



OUR LADY OF THE PRESENTATION

SPONSOR & CANDIDATE

SHARED DISCUSSIONS

SPONSOR & CANDIDATE SESSIONS
TO BE SET UP BY SPONSOR WITH CANDIDATE
AT A TIME AND DATE OF YOUR CHOICE

Confirmation is a sacramental outpouring of the Holy Spirit
that leaves a permanent imprint on the soul,
completes Christian initiation, and empowers us to be
witnesses to Christ (CCC1302-1305)

Tips for Having a GREAT Conversation

How to have a good conversation:

- Pray before each session, asking God to help you be respectfully present to the candidate.
- Make room for the Holy Spirit. Stay attuned to the Spirit's promptings in your heart, before, during and after your conversation.
- Bring your curiosity up front; keep your certainty in your back pocket. In this situation, it's more to connect than to correct, to welcome than to instruct, to explore than explain.
- Be honest. Share your experience of faith. While it's okay to acknowledge occasional doubts, this time is meant to focus on the blessings and graces of living a life of faith and the religious practices that sustain you.
- Be receptive. Let the candidate have the space to fully express thoughts, values and opinions without interruption.
- Let there be silences. Making space for silence is one way to create a climate for depth rather than filling the conversation with just chatter.
- Be prepared. Read through materials ahead so you'll be confident and ready.
- Recall your own youth. Remember what it felt like at the age your candidate is. Take the exploring and questioning seriously and affirm it as a sign of the Spirit at work.
- Look for signs of goodness in your candidate. Notice signs of generosity, courage, faith, hope and love. Reflect that back in concrete words, such as, "I'm proud of you for the service work you do."
- Above all, give the gift of respect-for the person, the journey of faith and most especially for the presence of the Holy Spirit at work in both of your lives.



SPONSOR PREP SHEET FOR SESSION #1

SPONSOR Reflection and Sharing About Faith

Sponsor- Think back to your teen years for a moment. What, in reference to your faith, would you want to keep the same? What would you change about your journey at that time, if you could? Share some thoughts about your journey of faith with the candidate. Talk about how your faith has had an impact in your life. Be authentic. Share a time when you struggled, how you pulled through and share times when you felt strong in your faith.

Dive Deeper

Question Suggestions for SPONSOR to ask candidate:

1. How would you describe your relationship with God right now?
2. Try to find an opportunity in this discussion to share with this candidate what your experience was with confirmation. Tell them what you remember, when in your life were you confirmed and what the program was like for you. Your candidate will enjoy hearing your stories!
3. Let your candidate know you will be praying for them. Ask if there is anything you can pray for specifically; or how you can support them during the next few weeks or until you meet again.

Confirmation Sponsor and Candidate Discussion

#1 – Images of God

Opening Prayer

Open with a short prayer inviting the Holy Spirit to join you as you spend time together.

In the name of the Father, the Son and the Holy Spirit...Lord, we ask for your Spirit to be upon us as we meet together today in your name. Help us to know what is truly right and to always seek your guidance in our lives. Please bless our time together, open our hearts to you and the plans you have for us. Renew us in this confirmation process. Nourish our souls and give us strength to fill our lives with your love. We pray in the most holy name of Jesus, Amen.

Start with simple conversation. Talk about your candidate's interests; sports, music, or life in general. Share some things about yourself can help the conversation flow more naturally

A Bunch of Bests!

Think of the “bests” in your life and share them with each other! (Choose some favorites from this list—it is not necessary to use them all unless you want to!)

The best friend I had as a kid....

The best teacher I ever had....

The best job I ever had....

The best vacation I've ever taken...

The best toy I ever had...

The best book I ever read or movie I ever saw....

The best pet I ever had....

The best birthday I ever had...

The best neighbor I ever had...

The best class I ever took in school....

The best night out I've ever had....

The best thing about being Catholic is.....

The best thing about my faith is....

IMAGE OF GOD -Exploring Our Image of God; Sharing Questions

- How would you describe your relationship with God to a friend now?
- Name some people or things that have influenced your relationship with God at this stage in your faith journey.
- Describe how your relationship with God is of value to you.
- Name how you help nourish your faith with God.

Closing Prayer

End your time together with a closing prayer of thanks. Each of you name something you are thankful for and anything you'd like to pray for until the next time you meet. (You may choose your own prayer.) An example of a short closing prayer is:

“Lord, Jesus, we pray in thanks for this time together. We thank you for one another and the gift of the Spirit working in our lives. We are thankful for...(name things you are thankful for). We ask that you continue to guide us in this journey of faith and keep us safe until the next time we meet. In Jesus' name we pray. Amen.”

