

NAME:

**2021-2022**

# **CONFIRMATION JOURNAL**

*Be Sealed With The Gifts Of The Spirit*



**TRANSFIGURATION CATHOLIC CHURCH**  
**Confirmation Journal**

Must be completed and submitted to the ChrisTeen office by [Sunday, October 10, 2021](#)

NAME:

## To the Candidates:

The activities contained in this journal are designed to encourage your active participation in the Catholic faith and allow you to explore the works of the Holy Spirit that are part of your everyday life. The lessons to be learned, the questions to be raised or answered, cannot be “crammed” into an hour or two. You must have time to reflect on, pray about, and thoroughly consider what you discover about yourself, your family, and your faith community. The Family Faith Sharing Activities, for example, involve discussion over an 8-week period.

### Things to know

- Read the pages carefully.
- Every activity should be finished; every question answered.
- Work must be legible to be accepted.
- The book must be completed by [Sunday, October 10, 2021](#).
- As weeks are completed, we recommend they be submitted online or e-mailed to [confirmation@transfiguration.com](mailto:confirmation@transfiguration.com).
- Any e-mailed material should have the following format in the subject line: *Confirmation - Student's Name – E-book page #.*
- Incomplete pages will be returned, and your Confirmation may be delayed.

NAME:

This component of preparation for Confirmation is based on family faith sharing. Please set aside time each week (8 weeks total) to complete the following themes. This is based on *mutual* faith sharing; an active discussion between all participants. You may write down just some of the key points discussed for each question.

## WEEK 1 – Period of Invitation



During the week, reflect on the nature of and the relationship between faith and religion; what it means to look at life through the eyes of faith, the challenge of faith in Jesus, the meaning of the church and your prayer life.

What prayers do you pray by heart? \_\_\_\_\_

\_\_\_\_\_

What meaning does prayer have in your life? \_\_\_\_\_

\_\_\_\_\_

When do you pray? (time of day?, when you need something?, when you are thankful?... everyday?... occasionally?... seldom?... never?) \_\_\_\_\_

\_\_\_\_\_

When is it difficult to pray? \_\_\_\_\_

God sometimes speaks to us through our distractions. Has this ever been true for you?

\_\_\_\_\_

How would you like your prayer life to be different? \_\_\_\_\_

\_\_\_\_\_

What steps will you make to change?

\_\_\_\_\_

Prayer doesn't change God's mind, prayer changes us. What is your reaction to this statement?

\_\_\_\_\_

\_\_\_\_\_

Can You Hear Me, Lord?

Dear God,

Jesus had to remind people to pray always and not to lose hope when faced with injustice. I need to hear that too. Sometimes it seems like I pray and pray, but you are not answering.

I know that I have to be willing to look and listen for your response. I know that I have to pray always, not just in times of need. I know I need to share my daily life with you. Help me to do these things I know I need to do. Help me to pray, Lord. Amen.

Luke 18:1-8

Listen to the song "[Come, Now is the Time to Worship](#)"

NAME:

## WEEK 2 – Rite of Entrance



The Rite of Entrance symbolizes your decision to discover more deeply the meaning of Christian faith. During the Rite of Confirmation, the bishop will extend his hands over you and all the other candidates and pray. This is known as the “laying on of hands” and reflects the church’s desire that through your confirmation you may experience an outpouring of God’s graces and gifts. Among those gifts are seven special ones that have come to be known as the Gifts of the Spirit: **wisdom, understanding, right judgment, courage, knowledge, reverence, and wonder and awe in the presence of God.**

Imagine the possibilities if we truly embraced and lived according to these gifts!

Watch this video about Confirmation, [CLICK HERE](#)

### The Laying on of Hands

*All-powerful God, Father of our Lord Jesus Christ, by water and the Holy Spirit you freed your sons and daughters from sin and gave them new life.*

*Send your Holy Spirit upon them to be their helper and their guide.*

*Give them the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence.*

*We ask this through Christ our Lord, Amen.*

This prayer names the traditional "Seven Gifts of the Holy Spirit." The biblical origin of these seven gifts is found in Isaiah (11:1-3) where he is foretelling the qualities of the Messiah.

