# Confirmation 2020

Sponsor and Candídate Handbook



# St. Paul Catholic Church

# **Confirmation Candidate and Sponsor**

## What Will Be Asked of You

- ✓ Reflect on your ability to be a Confirmation Sponsor
- ✓ Sponsor Eligibility Form signed by your Pastor and returned by October 1.
- ✓ Attend Mass and Meeting with your candidate on Sunday October 20 11:30-1:30.
  If you live out-of-town, one parent can attend in your place.
- ✓ The two of you will be asked to meet three times.

## **Confirmation Sponsor Ability Reflection**

- Your Candidate considers you a Catholic Christian role model. Explore the depth of your commitment and example. Do I at least attend Mass every Sunday? Can I encourage my candidate to attend Mass every Sunday and Holy Day, if they are not practicing this already?
- You are being asked to assist in Confirmation preparation. Examine your experience and understanding of Confirmation and the Catholic Church. Am I willing to reflect and learn along with my candidate?
- The Holy Spirit is the center focus in Confirmation. Explore and expand your relationship with the Holy Spirit.
- Am I able to be a motivator? Urge your candidate to remain active in classroom religious education and to attend Sunday Mass weekly (and Holy Days of Obligation). It is easy to lose enthusiasm when one feels unsupported.
- Your involvement with your candidate is going to require a time investment.
- Am I able to commit?

## **Sponsor Parish Eligibility Form**

Found on the next page.

## St. Paul Catholic Church

15 Forest Knoll Fenton MO 63026 636-343-1234

### **Sponsor Eligibility Form**

\_\_\_\_\_, a parishioner of St. Paul Catholic Church has requested

Candidate's Full Name	ļ
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\_\_\_\_\_\_ serve as their Confirmation sponsor.

Sponsor's Full Name

This letter is an endorsement that the sponsor meets the following requirements of the Roman Catholic Church:

- She/He is of legal canonical age (16 years old).
- She/He has received the Sacraments of Baptism, Eucharist, and Confirmation in the Roman Catholic Church.
- She/He participates in Mass on Sundays and Holy Days of Obligation.
- She/He will give support to the person they are sponsoring by their prayers and by their Catholic/Christian example.
- She/He will help them to be faithful to the Catholic faith and will be unafraid to challenge them to practice their faith in a better and deeper way.
- For Married Catholics: That they are validly married in the Catholic Church according to the laws of the Catholic Church.

Sponsor's Parish \_\_\_\_\_

Signature of Sponsor's Pastor

Date:		

Please return this form to St. Paul Catholic Church at the above address. Forms are due by October 1<sup>st</sup>, 2019

Parish Seal

## The Three Meetings

Please arrange to meet with your candidate at least three times. Create your own time and place. Your meetings need to be completed early enough to complete pages 14 -17 of this handbook and return by February 1<sup>st</sup>.

Please assume the responsibility for initiating the get-to-together meetings, since usually students are hesitant in initiating meetings.

These meetings will take place on your own time and place. There are a variety of ways other than face to face meetings, such as Skype, phone, etc. When you have your meetings, you are asked to use the activities laid out in this handbook and complete the assignment for each meeting. All meetings require viewing YouTube videos. It is acceptable to do more than one meeting at time, if needed.

# First Meeting Confession

Please see page 15 of this Handbook for discussion/worksheet to use and complete this First Meeting. The completed worksheet is to be returned to your Confirmation teacher.

It is highly recommended for the candidate to go to Confession, at least once, sometime before Confirmation. It would be ideal, if it can be arranged, to go Confession together.

## Click Here Sophia Sketchpad: Confession on YouTube

Learn the biblical basis of confession, the importance of telling your sins to a priest, and how the Sacrament brings about the forgiveness of sins.

## 7 Secrets of Confession by Vinny Flynn

A summary of points from the book.

- Sin Doesn't Change God God first loved us and through this love willed us into life. God's love for us is constant and eternal. Our sin turns us from his love, we do the turning. <u>Our</u> love for God is what changes, not his love for us. Confession turns us back to his love.
- It's Just Not About Forgiveness- Confession isn't one of the Sacraments of Healing for nothing. "God wants to heal us of the attitudes, disordered desires, problems, and wounds that are causing us to keep committing ..." the same sins over and over again.