Set up your next date and time to meet.

Please call or text and remind each other!

SPONSOR PREP FOR THIS SESSION #2–

Q&A to consider:

If you could change the ending to any movie you've ever seen, what movie would it be and how would you change the ending?

Prayer changes things. It may not automatically change the circumstances I am struggling with, but it does change me. It makes me more willing to seek the will of God and pursue it in my life. When that happens, I find that I needed to change myself, not my circumstances.

If you could be the tallest tree for many miles around, where in the world would you want to be planted so you could have an awesome view of everything below you?

God has planted a seed of faith in each child. You have a major influential role in how well that seed of faith is nurtured. Pray that you can respond to the opportunities to nurture faith each day.

If you could build a private bridge or tunnel that would take you directly from your home to any place at all, what would it connect you to?

Prayer is one of the surest ways we connect with God. At any time, in any circumstance, you can talk to God heart-to-heart. Make prayer a daily habit in your home.

Supplies Needed

Bible; Book on Saints (Lives of the Saints or other) OR internet access during session to use this website: <https://watch.formed.org/catholic-saints>

**Scan QR code
to access
website about
Saints.**



Sponsor & Candidate Discussion #2 – Prayer & The Bible

Opening Prayer (begin with your own shared prayer OR use the following):

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

Loving God, by the waters of baptism you freed us from sin and offered us a new life as members of the Catholic community of faith. That new life is life in the Spirit, a Spirit who is holy, a Spirit who has been with us since our baptism. As we prepare for the sacrament of Confirmation, we freely and sincerely seek a greater awareness of and openness to that same Spirit. We pray, God of wonder and mystery, that our heart and mind might be like the tilled soil awaiting new seeds of growth in the Spirit. Open our mind to the Spirit's gifts of **wisdom, understanding, right judgment** and **courage, of knowledge and reverence**. Kindle in our heart a sense of wonder and awe in your presence. We ask all of this of him who walked faithfully in the Spirit and showed us the Way, Jesus your son and our friend. Amen.

Simple Conversation Starters:

*How is life? *How are you handling things at school? *Who do you consider your closest friends? *Anything at school weighing you down? *How's life at home? *If you had an entire day of free time, how would you spend your time?

My Prayer Life:

Complete the following sentences together:

1. Who first taught you to pray? What is the earliest experience of prayer you can remember? Was it positive or negative?
2. Would you rather pray alone, with a few people or in a large group?
3. A favorite way for me to pray is _____
4. Something that makes it difficult to pray is _____
5. Something that makes it easy to pray is _____
6. I would like to nurture my prayer habits by....

Time for Prayer: (Discuss before prayer)

1. When does your daily or weekly schedule allow you time for yourself?
2. Do you take advantage of this time and use it for personal reflection?
3. How could you rearrange your schedule to include time for quiet prayer?

Reading the Bible:

1. How do you feel about the challenge to read the bible for a few minutes each day?
2. How do you think your life would change if you read the bible for a few minutes each day?

Closing Prayer

Close with your own shared prayer OR use the following:

Prayer: Father, whatever makes me anxious I put in Your hands and thank You for understanding. This day, if I forget You, Lord, do not forget me, but remind me to return to Your love and care. I cannot persevere without Your powerful grace to strengthen me. Come, Holy Spirit, Father of the poor, giver of God's gifts, light of hearts, help me love and serve God and the needs of others. Amen.

Set up your next date and time to meet.

Please call or text and remind each other!

**Discuss any upcoming parish events or service experiences
you could participate in together.**

SPONSOR PREP SHEET FOR SESSION #3

Choosing a Confirmation Name—some website & blog resources:

READ: The Holy Spirit has enabled Christians of every century to live like Jesus and become saints. We are ALL called to be saints. Saints are holy people who tried to follow Jesus with all their hearts. The saints were ordinary Christians, just like each of us. They relied on the Spirit and followed where the Spirit led. Saints have been men, women and children. Some were married and some were single; some were members of religious orders and some were laypersons. Saints have come from all parts of the world, from every age and from all walks of life. From heaven, saints continue to watch over and pray for the Church, for all of us. As Catholics, we remember and honor the saints because they show us how we can follow Jesus with all our hearts.

Look up some websites about Catholic saints and discuss the candidate's confirmation name. If he/she has already chosen a saint name, discuss the saint and learn more about the saint together.

