

Conversation #1

Life as a Confirmed Catholic

Confirmation is the beginning, not the finish line. Everything you do during the Confirmation process is meant to prepare you to live out your Catholic faith in 8th Grade and into adulthood. In this conversation, we're asking you to consider what that end goal looks like for you. What kind of Catholic do you want to become? How will you stay connected to the Church once the Confirmation Mass is over? The prompts below are there to get the conversation started, but feel free to spend more time on any faith topic that's important to you.

With your sponsor, talk through the prompts below. If your sponsor lives in-state, you should meet with them in person: sit down for coffee or a meal, take a walk together, or find a quiet place to talk like a church or library. This conversation should take at least 30 minutes. When you're done, both of you sign the bottom of this page and return it to your teacher (must be turned in as a hard copy).

If your sponsor lives out of state, you may meet by video call (not phone or text), and the sponsor may send an email to CONFIRMATION@OLDSTMARYS.COM instead of signing the hard copy form.

Start With Prayer

Sponsor, you'll lead prayer for this first conversation.

Choose any kind of prayer that you find meaningful to do together – this is an opportunity to show your student how you live out your faith. For suggestions, scan the QR code.



Where Are You Going?

Discuss together:

1. Confirmation strengthens you to participate in Christ's mission in the world. In order to do that, it's very important that you're nourishing your own prayer life and staying connected to a community of other Catholics who are working to become better followers of Jesus and make the world more like it should be. What does staying connected to a parish look like for you — attending Sunday Mass, participating in youth ministry next year, or doing service with friends? What about high school? What about in college?
2. Sponsor: how has your involvement in your faith community changed since you were a teenager? What has stayed the same? Is there anything you'd like to change about your involvement? You're on a journey as well – it's okay to say that you're working on becoming a better follower of Jesus too.
3. Candidate, what's one habit (maybe praying at a certain time each day, volunteering with a charity, or spending time in Christian community) that you'd like to build in the next year, leading up to Confirmation? What could your sponsor do to help you?

Where Are You Struggling Right Now?

These questions are meant to start a dialogue – there's no pressure to resolve them right away.

1. What is a question or doubt about the Catholic faith you're wrestling with?
2. Is there a part of Church teaching that's hard for you to accept or understand? Why?
3. Who can you turn to after Confirmation when new questions or doubts come up? Try to identify five Catholic mentors or friends who could support you when you need help understanding or living out the faith.

(continues on back of page)

Close In Prayer

Give thanks to God for this time together, and ask him to be with you both as the candidate prepares for Confirmation. Take some time to pray for anyone else you know who needs God's help. Close with St. Augustine's Prayer to the Holy Spirit (*prayer and signature lines on back of page*).

St. Augustine's Prayer to the Holy Spirit

Breathe into me, Holy Spirit, that my thoughts may all be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I may always be holy. Amen.

Sign And Return

Student's Name: _____

Student's Signature: _____

Sponsor's Signature: _____

Date: _____