

Confirmation Journal



God's journal

This journal belongs to

Who is preparing to be Confirmed in the Spirit

Name of my Parish _____

Name of my Pastor _____

My Confirmation name _____

Date of my Confirmation _____

Name of my Sponsor _____

Name of my Bishop(s) _____

Name of our Pope _____

This journal is a valuable part of your preparation for Confirmation. Journal writing has been recognized as a tool for spiritual growth. Entered into reflectively, writing in this journal will help you grow in self-knowledge and to express your Christian faith with greater depth.

The Holy Spirit: The Holy Spirit is the Third Person of the Blessed Trinity, really distinct as such from the Father and the Son; He is God and the same with the Father and the Son

Reflect on an opportunity you've had recently to help someone. In what ways can you recognize the presence of the Holy Spirit in your act of service? Did you listen to what the Holy Spirit may have prompted you to do or how to act?

Remember a time in your life when God felt close. What are five words you would use to describe your experience?

1)

2)

3)

4)

5)

If Jesus came to you today and said, "I want you to be my disciple," what would you say? Why?

Think of some ways you could have expressed your Catholic faith in your everyday life. Write about 3 ways you can start expressing your faith and the virtue you need to do it.

(Virtues: prudence (right reason in action), justice (constant and firm will to give your due to God and neighbor), fortitude (strengthens the resolve to resist temptations and to overcome obstacles), temperance (ensures the will's mastery over instincts and keeps desires within the limits of what is honorable, faith, hope and charity)

1)

2)

3)

What people, circumstances, and behaviors help your faith grow stronger?

People:

Circumstances:

Behaviors:

Which ones pressure you to ignore your faith?

People:

Circumstances:

Behaviors:

Name three organizations in your community that help others.

Whom do they serve?

What needs do they address?

1)

2)

3)

Imagine yourself at Mass going up to receive the Eucharist, Jesus. What do you most want to say to Jesus?

What do you imagine him wanting to say to you?

Do you think you are ready to be a witness to Jesus in the world?

Why?

Why not?

**What are three things someone your age can do to be more active at Sunday Mass?
(example, join the choir, altar serve, lector) Choose one and pursue it in your parish.**

1)

2)

3)

**On a scale of 1 to 5, how would you rate your spiritual growth?
(not very much) 1 2 3 4 5 (more than I expected)**

Reflect on what you could do to increase your spiritual growth. Realize that it is something you need to continually work on. Even priests work on their spiritual growth all the time.

Sponsor Sheet #1: Saints in the Church

DATE: _____

With your sponsor, find the answers to these questions.

1) What makes a saint? (Do not guess, go and research the answer)

2) Are we all called to be saints?

How are we to do this? (come up with at least two reflective answers)

3) Do you have a patron saint?

4) Does your sponsor have a patron saint?

5) Were you named after a saint? Who, and what is this saint known for?

6) Was your sponsor named after a saint? Who, and what is this saint known for?

7) Did any saints ever make mistakes during their life? How do you know this?

8) Say this prayer every day: St. John Vianney, pray for us. St. Michael protect us. Amen

Sponsor Sheet #2: What is Advent?

DATE: _____

With your sponsor, find the answers to these questions; research when necessary, no guessing

- 1) What is Advent?

- 2) When do we celebrate Advent and for how long?

- 3) Are there any holy days during Advent? What are they?

- 4) Was St. Nicholas real? What made him a saint? Write 3 facts about him. find a picture of him and staple it to this page

- 5) What colors do you see in the church at Mass that are associated with Advent? Name what the colors stand for.

- 6) Find a picture of an Advent wreath and write 3 sentences describing and explaining it.

- 7) What day does Advent end on?

Sponsor Sheet #3: Mary As Our Mother

DATE: _____

With your sponsor, find the answers to these questions; research when necessary, no guessing

- 1) Who is Mary?
- 2) Do we worship or honor Mary?
- 3) Has Mary appeared to anyone in the last 2000 years since her assumption into heaven? (yes, her body really was assumed into heaven just like Jesus)
- 4) Why do you think she would appear to anyone? (what might be so important that she would need to come down from Heaven?)
- 5) Jesus was born without Original Sin. Was Mary conceived without Original Sin?
- 6) Did Mary every commit a sin?
- 7) What is a common prayer we prayer to honor Mary?
- 8) Is Mary also our mother? Can we go to her in times of need?
- 9) What color does the priest wear on Marian feast days at Mass?
- 10) Say this prayer: O Mary, conceived without sin, pray for us who have recourse to thee! (Miraculous Medal prayer)

Sponsor Sheet #4: What is Lent

DATE: _____

With your sponsor, find the answers to these questions; research when necessary, no guessing

- 1) What is Lent? When do we celebrate it? (What months)
- 2) What 'special day' does Lent begin on?
- 3) Is this day a Holy Day of Opportunity?
- 4) How many days are in Lent ?(Sundays are not included in the days of Lent)
- 5) What is Stations of the Cross? What day do Catholics normally pray the Stations?
- 6) Why should we not eat meat on Fridays during Lent?
- 7) What 3 days precede Easter Sunday? Each day has a special name
- 8) What day does Lent end on?
- 9) What colors does the priest wear during the Sundays of Lent? Why?
- 10) Are we required to go to Confession? How often?