- Your Sin is Different from My Sin- "Each of us is called to `always do what is pleasing' to God by responding to Him, moment-by moment, in whatever He is calling us to respond. Not to do so is sin. What it comes down to is loving God and seeking Him with your whole heart- not just avoiding sin, but longing to do His will in all things."
- **Confession is Never Really Private** What? Oh no! St. John Paul II taught we meet "Christ <u>personally</u>". So it not just you and the priest, **Jesus is there also**. If Jesus is there, God the Father and the Holy Spirit is with you. Jesus made this clear to St. Faustina, "When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I Myself act in your soul." *Dairy*, *1602* "You make your confession before me. The person of the priest, for Me, only a screen." Dairy 1725 It's not that I have to but I get to go to Confession.
- You've Got Mail- An email sent a week ago hangs around in cyberspace until it is checked and opened. Jesus taught St. Faustina, "When you go to confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flows down upon your soul and ennobles it." *Diary 1602* We don't need to *beg God* for mercy as if he won't give it to us. "How silly! Christ isn't forgiving me now in the confessional. He forgave me 2,000 years ago! I'm just *receiving* it now.
- New Wine Needs New Skins- Confession is about saying we are sorry by asking and receiving God's grace to change our lives. Our penance is not a punishment or a payment. No human act can match the value of what we obtain in confession. Jesus, by his Crucifixion, paid the price for a debt he didn't owe, in order to pay for the debt, we couldn't pay. We are sent forth to live as a new creation.
- You Have to Let Go of Your Chains- So far we have heard the "good news", but here's the "bad news"; we can block God. "God, because He is completely free being, dared to create us as free beings, formed to be just *like* Him so that we could eventually live forever. Having thus chosen to create us free, God will never violate that freedom. He will relentlessly pursue us with His love to help us make the right choices, but He will never force his love upon us, and there are things we do that can block His love." Some of the things which block his love are-
- Lack of Faith- This is a lack of trust in relying on God, his love for you and that he can "turn all things to good."
- Idolatry- "Who's on the Throne? If it's not Jesus Christ, you got a problem." Myself? Money?
- The Father Wound- Wounds from anyone that should have taken care of us makes it hard to see God as Father who is rich in tender affirming love for us personally.
- <u>Un-forgiveness-</u> In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father's merciful love." ccc 2840

#### The central reality is:

...the personal encounter with God, the Father of goodness and mercy. It is not sin that is at the heart of the sacramental celebration, but rather God's mercy. Pope Benedict XVI

Pray –*I am so sorry, Lord. For all the ways and times, I have hurt you. Thank You for loving me anyway. Help me to love you more.* Amen.

Complete work worksheet on page 15 and return to your teacher.

## Second Meeting The Eucharist

Please see page 16 of this Handbook for discussion/worksheet to use and complete this Second Meeting. The completed worksheet is to be returned to your Confirmation teacher.

## Click Here Sophia Sketch Pad: The Eucharist YouTube

This video focuses **on** the Eucharist, explaining the connection between Original Sin, Christ's death and Resurrection, and the Holy Mass.

## 7 Secrets of the Eucharist by Vinny Flynn

A summary of points from the book.

These are truths that have always been taught by the Church that have traditional been hogged by the saints, mystics, and theologians. According to the St. John Paul II these truths need to be "rediscovered" or "rekindled".

#### **The Seven Secrets**

#### First Secret - Jesus is alive!

The Eucharist is the way that God figured out to stay with us. The Eucharist is not CHRIST on THE CROSS it is JESUS NOW! The Living God the Living Bread, Living and Glorious. John: 6 (Prefigure of Eucharist)

A French Atheist who knew well what Catholics believe, said of the Eucharist..." if you believed (truly) what you say you believed.... you would crawl on your hands and knees to get to the Eucharist."

#### Second Secret-Christ is Not Alone

Christ came to earth as a human and fused his two natures into one divine and human. The Eucharist is the body, blood, soul, and divinity of Christ (Council of Trent). You cannot divide Christ. So if you are only receiving under one species you are receiving the Body, Blood, Soul, and Divinity of Christ. We cannot divide Christ into parts.

