About Me

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

Date of Birth\_\_\_\_\_\_/\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_

Date of Baptism\_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Picture of yourself

Confirmation Journal

This journal will be your road map to Confirmation. It includes reflections, quizzes, and journal entries for the various steps required for your Confirmation preparation. There are NO wrong answers. We want you to be open and honest. This journal will be turned in on a regular basis and at the end of the year. These submissions are so your small group leaders can review your answers and help guide you on your journey. They also will be seen by Confirmation leadership. We ask you to be honest with all your answers. EVERYTHING WILL BE KEPT CONFIDENTIAL! (The only exemption is if sharing the information would prevent physical harm or prevent a crime.) You will see certain quizzes and questions repeat throughout the journal. This is a way of discovering how much you have grown during your journey.

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* Extra Reflection (filler) paper provided

Quiz 1

Write all answers on filler paper. Please write neatly and clearly mark your answers.

1. Do you want to make your Confirmation and why?
2. Do you attend mass on regular basis? Why or Why not?
3. Do you believe in God? \_\_YES \_\_\_NO
4. Do you believe Jesus is present in the Eucharist? Why or Why not?
5. How do you pray?
6. Do you sin? \_\_YES \_\_\_NO
7. What do you do if you were to sin?
8. Do you think you could ever evangelize? Why?

Confirmation is

A sacrament is an outward sign of God’s inward grace. Confirmation is the third and final sacrament of initiation you will receive. It is directly linked to your Baptism and the Eucharist. When you receive the sacrament of Confirmation you internally receive the Holy Spirit. The Holy Spirit gives you the strength to fulfill your Baptismal promises, and to spread and defend the faith in both word and deed. By receiving the Holy Spirit you are bound to the church in a more complete way. (CCC #1285)

To quote a great superhero “With great power comes great responsibility.” When you say yes to being Confirmed you are saying you will be a faithful Catholic, by attending mass, going to frequent confession, praying regularly, evangelizing the faith, and treating others as Christ did with love and forgiveness.

**Do you feel there are any things or reasons that would keep you from being a faithful Catholic? If so what and why?**

Write all answers on filler paper. Please write neatly and clearly mark your answers.

Holy Hour Reflection 1

DATE and TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two holy hours are required for our confirmation preparation. One will be held during the confirmation retreat, and the other is to be done on your own time.

Holy Hour is meeting Jesus face to face. Holy Hour is a way to talk directly to God. Open your heart and listen to what He has to say. You can sit in silence, say formal prayers, or talk to him like you talk to your best friend. Imagine Jesus sitting right in front of you (because He is!). Write down what you would like to say to Him, and what you think He is saying back. You may use this blank page or the provided filler paper.

Holy Hour Reflection 2

DATE and TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two holy hours are required for our confirmation preparation. One will be held during the confirmation retreat, and the other is to be done on your own time.

Holy Hour is meeting Jesus face to face. Holy Hour is a way to talk directly to God. Open your heart and listen to what He has to say. You can sit in silence, say formal prayers, or talk to him like you talk to your best friend. Imagine Jesus sitting right in front of you (because He is!). Write down what you would like to say to Him, and what you think He is saying back. You may use this blank page or the provided filler paper.

Sponsor

Everyone needs a mentor, Spiderman had Uncle Ben, Miles Morales had Spiderman, the Avengers have Nick Fury, the X-men have Professor X, every Olympic athlete has a dedicated coach, the apostles had Jesus. We all need someone to help and guide us, especially when life is rough. Your confirmation sponsor is your mentor for your life. They pledge to help and guide you in your faith journey for the rest of your life.

When choosing a sponsor there are some guidelines.

Sponsors need:

* To be picked by you
* To be practicing Catholics in good standing (going to weekly mass and holy days, and attends confession)
* At least 16 years old (and not your parent)
* not bound by any canonical penalty.
* Someone who you feel comfortable talking to about your faith.

Sponsor Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why did you pick this sponsor? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What about this sponsor inspires you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Confirmation Name

The selecting a confirmation name is a tradition that dates back to the 3rd or 4th century. It was based off the tradition of many great biblical figures receiving a new name at the start of their ministry such as Abram who became Abraham, Simon who became Peter, Saul who became Paul. In the tradition a person would choose a saint to be their patron, or chosen, saint. It would be someone they deeply admired and felt a connection to. They would legally change their name to First name, Middle name, Confirmation name, Last name. They also would pray(talk to that saint) asking for their chosen saint’s intercession every day. The saint’s feast day would now become a special day and be celebrated as much or more than the person’s birthday.

The Archdiocese of Baltimore does not require a selection of a new name, but does say it is a worthy practice, and if a candidate would like to select a saint name they may. If they do not select a saint name they should use their baptismal name (birth name).

If you would like to choose a saint as your patron saint and confirmation name we would like you to use it for the saint activity. If you choose to use your baptismal name, you may choose your patron saint (of your birth name), or a saint of your liking.

