudium 120). Who is a missionary disciple? A missionary disciple is a follower of Jesus Christ who desires to spread the good news of Jesus Christ, even when it is uncomfortable or challenging to do so.

Just as Jesus' first disciples spent time with him, listened to his words and teachings, and strived to be more like him, we are called to do the same, through prayer, scripture, the Sacraments, and our service to the Church and to those in need.

The Sacrament of Confirmation provides essential graces that strengthen and guide us on our journey as missionary disciples.

As you reflect on the importance of discipleship, consider the following questions:

Do I strive to pray daily?

Do I put God at the center of my life?

Do I make it a priority to take part in opportunities to grow in my faith? Regular faith formation, Bible Studies, or other?

Do I surround myself with people who build me up and support me on my faith journey?

Do I pursue opportunities to grow in my faith?

4) Am I willing to participate more fully in the life of the Church?

Confirmation reminds us that we belong to the Body of Christ, and with that great privilege comes responsibilities. As members of the Body of Christ, each of us possesses unique gifts that God calls us to share with His Church.

As you reflect on what it means to be an active participant in the life of the Church, consider the following questions:

Am I open to taking a more active role with my faith community?

Do I approach Confirmation as a beginning to a deeper life in the Church?

"Be who you were created to be, and you will set the world on fire." -St. Catherine of Siena

Diocese of Crookston

Choosing a Confirmation Sponsor

What is a Confirmation Sponsor?

Every Confirmation candidate chooses an adult sponsor to accompany the candidate and support them spiritually before, during, and after receiving the Sacrament of Confirmation.

Choosing a sponsor is an important decision. One question to ask when choosing a sponsor is, "How will this person help me grow in my faith?"

Some important questions to consider are:

- Who in my life has made a positive impact on my faith?
- Is this person mature and responsible?
- Is this person an active and practicing Catholic?
- Does this person live out their faith authentically?
- Do I trust this person?

Guidelines for choosing a Confirmation Sponsor

A sponsor must be someone other than the candidate's parent.

A sponsor must have received the Sacraments of Baptism, Confirmation, and Holy Eucharist.

A sponsor must be at least 16 years of age.

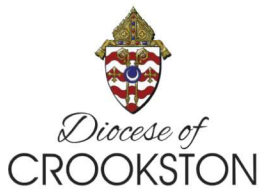
The candidate must choose one sponsor, not multiple.

A sponsor may be a godparent if they are close to them, but more importantly, it should be someone they can talk to about their faith and meet with for sponsor sessions.

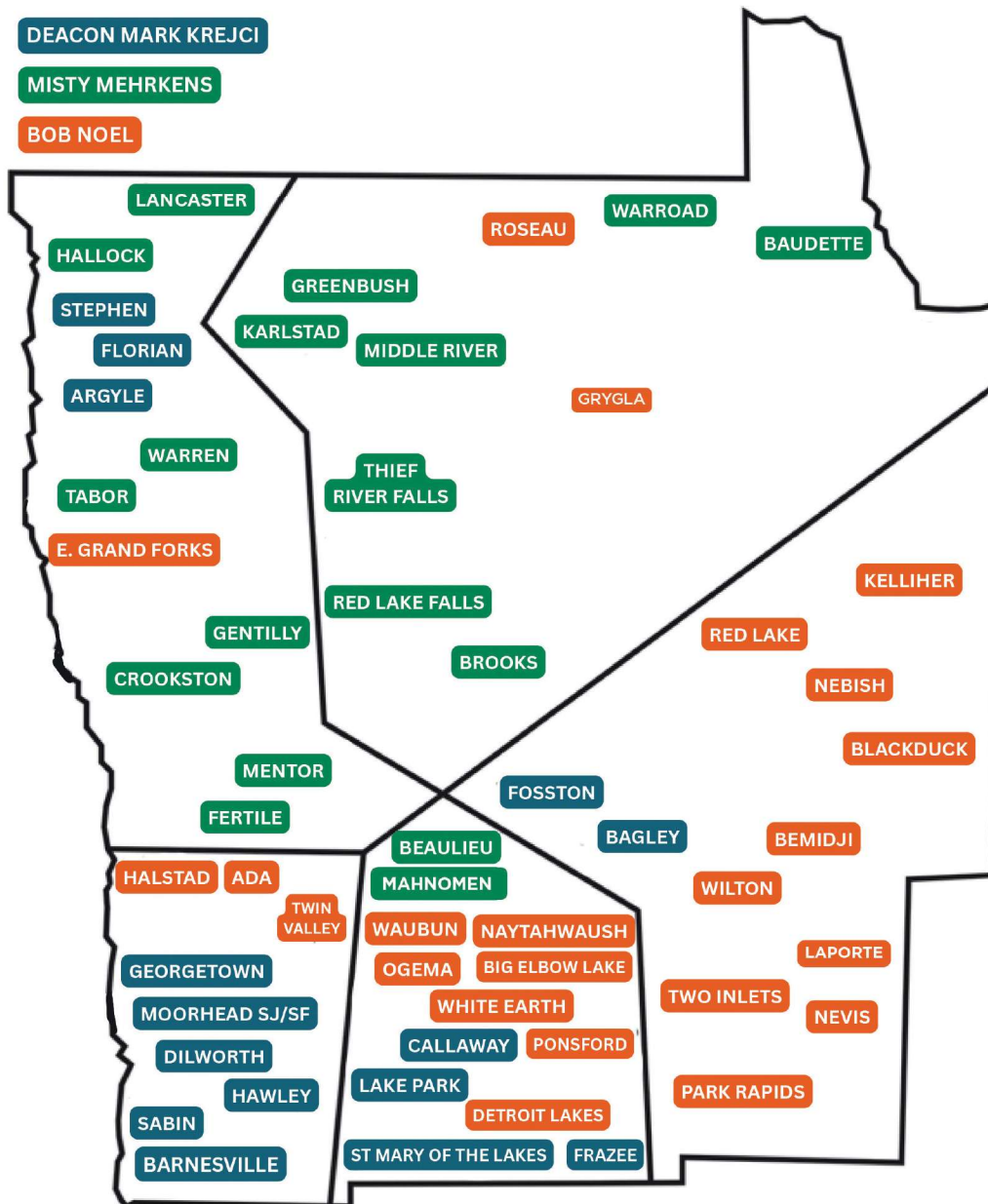
A sponsor must be living in harmony with the faith and the role to be undertaken; therefore, if married, must be married in the Church.

A sponsor must be a practicing Catholic, registered in a parish, who regularly attends Mass on Sundays and Holy Days and receives the Holy Eucharist.

A sponsor must be willing and available to meet with the candidate at least three times between now and Confirmation.

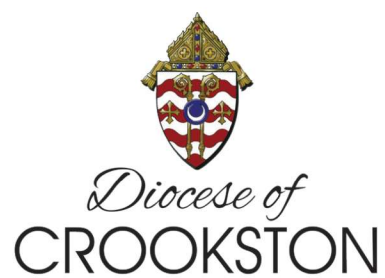


Office of Missionary Discipleship Parish Liasons for Faith Formation



SCAN THE QR CODE
To read the
2026 Pastoral Letter





SCAN THE QR CODES

To read the
2026 Pastoral Letter



A video message from
Bishop Cozzens and
our diocesan team