Divinity equals trinity. So, when we are in receipt of the Eucharist or pray we are receiving/ praying to the Trinity. They cannot be separated. That means where Jesus is so is the Father and the Holy Spirit. Sacramentally only Jesus is present. So when you communicate under one species you are receiving the body, blood, Soul (humanity of Christ) and the Divinity (Father, Son, and Holy Spirit) but there is more. Christ is a king and so when do you know of a King traveling without his court. So, when you communicate you are drawn closer to the court of heaven this means departed loved ones, saints, Our Lady, the entire court of heaven.

#### Third Secret- There is Only One Mass

The one Mass being held by the high priest of Christ Jesus! Sacrificial Lamb! The Pascal Mystery is the one event that never stops. It transcends time. In our holy Mass a veil is lifted and we see and enjoin the eternal pascal mystery. Every single Mass is heaven on Earth! We come out of time and into eternity! Let's now join the Choirs of Angels in their unending song of praise "Holy, Holy, Holy"!

#### Fourth Secret-It's Not Just One Miracle

"If the angels could be jealous of men they would be jealous of the gift that we have in Holy Communion."- St. Maximilian Kolbe The Eucharist alone contains all of the Supernatural realities (we are in Heaven when we communicate).

#### Fifth Secret- We Don't Just Receive

We are in Communion, entering into Communion with Christ (the Trinity, Body, Blood, Humanity of Christ, and the Court of Heaven). Look at it as pouring hot wax into hot wax. BECOME ONE! Complete penetration of Christ in ourselves.

#### Sixth Secret-Every Reception of Communion is Different Than the Last or the Next

It totally depends on the attitude of the recipient. "Melted Wax and Melted Wax". Receive it with a desire for union with Jesus Christ. If you are not actively participating in the communion between yourself and the court of heaven you are eating and drinking condemnation on yourself. The Church realizes who we are receiving and this is why the Church insists on communicants going to confession if serious sin exists.

#### Seventh Secret-There's No Limit as to How Many Times You can Receive

Sacramental Eating (at Mass) vs. Spiritual Eating-Spiritual communion (anytime anywhere) is vital and is not a bonus prize. It is not enough to receive communion at Mass. We must receive and worship Christ outside of the celebration of Mass. To grow you must adore...Adoration is vital. We can make a spiritual communion (which never replaces Sunday Mass), in which we express our faith in Christ and in His Presence in the Eucharist, and we ask Him to unite Himself with us. It can be as simple as, "Lock me in your Tabernacle with you." A spiritual communion can be said an unlimited number of times in a day. When the priest says "The body of Christ" he's asking if you believe that Christ wants to become flesh in you and when you respond "Amen" Let it be done! Mary was the first Tabernacle, and is the living monstrance. When we receive Communion we are to become a living monstrance.

## Complete work worksheet on page 16 and return to your teacher.

## Third Meeting Confirmation is Not Graduation

Please see page 17 of this Handbook for discussion/worksheet to use and complete this Third Meeting. The completed worksheet is to be returned to your Confirmation teacher.

# Exercising Your Spiritual Muscle The Gifts of the Holy Spirit

You will be receiving a strengthening of the Gifts of the Holy Spirit during your Confirmation. You may be wondering if you will feel differently. After receiving Confirmation some of us felt more ambitious to practice our faith, "I can do this!", while others didn't feel anything.

Ask your sponsor about their feelings after Confirmation.

You will be pleased to know that God's grace and love isn't dependent on "feeling" it. Jesus doesn't lie, you **will** receive the Gifts of the Holy Spirit regardless of "feeling it".

Step 1 Together view this short YouTube video  $\rightarrow \underline{\text{Click Here}}$  Sophia Sketch Pad Confirmation YouTube

This video focuses **on** Confirmation, explaining the connection to Pentecost, the special outpouring of the Holy Spirit that deepens and perfects baptismal grace, and ...

Message: Don't just get confirmed – Live Confirmed!

Step 2 Read and discuss the following two pages from the Diocese of LaCrosse. You may read a clearer copy from their website by clicking <u>Lesson Plan</u>.