Saint Social Media Project

**Objective:** To create what a social media profile might look like for your Confirmation Saint. This will give us a snapshot into the life and interests of your saint.

Your Saint’s Social Media Profile must include the following:

* A Profile Picture (You can use a picture, or make one yourself)
* The Saint’s name
* Their Slogan
* Their Bio
* Two hashtags they would use
* The first 4 posts
* The list of who their top 5 friends or followers would be
* The list of the top five people they would follow

Any platform works, and if you want to submit it electronically send it to [Molley@sjwest.org](mailto:Molley@sjwest.org) with the title Saint Project\_(Your last name)

**Details:** All the components of the profile must be relatable to the saint. For example, St. Padre Pio might use the hash tags #priestlife and #2isbetterthan1 Generic hashtags such as #God or #Jesus should be avoided.

Quiz 2 Retreat

Write all answers on filler paper. Please write neatly and clearly mark your answers.

1. Do you want to make your Confirmation and why?
2. Do you attend mass on regular basis? Why or Why not?
3. Do you believe in God? \_\_YES \_\_\_NO
4. Do you believe Jesus is present in the Eucharist? Why or Why not?
5. How do you pray?
6. Do you sin? \_\_YES \_\_\_NO
7. What do you do if you were to sin?

Do you think you could ever evangelize? Why?

Quiz 3

Write all answers on filler paper. Please write neatly and clearly mark your answers.

1. Do you want to make your Confirmation and why?
2. Do you attend mass on regular basis? Why or Why not?
3. Do you believe in God? \_\_YES \_\_\_NO
4. Do you believe Jesus is present in the Eucharist? Why or Why not?
5. How do you pray?
6. Do you sin? \_\_YES \_\_\_NO
7. What do you do if you were to sin?

Do you think you could ever evangelize? Why?

Service Project Reflection

**What did I do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**When and Where?**

**How did using my God given gifts help share His love with another person/other people?**

Confirmation in Scripture

### *The Holy Spirit Comes at Pentecost*

***2****When the day of Pentecost came, they were all together in one place.****2****Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.****3****They saw what seemed to be tongues of fire that separated and came to rest on each of them.****4****All of them were filled with the Holy Spirit and began to speak in other tongues[*[*a*](https://www.biblegateway.com/passage/?search=Acts%202&version=NIV#fen-NIV-26954a)*] as the Spirit enabled them.*

***5****Now there were staying in Jerusalem God-fearing Jews from every nation under heaven.****6****When they heard this sound, a crowd came together in bewilderment, because each one heard their own language being spoken.****7****Utterly amazed, they asked: “Aren’t all these who are speaking Galileans?****8****Then how is it that each of us hears them in our native language?****9****Parthians, Medes and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia,[*[*b*](https://www.biblegateway.com/passage/?search=Acts%202&version=NIV#fen-NIV-26959b)*]****10****Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome****11****(both Jews and converts to Judaism); Cretans and Arabs—we hear them declaring the wonders of God in our own tongues!”****12****Amazed and perplexed, they asked one another, “What does this mean?”*

*Acts 2:1-12*

### *Peter Addresses the Crowd*

***14****Then Peter stood up with the Eleven, raised his voice and addressed the crowd:*

***17****“‘In the last days, God says,  
    I will pour out my Spirit on all people.  
Your sons and daughters will prophesy,  
    your young men will see visions,  
    your old men will dream dreams.****18****Even on my servants, both men and women,  
    I will pour out my Spirit in those days,  
    and they will prophesy.****19****I will show wonders in the heavens above  
    and signs on the earth below,  
    blood and fire and billows of smoke.****20****The sun will be turned to darkness  
    and the moon to blood  
    before the coming of the great and glorious day of the Lord.****21****And everyone who calls  
    on the name of the Lord will be saved.’[*[*c*](https://www.biblegateway.com/passage/?search=Acts%202&version=NIV#fen-NIV-26971c)*]*

***25****“‘I saw the Lord always before me.  
    Because he is at my right hand,  
    I will not be shaken.****26****Therefore my heart is glad and my tongue rejoices;  
    my body also will rest in hope,****27****because you will not abandon me to the realm of the dead,  
    you will not let your holy one see decay.****28****You have made known to me the paths of life;  
    you will fill me with joy in your presence.’*

***41****Those who accepted his message were baptized, and about three thousand were added to their number that day.*

*Acts 2: 1-14, 17-21, 25-28, 41*

*Peter and John went to Samaria.****15****When they arrived, they prayed for the new believers there that they might receive the Holy Spirit,****16****because the Holy Spirit had not yet come on any of them; they had simply been baptized in the name of the Lord Jesus.****17****Then Peter and John placed their hands on them, and they received the Holy Spirit.*

*Acts 14b-17*