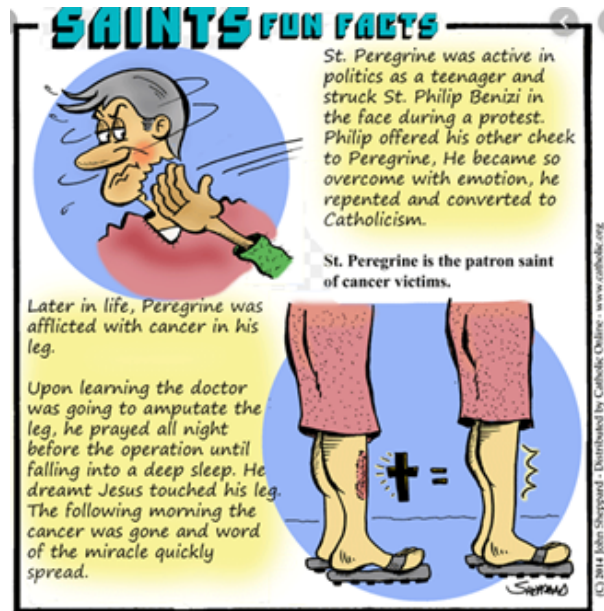
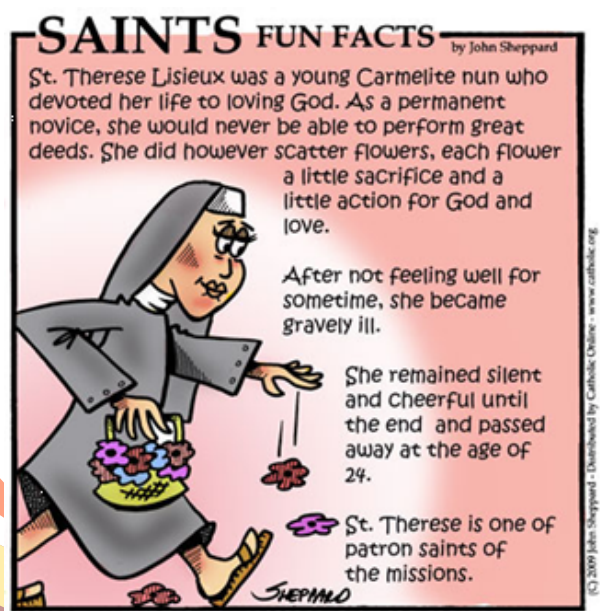
Catholic.Org <https://www.catholic.org/saints/stindex.php>

LifeTeen <http://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

Franciscan Media <https://www.franciscanmedia.org/saint-of-the-day/>

Catholic Saints <https://catholicsaints.info/>

USCCB <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/saints>





Confirmation Sponsor & Candidate Discussion #3

Holy Spirit & Confirmation Name

Opening Prayer

Read Acts 2: 1-13 out loud. Say a short prayer inviting the Holy Spirit to be with you during this meeting. Example: Come Holy Spirit, Lead me through my unknown tomorrows. When the journey seems too long, when I get tired or don't know which way to go, give me your strength. Come Holy Spirit, inspire me to serve and love Jesus. When confusion or pain makes life seem hopeless, when I face intimidation or anger or fear, give me your courage. Come Holy Spirit, come as the wind to stir my heart, come as the rain to refresh my soul, come as the fire to light my being—give me your wisdom. Amen.

Listen to This (Sponsor reads aloud)

Through the waters of Baptism we are first initiated into the life of the Holy Spirit and the Spirit-filled Church. The Rite of Confirmation seals us, names us and claims us for this life of the Spirit begun in Baptism.

Jesus experienced God differently, not far away, but as close as the air we breathe, as Spirit. Like a dove sweeping down from the sky, God's Spirit blows softly through all of creation, near us, in us and through us. God is not only out there, but here among us, on the inside of our lives. In the most ordinary ways, God's Spirit works within the fabric of our lives, touching us through things, people, events, and the natural world. And this is our extraordinary faith: God meets us where we are, and especially through the goodness of other people.

Church tradition teaches that the Spirit strengthens us for life's great journey through the bestowal of seven important gifts.

Dive Deeper

- Discuss the candidates confirmation process. How is it going? (If he/she has started).
- What support from others have you felt during this process?
- What type of service or ministry are you planning (or have done) with the parish?
- What type of service do you most enjoy?
- Plan your service experiences together (if you haven't already).
- Discuss ways in which you both can support each other in your faith journey, especially ways in which you can be involved in the life of your parish.
- Let him/her know that you will be there for their confirmation rehearsal and when he/she receives the Sacrament of Confirmation from the Bishop.
- Discuss ways you can support this candidate after he/she receives the Sacrament of Confirmation.
- Plan future gatherings and let the candidate know you will continue to pray for him/her.