Step 3 Make your Spiritual Exercise Plan, using page 17

### Lesson Plan: The Seven Gifts of the Holy Spirit

The Gifts of the Holy Spirit are like a spiritual muscle. If we don't exercise them, they will atrophy. We need to exercise the seven spiritual muscles of the Holy Spirit. But how can we do this if we don't even remember them??? Let's review them and then later you can make a bracelet and hang it in your room or car as a reminder when you go home. Another way of looking at this is to imagine that you had seven very essential tools to do an assigned task, but if you don't know how to use them, they can never really help you in any meaningful way.

#### 1. Wisdom: Clear, like th

Clear, like the lens of a telescope.

What is your goal not just now but your ultimate good? Pictures of saints show them at times meditating with a skull near them. Why? To remind them that someday they too will die. Society tells us that we should get a good job/career, a nice home, an adequate retirement and we will be happy. But retirement is not the end. Where do you want to be in 100 years? What is your most important goal? Is it something or someone? Is it God? Heaven?

Another way of thinking about wisdom is to consider the analogy of the chalice and the Pepsi can. Always treat ordinary things in an ordinary way, but treat sacred things in a sacred way. Never treat something sacred in an ordinary way. St. Paul states in I Corinthians 6.19ff, "Do you not realize that your body is a temple of the Holy Spirit? Your body is not your own. It has been purchased by the blood of Christ." Do we see our body as sacred? If my body is not my own, then I am a steward and not master of my body and life. If I am sacred, then others are too. What difference does it make if two people dating see each other as ordinary? As sacred?

#### <u>Understanding</u>: \_\_\_\_\_ Yellow, the color of illumination.

Know Jesus: Spiritual illumination will only come as we learn to pray, as we learn to listen in quiet prayer of meditation and contemplation. Example of saints such as Thomas Aquinas who would spend hours in contemplative prayer. Mother Teresa would have her sisters pray 3 hours a day in front of the Blessed Sacrament. Fr. Burke told me as I was about to go to seminary that I would find my vocation in the Blessed Sacrament chapel. How offen do you pray alone? With your family? At Mass? Young people ask for advice regarding dating. My response is, "If you cannot pray together in a meaningful way, do not get serious with the person you are dating." A man cannot be a good priest if he cannot pray. Marriage is the vocation from which come all other vocations. If a couple cannot pray together, how can they grow together spiritually? How can they discover and live out God's call and vocation? This kind of prayer is for everyone. We all have the Call to holiness which means to a relationship with the Lord.

Know about Jesus: We cannot love a person if we do not know anything about that person. We need to take the time to learn our Catholic Faith. There are many who quit learning at 17, upon receiving Confirmation, and then as they get to 30, they now have 30 year-old questions/problems and 17 year-old answers. They find their Catholic Faith so irrelevant because of the gap.

In short, learn your Faith and then take the time to pray and reflect on the teachings of our Faith(meditation). The next level of prayer is to take time for quiet contemplative prayer where we just listen to the Lord speak to us. As we grow in this prayer our spirituality and understanding will reach new depths.

#### 3. Counsel:

**insel:** White, the color of the baptismal garment. The white garment reminds us we are a member of the Church. The Church is our counsel or guide.

If you were going to climb Mt. Everest would you ever do it alone? Would you ever go without a guide? All would agree that this would be senseless. As we go through the journey of life and climb toward eternity our goal is so much higher than that of Mount Everest and yet we hear every day how people don't want to have anyone telling them how to get to Heaven. They don't want anyone to guide them through the Church. They pray on occasion. They believe in the existence of the top of Mount Everest but they refuse to accept any guidance.

St. Paul tells us that the Church is the Bride of Christ (see Ephesians 5.22-32). To focus on Jesus without the Church would be like someone acknowledging one person in a marriage and completely ignoring the spouse. What honor can be given to Christ if His Bride is ignored? If you want to know the Bridegroom, stay close to the Bride.

The Bible states that the Church is the *"pillar and foundation of truth"* (I Timothy 3.15). For Jesus the Church (Scripture and Oral Tradition) wasn't an option for the weak. It is His bride who is our certain guide.