**Parents:** What are your memories of your preparation for Confirmation and the day of your Confirmation? \_\_\_\_\_

\_\_\_\_\_

**Parents:** How has your understanding of the Sacrament of Confirmation changed/grown through the years? \_\_\_\_\_

\_\_\_\_\_

**Teens:** From your preparation (the last 2 years), how has your understanding of Confirmation changed? \_\_\_\_\_

\_\_\_\_\_

Listen to the song "[Sacred Silence](#)"

NAME:

# Gifts of the Holy Spirit

Match the Gift of the Holy Spirit with its definition.

\_\_\_ Wisdom

a. Helps us to know ourselves and the world around us. It helps us to know where our faith is leading us and what our Church is all about. This gift makes us smart.

\_\_\_ Understanding

b. This gift makes us ask questions and reflect on our choices. It helps us to make choices that are best for us and those our choices affect.

\_\_\_ Knowledge

c. This gift helps us to see God in the world around us. It teaches us that life and all of creation is fragile and should be treated with gentleness.

\_\_\_ Right Judgment

d. This gift helps us to let God's Word guide us and help us to sort out the problems we face. It helps us to untie the knots in our lives.

\_\_\_ Wonder and Awe

e. This gift helps us to better understand God's plan in our lives and in our world. It helps us to know and understand our faith and the truths of God's Word.

\_\_\_ Courage

f. This gift keeps us awestruck by the power and beauty of God in our lives .

\_\_\_ Reverence

g. This gift helps us to walk in the world feeling prepared and with strength. It gives us the perseverance we need in everyday life.

How do you express gratitude for your gifts and blessings? How do you feel when you give something and do not get anything in return?

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Which gift of the Holy Spirit do you hope to exemplify in your life? Why? How do you plan to do this?

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NAME:

## WEEK 3 -- CONFIRMATION NAME – SAINT REPORT



If your baptismal name is that of a recognized saint of the Church, there is no need to select a new name for Confirmation. Using the baptismal name for Confirmation is preferred because it highlights the relationship between the Sacraments of Baptism and Confirmation.

If you choose to take a new name for Confirmation, however, it should be a name selected in honor of Jesus or Mary or from the list of recognized saints of the Catholic Church. Names of saints are chosen to serve as patrons and models for those being confirmed. You should choose a patron whose Christian life and virtues can be imitated. You may also choose the saint who celebrates their Feast Day on your birthday, i.e. the Feast of St. Joseph is March 19.

**Name chosen for Confirmation:** \_\_\_\_\_

(your baptismal name (first name) or a new one)

I have chosen this name because:

\_\_\_\_\_  
Research the saint whose name you have chosen. If you are choosing your baptismal name and it is not the name of a saint, research the saint who celebrates their feast day on your birthday. If you cannot find enough information, *Butler's Lives of the Saints* is available in the Transfiguration library. Another good resource is [www.catholic.org/saints/](http://www.catholic.org/saints/) on the Internet.

Write a brief, legible paragraph about the Saint you researched (or you may type it and attach it securely to this page). You MAY NOT just print something from the internet. Include any information on why this person is a saint.

Saint's name: \_\_\_\_\_

Report:

Listen to the song "[Changed My Name](#)"

NAME: \_\_\_\_\_

## WEEK 4 – Period of Formation



Look and think this week at the life, message and meaning of Jesus. Watch this video about Holy Week, [CLICK HERE](#)

Read [Mark 8:27-30](#), [Matthew 16:13-20](#) or [Luke 9:18-20](#). “Who do you say that I am?” Jesus asks. **Who is Jesus for you, personally?** \_\_\_\_\_

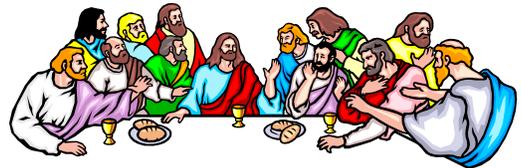
\_\_\_\_\_

\_\_\_\_\_

Recall the events of Jesus’ passion, death and resurrection. **What happened to Jesus on:**  
Palm Sunday \_\_\_\_\_

Holy Thursday \_\_\_\_\_

(Describe the two significant events that happened on Holy Thursday that are critical to living fully as a Catholic. One can be found in John Chapter 13: 1-15. The other can be found in Matthew Chapter 26: 26-28)



Good Friday \_\_\_\_\_

Jesus and his followers were devout Jews and they were observing the Sabbath, which fell on every Saturday. Devout Jews were not allowed to do any work on the Sabbath, under penalty of death. What was going on with Jesus' body on Holy Saturday?