Give Me a New Name—A Confirmation Name

As Catholics, we know that saints can be powerful intercessors. At confirmation we should pick the name of a saint who will inspire us to becoming a better Christian. In essence, you are calling on that saint to assist you with your purpose in life. Although some do not choose an additional name at Confirmation this should not be interpreted that the individual has not placed any importance in selecting an additional name at Confirmation. In not choosing a new name, it could be the individual is reaffirming the name given to him at Baptism and thus, not selecting a name, is very meaningful.

- Discuss the candidate's choice of a confirmation name. If he or she has not selected a saint name, spend some time talking about what saint might be a good match for this candidate.
- Talk about the gifts of the candidate and find a saint who had similar interests, talents or hobbies.
- Look through a Saint Name book and find some possibilities or go to the suggested websites.
- Discuss how that Saint made choices in life to follow Christ.
- Discuss saints other family members consider powerful intercessors.

Gifts of the Spirit (utilize Gifts of the Spirit on page 10)

- Describe a time when you have recognized a particular gift of the Spirit working within you.
- Take a look again at the gifts the Holy Spirit provides. Would any of these gifts be helpful in bringing about positive change in your life? If so, which gift and why?
- How do you see your life right now? What direction are you headed? Do you feel you have control over it? Do you believe that Jesus is with you always as he promised? If not, think of people you trust whom you can turn to for help and guidance...and seek them out. The gifts of the Spirit come to us most profoundly through God's people.
- What gifts of the Spirit do you need most right now? In what situations do you need it?

Closing Prayer

Close with a blessing over the confirmation candidate. Place your hand on the candidate's shoulder and say:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love. Send forth your Spirit, and we will be created, and you will renew the face of the earth.

Holy Spirit, I ask your blessing upon (_candidate's name_). Help him/her to experience and trust your dwelling within, so that he/she can count on your guidance today and every day.

Show us the way to help one another become better disciples of Jesus Christ, sharing your love with our world and with each person we meet. Come, Holy Spirit! Amen.



Seven Gifts

Wisdom

Through wisdom, the wonders of nature, every event in history, and all the ups and downs of our lives take on deeper meaning purpose. The wise person sees where the Holy Spirit is at work and is able to share that insight with others. Wisdom is the fullest expression of the gifts and knowledge and understanding. Related Scripture: Ephesians 1: 17—19

Understanding

The gift of understanding is the ability to comprehend how a person must live her or his life as a follower of Jesus. Through the gift of understanding, Christians realize that the Gospel tells them not just who Jesus is but also who we are. The gift of understanding is closely related to the gifts of knowledge and wisdom. Related Scripture: John 16:13

Right Judgment (Counsel)

The gift of right judgment is the ability to know the difference between right and wrong and then to choose what is good. It helps us act on and live out what Jesus has taught. In the exercise of right judgment, many other gifts—especially understanding, wisdom, and often courage—come into play in the Christian’s daily life. Related Scripture: 1 Thessalonians 5:19—22

Knowledge

The gift of knowledge is the ability to comprehend the basic meaning and message of Jesus Christ. Jesus revealed the will of God, his Father, and taught people what they need to know to achieve fullness of life and, ultimately, salvation. The gift of knowledge is closely related to the gifts of understanding and wisdom. Related Scripture: Ephesians 3:18-19

Courage

The gift of courage enables us to take risks and to overcome fear as we try to live out the Gospel of Jesus. Followers of Jesus confront many challenges and even danger—the risk of being laughed at, the fear of rejection, and, for some believers, the fear of physical harm and even death. The Holy Spirit gives Christians the strength to confront and ultimately overcome such challenges. Related Scripture: Joshua 1: 9

Reverence (Piety)

Sometimes called piety, the gift of reverence gives the Christian a deep sense of respect for God. Jesus spoke of his Father, God, as “Abba”, a very intimate name similar to “Daddy” or “Papa”. Through the gift of reverence, we can come before the Father with the openness and trust of small children, totally dependent on the One who created us. Related Scripture: Romans 8: 14-16

Awe and Wonder

The gift of awe and wonder in the presence of God is sometimes translated as “the fear of the Lord.” Though we can approach God with the trust of little children, we are also often aware of God’s total majesty, unlimited power, and desire for justice. A child may want to sit on the lap of his loving Father, but sometimes the believer will fall on her knees in the presence of the Creator of the universe. Related Scripture: Psalm 33:8-9