#### 4. Knowledge: Tan, the color of the path to the goal.

An alcoholic wants to be sober, but just wishing the end without being willing to take the path to the goal leaves one no where. We want to be holy, but if all we do is think about it we get nowhere. We can't just believe in God, we have to cooperate with him by our actions (James 2 and I John 1). People want to have a good marriage. Do they take the path which will get them there? We become what we practice. If I practice basketball, I become a basketball player. If I practice the guitar, I become a

guitar player. If I practice lying I become .... If I shout at my parents, I will become .... If I sneak alcohol with my friends, I... If I have sex outside of marriage, I... If I experiment with drugs, I... If I entertain myself with pornography, I... Who are you becoming? What are your actions? What are you practicing? Do you want something different? You can, but it will require taking the path which will lead you to your goal.

#### 5. Fortitude:

#### Red, for courage. Do we have the guts to follow Jesus? To hold ourselves accountable? To step forward? To take a hit? To sacrifice for the good of another?

Are we willing to pay the price in order to follow Christ and to reach our goal? We live in a world in which we want salvation without sacrifice, love without commitment, holiness without self-denial. We are willing to follow Christ as long as He doesn't demand too much of us. People often tend to pick and choose what rules they are willing to follow. This would explain why drugs, drinking, pre-marital sex, contraception, abortion, etc. are so common for people who profess to follow Christ. Eleven of the 12 Apostles were martyred, and John was sent into exile. Does that sound easy? We exercise this spiritual muscle by being willing to sacrifice whatever we are asked to in order to reach our goal-Christ now and in eternity. Why did God expect so much of the saints and so little of us??? He doesn't.

To love means to love the good of another even at personal cost to ourselves. Jason Evert tells young people that pornography emasculates men. That means that it robs them of their masculinity. If a man is to love, he needs to be able to sacrifice himself for the person he loves. Pornography robs him of this ability, because it places personal pleasure and sensuality as first. Do you want to love? Ask for the Gift of Fortitude and practice it with God's grace. Jesus didn't say that being good would be easy; He said that with His grace it would be possible. Expect the difficult. Choose the difficult. My father told me as a senior in high school, "Don't ask God for an easy life. Ask God for the grace to do something difficult with your life for Him and for others."

#### 6. Piety: True blue, the color of fidelity.

In this gift we are faithful to God. We exercise this spiritual muscle by "loving the giver more than the gift". We are called to love Christ more than belongings, personal wants or goals or preferences, more than parents, friends, more than even our girlfriend or boyfriend. Maybe you are not there yet. A sophomore is not yet graduated, but needs to be on the road to that goal. We do not graduate until we complete the goals and responsibilities of high school. We cannot enter heaven until we learn to love God above everything and everyone else. Ask God for the grace to grow in your love of the Giver of all the gifts in your life

As we learn to entrust the choices of our life to God, there comes a time in which He asks us to entrust to him our vocation. What does God want you to do with your life? Which career? Which state in life-vocation? Is He calling you to Marriage? Single life? Priesthood or diaconate? Religious life? If we truly love God above all else, then let us let Him make the call. Can we pray the prayer of Mother Teresa which is: "Of my own free will, dear Jesus, I shall follow You wherever You shall go in search of souls at any cost to myself and out of pure love for You."

#### 7. Fear of the Lord: Black, because if we separate ourselves from God then we are truly in the dark.

There are two kinds of fear. The first is called "servile fear-the fear of a servant". This means that we serve God because we realize that to reject God we are placing ourselves outside of His saving graces. In other words, we can lose our salvation. It is so common to presume that simply because we don't hate God, we are all automatically saved. Jesus did not teach this in the Bible. He has called us, and we have a serious responsibility to find Him in this life, and the responsibility is greater to the degree that we have been given opportunities and talents. In short, there is a Heaven and a Hell. Jesus died on a cross to show us the horror of sin and separation from God. He died so that no one would have to experience Hell or separation from God. This fear of the Lord is a fear not to separate our selves from God, or else we are truly in the dark.

The other fear of the Lord is called "filial fear-the fear of a son or daughter". Scripture says that "(servile) Fear of the Lord" is the beginning of Wisdom. But it is not the end of it. To be truly wise means that we should grow and advance so as to have the (filial) Fear of the Lord which means that we never want to offend the One who deserves all our love.

#### Have a Plan:

These are the Seven Gifts of the Holy Spirit. As mentioned earlier, if these spiritual muscles are not exercised, they will atrophy. It isn't God who fails, but we who fail to cooperate with the graces given us by God. When we cooperate through our freedom and choices, it is God who is able to do in us what we could never do ourselves. But keep in mind, holiness does not happen by chance, but rather by choice. Saints don't happen by chance, they happen by choice. Memorize these Gifts and reflect on them, because you can't exercise what you don't know. Ask God for the grace to grow in these gifts. Which ones is the Lord especially calling you to practice?

Note: the Seven Gifts of the Holy Spirit are listed in Isaiah 11.1-3 and in CCC#1831.

For more information contact Office of Vocations, Diocese of La Crosse ihirsch@dioceseoflacrosse.com

## Making Your Exercise Plan

**1.** <u>Wisdom:</u> Knowing we are the Temples of the Holy Spirit and our goal is Heaven.

#### **#1** Spiritual Exercise: Avoid Negative Influences

**Suggested Equipment:** 

#### Prayer to St. Joseph

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, you who are the most chaste spouse of the Blessed Virgin Mary, help me to guard my senses in what I hear, see, taste, smell and how I touch so that my mind and heart will be kept pure. Remind me that when I guard my senses, I am protecting my ability to choose in accordance with the order God has set for my happiness. In protecting my purity, I am able to remain chaste – my mind and my will are capable of exercising proper control over my body. Thank you for your intercession. St. Joseph, model of purity, pray for me. Amen. **Diocese of Lacross Confirmation Page** 

2. <u>Understanding:</u> –Know Jesus through a relationship with him based on talking and listening in prayer.

#### #2 Spiritual Exercise Daily Prayer

#### **Suggested Equipment**

#### Prayer for the Three Theological Virtues and the Seven Gifts of the Holy Spirit

O Lord Jesus Christ, Who, before ascending into Heaven, did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, please grant the same Holy Spirit to me, perfect in my soul the work of Your grace and Your love. Grant me the supernatural:

Gift of Faith that I may truly believe in God and make my response by developing a relationship with Him.

The Gift of Hope that I may trust in God through difficult circumstances and know that He loves me infinitely.

The Gift of Charity that I may receive God's love and give God's love.

The **Gift of Knowledge** that I may understand that there is a space reserved within me solely for the Holy Spirit. No thing or person can fill this space. God created me for Himself alone.

The **Gift of Piety**, that I know and love God as a son or daughter truly would. As members of the Family of God, we are brothers and sisters in Christ and therefore we must treat each other with deep respect.

The **Gift of Fortitude**, that I may have the courage and strength to overcome the obstacles that would harm my relationship with Jesus.

The **Gift of Understanding**, that I may realize that sin separates me from my friendship with Jesus. My heart is led to respond by repenting of my sin and receiving forgiveness in the Sacrament of Confession.

The **Gift of Wisdom**, that I may be inspired to worship God and to love Him as my Heavenly Father: His love leads me to want to know and do what is right and good.

The **Gift of Fear of the Lord** that I may be filled with a loving reverence towards God and may avoid anything that may displease Him.

The **Gift of Right Counsel** that I may be able to make correct decisions about God's will for my life. Mark us dear Lord, with the sign of your true disciples, and animate us in all things with Your Holy Spirit. *Amen.*Diocese of Lacross Confirmation Page

**Understanding** (continued): -Know <u>about</u> Jesus - We can't love Jesus with knowing about him.

#### #3 Spiritual Exercise Continue Learning about the Catholic Faith

3. <u>Counsel</u>: For Jesus, the Church (Scripture and & Oral Tradition) wasn't an option for the weak.

#### #4 Spiritual Exercise Consult Church Teaching in Making Good Decisions to Reach our Heavenly Goal

**4.** <u>Knowledge:</u> We become what we practice. Am I on the right path, practicing sin or practicing a loving relationship with God? Remember the goal – Heaven.

#### #5 Spiritual Exercise Daily Examination of Conscience

5. Fortitude: Do we have the guts to follow Jesus - To share his truth \_ Sacrifice for the good of others?

#### #6 Spiritual Exercise Step 1 - Pray for strength of the Holy Spirit Step 2 Give

Warning: When practicing this exercise, be careful not to neglect giving your time, talent and treasure to support the Church.

6. <u>Piety:</u> We are faithful to God, loving the giver more than gifts. What does God want you to do with your life?

#### #7 Spiritual Exercise Attend Sunday Mass weekly and on Holy Days of Obligation

#### #8 Spiritual Exercise Pray to Know Your Vocation

## Prayer to Know One's Vocation

Lord, my God and my loving Father, you have made me to know you, to love you, to serve you, and thereby to find and to fulfill my deepest longings. I know that you are in all things, and that every path can lead me to you.

But of them all, there is one especially by which you want me to come to you. Since I will do what you want of me, I pray you, send your Holy Spirit to me: into my mind, to show me what you want of me; into my heart, to give me the determination to do it, and to do it with all my love, with all my mind, and with all of my strength right to the end. Jesus, I trust in you. Amen

7. <u>Fear of the Lord</u>: Fearing to live in the dark without God's grace. Fear of hurting God who deserves all of our love.

#9 Spiritual Exercise Going to the Sacrament of Reconciliation (Confession)

## Make your Spiritual Exercise Plan

## **Beef Up Your Spiritual Muscles**

Use page 17 of this handbook.

## First Meeting – Confession

See page 4 & 5 of this handbook.

Student Name _		
	Date of Meeting	Length of Meeting
Name of Sponso	)r	Signature (if possible)

**1. Pre-viewing Activity:** Share your present feelings concerning the sacrament of Confession, <u>before</u> viewing the video **and** reading *7 Secrets of Confession*. Jot down words, or phrases that come to mind when you think about Confession. <u>You may use reverse side of paper if needed</u>.

#### 2. Watch Video and fill in the blanks. Hints are provided.

Video 1:24 Jesus Christ continues His work through your priest, as he hears confessions and forgives sins in the
Video 2:25-2:36 Many ask why we must confess our sins to a priest instead of going to God directly. When
you go to Confession, you going to God Video 4:21-4:49 Christ's suffering and death was the ultimate
sacrifice for your sins. The price tag on Jesus' Crucifixion first says, (4:31) then changes to (4:33) When
you do you join in Christ's suffering in a small way to make for your sins and become His disciple
once more. Video 5:46-6:10 When you choose not to follow God's Commandments you will become to
(written on hurdle) We have to discipline ourselves to follow God's rules, we will be on the path to heaven. The
Finish Line (heaven) banner scripture verse is (6:01) In this verse, St. Paul - compete well, finish
the race, and keep the faith. The poster in the crowd says (6:06), we want to win an imperishable crown.
Video 6:10 – 7:26 God's (6:25) never fades. God also gives you a special gift when you go to Confession-
(6:45) It's a powerful gift God's own life, his own strength and power, that helps you to repel sinful tendencies.
But you have a role to play as well. You have to (6:55) with this grace. He (God) is calling you to be

#### 3. Read 7 Secrets of Confession on page 3 & 4 of this handbook and answer T or F.

1.\_\_\_\_ Our sins change God's love for us. 3. \_\_\_\_ My Confession is only between me and the priest.

2. God forces his love on us. 4. We can do things to block God's love.

**4.** <u>After</u> completing the video and reading the selection share newly gained insights. Any changes of feelings? Jot down words or phrases. <u>You may use reverse side of paper if needed.</u>

## Second Meeting – The Eucharist

See page 6 & 7 of this handbook.

Stude	nt Name					
	Date of Meeting	g Lengt	h of Meeting			
Name	e of Sponsor	Sigr	ature (if possible)			
video	e-viewing Activity: Share and reading 7 Secrets of th and the Eucharist. You may	e Eucharist. Jot down wo	ords, or phrases that co			-
	t <b>ch Video and fill in the bla</b> ? What did Jesus say? <b>Vid</b>	-				
will	forever; and the bread tl	hat I will give is my	for theof the	world." At the	Last Supper	and at every
Mass:	When Jesus said "This is my E	Body and this my Blood," did	he mean that he was lit	erally offering h	nis body and b	blood? Answer
is <b>Vide</b>	eo 2:16 see box	Christ could not have	been more clear in the	words He chose	e. Jesus is the	e Video 4 :32

	u the breau that I will giv	e is my for the	OI the wor	iu. At the Last Supp	er and at every
Mass: When Jesus said	l "This is my Body and thi	s my Blood," did he me	an that he was literally	y offering his body ar	nd blood? Answer
is Video 2:16 see box _	Chris	t could not have been i	more clear in the word	ls He chose. Jesus is	the <b>Video 4 :32</b>
Vide	eo 4:51 Why do we need	to eat his Body? <b>Video</b>	5:12 Original Sin was c	committed by eating.	A picture of an
is drawn to depi	ct Original Sin. The reme	dy for sin would come t	o us through eating.	A picture of a	is drawn to depict
the remedy, eating of J	esus' Body. Video 5:20 l	Jltimately, Jesus teache	s you to eat His flesh b	because He wants to	bewith
, and He wants	to be united with	Video 5:28-6:08 Th	rough Holy Communic	n, you and I receive (	God's own <u>,</u>
His own	and, called <b>5:31</b>	<b>Shield</b> <u>"</u> ," to	sinful tender	ncies and become ho	ly. Video 5:42 The
only way to become	is to do exactly wh	nat Christ told you to do	in the Gospel of John	: "Whoever eats my f	flesh and drinks my
blood has	, and I will raise hi	m on the last day (heav	en)." Adam and Eve w	alked in the garden a	alongside God.
But now you and I can	be with	God, in the	flesh—with	ו Him at each Holy M	ass.
3. Read 7 Secrets of	Confession on page 5 &	& 6 of this handbook.	Use the following v	vords or phrases to	o fill in the
blanks. Pene	etration of Christ	alive Confessio	n earth	before	-
Jesus is	when we receiv	e him in Holy Comm	union. Every single N	Mass is heaven on _	·
Complete	in ours	elves as in pouring ho	ot wax into hot wax.	The Church insists	on going to

\_\_\_\_\_\_ if we have committed serious (mortal) sin \_\_\_\_\_\_\_ receiving Communion.

**4.** <u>After</u> completing the video and reading the selection share newly gained insights. Any changes of feelings? Jot down words or phrases. <u>You may use reverse side of paper if needed.</u>

## My Responses to Third Meeting

## "Confirmation is Not Graduation"

**First Column** – Check the exercises which are part of your life at this time. **Third Column** - List the Gift of the Holy Spirit (using pages 9-13) you would be receiving and use in practicing the Spiritual Exercise. **Fourth Column** – Check the exercises which need to be added to your life.

Now Part of My Life	Spiritual Exercise	Gift of the Holy Spirit	Necessary to Add
	#1 Avoid Negative Influences		
	#2 Daily Prayer		
	#3 Continue Learning about the Catholic Faith		
	#4 Consult Church Teaching in		
	Making Good Decisions		
	to Reach our Heavenly Goal		
	#5 Daily Examination of		
	Conscience		
	#6 Step 1 - Pray for strength of		
	the Holy Spirit		
	Step 2 Give		
	#7 Attend Sunday Mass weekly		
	and		
	Holy Days of Obligation		
	#8 Pray to Know Your Vocation		
	#9 Going to the Sacrament of Reconciliation (Confession)		

# **Concluding Response**

### Sign and date the proper choice for your candidate, after completing your three meetings. Return completed pages 14-17 and this sheet.

You have spent some time together as a candidate for Confirmation and as a sponsor. Throughout this time, you have been reflecting on the teachings of Jesus and his Church. You have also spent time reflecting and sharing on the difference they can and do make in living a life as a Catholic Christian.

#### Choose one of the two following choices and return to the Confirmation Coordinator.

Dear Pastor of St. Paul Catholic Church,

As the sponsor of \_\_\_\_\_\_, I attest to the candidate's sincerity and desire to be fully initiated into the Catholic Church and to be a witness to God's love and might in word and deed, through the sacrament of Confirmation.

Respectfully,

Date:

Signature of Sponsor

Print Name of Sponsor

OR

Dear Pastor of St. Paul Catholic Church,

In my discussions with \_\_\_\_\_\_, a candidate for Confirmation in the Catholic Faith, we have decided that it is best that the candidate postpone Confirmation until a later date so as to better understand and commit to the faith.

Respectfully,

Date:

Signature of Sponsor

Print Name of Sponsor