

# SEALED AND SENT

How can I help my heart and mind get ready for Confirmation?

2021

WELCOME!

Receiving the Holy Spirit in the Sacrament of Confirmation is *just the beginning* of the wonderful adventure that will be your adult life in faith. Preparing for Confirmation is supposed to be exciting! How can you prepare, you ask? It's really important to take time to ready both your mind and heart.

When preparing for Confirmation it is important to learn more about who the Holy Spirit is and how He can change your life. There are many places where we can go to learn about the Holy Spirit: God's Word (the Bible), our Pastors and Youth Ministers as well as our Parents, Sponsors and Teachers. The more we know and understand about the Holy Spirit, the easier it will be to grow in relationship with God. The Holy Spirit has many names, many faces and can be found active in all places and spaces.

Think about it: What questions do I have about the Holy Spirit? Who can I ask for help?

If I was to describe who the Holy Spirit is, what would I say?

In Confirmation you will receive the gifts of the Holy Spirit: *wisdom, knowledge, understanding, counsel, fortitude, piety, fear of the Lord*. When you use these gifts through acts of service, you become a gift for others. This is one way we can love like Jesus and work towards holiness.

Think about it: How does God want me to use the gifts of the Holy Spirit to change the world? How am I called to use my gifts on a daily basis?

## A MESSAGE FOR YOU

Did you know Pope Francis cares about you and your Confirmation? Hear what he has to say:

"God loves you; Christ is your Saviour. Wherever the Father and the Son are, there too is the *Holy Spirit*. The Holy Spirit keeps alive our hope of salvation, and he will help you grow in joy if you are open to his working. When you receive the Spirit, he draws you ever more deeply into the heart of Christ, so that you can grow in his love, his life and his power." (*Christus Vivit*, 130)

## MY THOUGHTS

What do you think it means to be an adult in your faith?

What do you need to feel ready to be in charge of your faith life? What responsibilities might this involve for you?

The Holy Spirit is everywhere. How have you seen the Holy Spirit at work already in your life?

Using the Gifts given by the Holy Spirit helps us to be the best version of ourselves in the world. There are many people in history and in today's world that live in this way. Who is one Catholic that you admire and why?

What are some questions you still have about Confirmation? Is there someone whom you can ask?

Prayer is important when preparing for Confirmation. Who can you ask to help pray for you?



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## WE'VE GOT YOUR BACK

There are many people who want to love and support you through your preparations. Your family, sponsor, teachers and peers all play an important part in the journey.

Your Church family is *equally as important*. There are many people in your Parish community who care about this important time in your life. Who is one person in your parish that is walking with you?

## PRAY FOR IT!

A big part of the preparation journey is growing in relationship with the Holy Spirit. One way to do that is through prayer. Take time with your family and/or sponsor to pray this prayer regularly:

Breathe in me, O Holy Spirit

That my thoughts may all be holy

Act in me, O Holy Spirit

That my work, too may be holy.

Draw my heart, O Holy Spirit

That I Love, but what is holy.

Strengthen me, O Holy Spirit,

To defend, all that is holy.

Guard me, then, O Holy Spirit,

That I always may be holy. Amen.

*St. Augustine's Prayer to the Holy Spirit*

MIND  
WORK

HEART  
WORK

Young people, beloved of the Lord, you are priceless! (*Christus Vivit*, 122)

# WALK WITH ME

How can I accompany a young person preparing for Confirmation?

2021

EXTRA RESOURCES!

Looking for some help with Confirmation preparation? Our Office can help! Contact us to order:

## YOUTH MINISTRY

### BOOK:

Follow! Your Lifelong Adventure with Jesus (Katie Prejean)

### ONLINE RESOURCE (FREE):

Saint John's Bible Confirmation Resource (Diocese of Hamilton Office of Youth Ministry)

## PARENTS

### BOOK:

2 in 1 Flip Book: Confirmation Mass/About Confirmation (FAITH Catholic)

### ONLINE RESOURCE (FREE ON YOUTUBE):

Bishop Barron on the Sacrament of Confirmation

### ONLINE RESOURCE (TO STREAM):

We Must Go Out (Fr. Mike Scmitz) FORMED.org

## SPONSORS

BOOK: Catholic Parent Know How for Confirmation Sponsor (Our Sunday Visitor)

### ONLINE RESOURCE (FREE):

Christus Vivit, Pope Francis (Vatican Website)

## CONVERSATION STARTERS

Now more than ever the domestic Church is activated in the preparation of youth for Sacraments. As partners in faith, parents and sponsors are encouraged to engage in conversations of faith to help nurture young people in their formation for Sacraments.

Here are some conversation starters to get the ball rolling:

*Who do you think the Holy Spirit is?*

*God gives many gifts to us through the Holy Spirit. Which gift do you see at work in your life? What's one gift that you need right now?*

*What are some questions that you might have about your Confirmation?*

*How do you think God is calling you to serve the Church? How can I help you do this?*

In addition to questions, it is important that parents and sponsors share their own experience of lived faith. Witnessing to the daily joys and struggles of faithfulness is important to a child's experience of Christ alive and striving for everyday holiness.

How can this be achieved?

- Daily Prayer
- Mealtime Conversations about Faith
- Sunday Eucharist
- Volunteering Time and Talent to the Parish Community
- Spending quality time with your chosen sponsor

## A MESSAGE FOR YOU

Did you know Pope Francis cares about you and how you can help prepare your child for this important Sacrament? Hear what he has to say:

"Anyone called to be a guide to young people must appreciate the little flame that continues to burn. The ability to discern pathways where others only see walls, to recognize potential. That is how God the Father sees things. Each young person's heart should thus be considered "holy ground", before which we must 'take off our shoes' in order to enter more deeply into the Mystery." (Christus Vivit, 67)



## PRAY FOR IT!

Loving God,  
You are the giver of all we possess,  
the source of all of our blessings.

We thank and praise you.  
Thank you for the gift of our children.

May our children come to know you,  
the one true God,  
and Jesus Christ, whom you have sent.

May your Holy Spirit help them to grow in faith,  
hope, and love, so they may know  
peace, truth, and goodness.

May their ears hear your voice.  
May their eyes see your presence in all things.  
May their lips proclaim your word.  
May their hearts be your dwelling place.  
May their hands do works of charity.  
May their feet walk in the way of Jesus Christ,  
your Son and our Lord. *Amen.*

A Parents Prayer, *Loyola Press*



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