



Preparing for Confirmation

A Parent Resource

Confirmation is not a graduation from faith formation. It is a deepening of Baptism and a strengthening by the Holy Spirit for a life of discipleship. Parents play an important role in accompanying their children towards this Sacrament of Initiation.



Parents and sponsors are accompaniers in faith

As your pre-teen grows, you are called to engage in the maturation of young faith through:

- regular participation in Sunday Eucharist
- daily prayer
- faith conversations and answering questions with honesty
- sharing your own journey of faith
- creating opportunities for your child to have dialogue with a chosen sponsor



Conversations worth having

In the car, or around the dinner table, consider asking your child about this moment in faith using some of the following questions:

- Who do you think the Holy Spirit is?
- Where have you experienced God in your life lately?
- What questions do you have about the Church or our faith?
- Who is someone of faith that you admire and why?



Choosing a Sponsor

A Confirmation sponsor is not simply an honorary role or another Confirmation requirement. The sponsor is a **fully initiated Catholic who can:**

- talk openly about faith and witness to a lived faith with joys and challenges
- pray for the candidate and encourage participation in the Church
- accompany the candidate after Confirmation

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





How do I prepare my child for this sacrament?

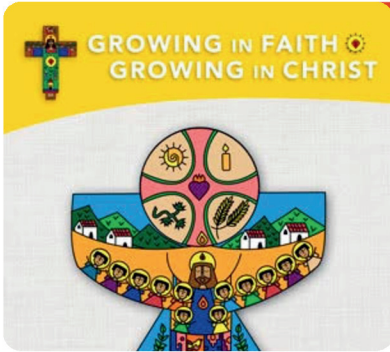
The goal is not to simply prepare for **one day**, but to help your child become a lifelong disciple of Jesus. There are lots of helpers available to support a child in their journey of Initiation, including: home, school, and parish.



HOME

Make faith a part of ordinary life. Ideas include:

- celebrating the liturgical seasons with weekly prayers
- learn about the lives of the Saints and their witness of faith
- decorating your home with signs and symbols of faith
- reflecting on the blessings of the day and giving thanks
- participating in parish life and youth/family ministry events
- supporting a charity and learning about its work



SCHOOL

In our Catholic Schools, children are learning from a program called *Growing in Faith, Growing in Christ*. It teaches children about Confirmation from Kindergarten to Grade 8.

If your child is not in Catholic School, reach out to us about the **Catechetical Correspondence Program**:



PARISH

After Confirmation, your child is considered a fully initiated Catholic called to live a life of discipleship. The parish is a natural place to put this discipleship into action in various ways:

- serving in liturgical ministries
- participating in pastoral life including social justice outreach and youth ministry
- discerning vocations
- using gifts and talents to glorify God and better the parish community.

St Augustine's Prayer Prayer to the Holy Spirit

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.