\_\_\_\_\_

Easter Sunday \_\_\_\_\_

What is most meaningful to you about Holy Week and why?

\_\_\_\_\_

\_\_\_\_\_

Look at today’s date (whatever day you are doing this exercise) on a calendar. Read the Scriptures for the upcoming Sunday. You can find the scripture at [www.usccb.org](http://www.usccb.org), under “[Daily Readings](#).” Discuss the reading.

The Gospel I read is: \_\_\_\_\_

What I felt about the Gospel reading is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Listen to the song “[Above All](#)”

NAME:

# WEEK 5 – Rite of Covenant



The Rite of Covenant celebrates your positive response to exploring the tradition of the Roman Catholic Church and considering what it means to live out Christian faith specifically as a Roman Catholic.

What is a covenant? Explain how our covenant with God differs from a contract between people.

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Read [Genesis 12:1-3](#), [2 Samuel 7:8-16](#), or [Jeremiah 31:31-34](#)

What does it mean to you to be in a covenant relationship with God?

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How does being a Catholic impact your choices? \_\_\_\_\_

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Ask your parents or confirmation sponsor what kind of covenants they are a part of. (???)

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*I will write my law upon the tablets of their hearts.*

What are the five Holy Days of obligation? When are they?

Holy Day	Date
_____	_____
_____	_____
_____	_____
_____	_____

Click here if you need help with [Holy Days of Obligation](#) (Opportunity!) and their dates.

Listen to the song "[Yes, I Believe](#)"

NAME: \_\_\_\_\_

# WEEK 6 – Period of Reflection



This week, you are asked to review the central beliefs, moral vision and sacramental life of the Catholic Church; specifically, the meaning of the [Sacraments of Initiation](#).

What is a sacrament? How would you explain a sacrament to a non-Catholic? \_\_\_\_\_

[Name all 7](#) sacraments.. \_\_\_\_\_

\_\_\_\_\_

List the Sacraments of Initiation: \_\_\_\_\_

**Parents:** Share with your child the events of their Baptism – the preparation, the sacrament and celebration. Who are your child’s godparents? Why did you ask/invite them for this honor/responsibility? Why did you choose your child’s name? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Teens :** What do you remember about First Eucharist? \_\_\_\_\_

\_\_\_\_\_

What meaning does the Eucharist have for you when you receive the body and blood of Jesus?

\_\_\_\_\_

\_\_\_\_\_

How has your Baptism and Eucharist prepared you for your Confirmation? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Listen to the song “[Breathe](#)”

NAME: \_\_\_\_\_

## WEEK 7 – Period of Mission



This week think about your day-to-day life once you have been confirmed. Confirmation strengthens you for a challenging life as a disciple of Jesus committed to changing the world in His love! Are you up for the task?

*In preparation for this week's reflection, [Read Acts 2.](#)*

Watch this video about the Holy Spirit. [CLICK HERE](#)

Watch this video about Mission [CLICK HERE](#)

Like the Apostles at Pentecost, what gifts/talents do you feel called to bring to your faith community and world community? \_\_\_\_\_  
\_\_\_\_\_

When you think of the Holy Spirit, what comes to your mind? \_\_\_\_\_  
\_\_\_\_\_

Name the [spiritual and corporal works of mercy](#). (See the Appendix C in the Confirmation Resource Book if you need a reminder.) **Indicate with a \* which ones you have done.**

Corporal:

Spiritual:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You are chosen and loved by God, and you carry a candle, the light of Christ. How will you go light the world to show others Christ's love? \_\_\_\_\_  
\_\_\_\_\_

Where will you look to find the support of a group of believers? \_\_\_\_\_  
\_\_\_\_\_

Listen to the song "[Go Light Your World](#)"

NAME:

## **AND WHAT NOW?.....**

*Confirmation is the beginning of your life in Christ as a fully initiated Catholic.*

## **AND WHAT NOW?....**

Write a reflection about what Confirmation means to you and how you will live your faith in your parish and community.



NAME:

