

# Individual Candidate and Sponsor Activities

**You are required to meet/talk 4 times between now and Confirmation in 2027.**

At each meeting you will have an activity to complete and questions to discuss. Please record this on these worksheets. You will discuss the candidate's preparation for Confirmation and the assignment for each activity. These activities can take place at any time, but need to be completed. The worksheets need to be completed in a timely manner. If you have any questions, please contact the Parish Office. *Here is some information to help you in your discussions.*

## The Seven Sacraments

Christ instituted the sacraments of the new law. There are seven: Baptism, Confirmation, the Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, and Matrimony. The seven sacraments touch all the stages and all the important moments of the Christian life.

**Sacraments of Christian Initiation:** The sacraments that lay the foundation of every Christian life.

1. Baptism – Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit, and the door which gives access to the other Sacraments. Through Baptism we are freed from sin and reborn as sons and daughters of God.
2. Confirmation – The reception of the Sacrament of Confirmation is necessary for the completion of baptismal grace. For by the sacrament of confirmation, the baptized are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.
3. The Eucharist – The Holy Eucharist completes Christian initiation. The Eucharist is the source and summit of our faith life.

**Sacraments of Healing:** The Lord Jesus Christ, physician of our souls and bodies has willed that His Church continue, in the power of the Holy Spirit, His work of healing and salvation, even among Her own members.

4. Reconciliation – Those who approach the sacrament of reconciliation obtain pardon from God's mercy for the offense committed against Him, their sins.
5. Anointing of the Sick – By the sacred anointing of the sick and the prayer of the priests the whole Church commands those who are ill to the suffering and glorified Lord, that He may raise them up and save them.

**Sacraments of Service:** These Sacraments are directed towards the salvation of others; if they contribute as well to personal salvation, it is through service to others that they do so. They confer a particular mission in the Church and serve to build up the People of God.

6. Holy Orders – Holy Orders is the sacrament through which the mission entrusted by Christ to his apostles continues to be exercised in the Church until the end of time.
7. Matrimony – The matrimonial covenant, by which a man and a woman establish between themselves a partnership of the whole life, is by its nature ordered toward the good of the spouses and the procreation and education of children.

Name: \_\_\_\_\_

## *Sponsor & Candidate Activity #1: Discipleship*

**Discuss the following questions and write down a brief answer:**

**Sponsor:** Take a few minutes and share your faith story with your candidate.

8. How have you come to know God more personally?
  
9. How have you seen God working in your life through the years?

**Candidate:** Take a few minutes and share your faith story with your sponsor.

- Do you feel close to God right now? Why?
  
- What more do you think you can learn about your faith?

**Sponsor:** What was your confirmation experience like? Who was your sponsor? Saint?

**Candidate:** How do you want this Confirmation program to make a difference in the way you relate to God?

**Sponsor:** What are you looking forward to most about this year with your candidate?

**Candidate:** What are you looking forward to most about this year of Confirmation Preparation?

**Sponsor:** Set a goal for your prayer life/Mass participation.

**Candidate:** Set a goal for your prayer life/Mass participation.

**Do the following exercises on the back of this sheet.**

Look up and read the following Scripture passages:

**Matthew 9:9-13**

**John 13:34-35**

**Luke 14:25-35**

Together, discuss and summarize each passage in light of these questions:

- What are these passages saying to me?
  
- What qualities would a disciple need today?
  
- Do you see yourself as a disciple of Christ right now?
  
- What could I improve my walk with Jesus and how could the church help me?
  
- Why is being a disciple of Christ so hard in today's culture?

**For Candidate:** How did you decide to choose your sponsor?

**For Sponsor:** Describe the feelings you have about being a sponsor.

Candidate's Signature: \_\_\_\_\_

Sponsor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## *Sponsor & Candidate Activity #2: Service & Prayer*

In addition to completing the discussion questions on the back, please do the following activity.

10. Serve together:
  - a. Write a brief description of how you served.
  
11. What did you learn?
  
12. How do you feel after your service?
  
13. How can you integrate service more into your daily life?

**Sponsor:** How have you been living out your Catholic faith since the last meeting?

**Candidate:** How have you been living out your Catholic faith since the last meeting?

- What is something that you are struggling with or a question you have about being Catholic?

Look up and read the following Scripture passages:

**Matthew 6:5-15**

**Matthew 18:19-20**

**Philippians 4:6-7**

Together, discuss and summarize each passage in light of these questions:

- What truth or principle does each seek to teach us about prayer?
  
- Does my own prayer reflect that truth? Should it?
  
- What do I pray for? What don't I pray for?
  
- What is the hardest thing about praying (times, distractions, etc.)?
  
- What are some solutions to those distractions?
  
- What are your thoughts about what seems like *unanswered* prayer?

**Candidate:** Explain to your sponsor what you have learned through in your Confirmation preparation so far.

Candidate's Signature: \_\_\_\_\_

Sponsor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## *Sponsor & Candidate Activity #3: Holy Spirit*

Please answer the following questions.

**Sponsor:** How have you been living out your Catholic faith since the last meeting?

**Candidate:** How have you been living out your Catholic faith since the last meeting?

**Sponsor:** What are your strengths? And how do/could you use those strengths as an adult member of the Catholic Church?

**Candidate:** What are your strengths? And how do/could you use those strengths as an adult member of the Catholic Church?

- What is something that you are struggling with or a question you have about being Catholic?

**Discuss the progress and gains from the following components of Confirmation:**

- Weekly Mass attendance
- Confirmation Class attendance
- Chosen a Saint
- Written Saint reflection
- Advent Reconciliation

**Do the following exercises on the back of this sheet.**

Look up and read the following Scripture passages:

**John 14:15-17, 26**

**Luke 11:13**

**Isaiah 11:1-2**

Together, discuss and summarize each passage in light of these questions:

- How is the Holy Spirit described in these passages?
  
- How does the Confirmation experience mirror the events of the first Christians?
  
- Does the Holy Spirit speak to us and how do we know if we hear the Holy Spirit?
  
- Name the gifts of the Holy Spirit and what they are.
  
- Which of the gifts of the Holy Spirit are already active in your life?
  
- Which gifts would you like to see developed?

Candidate's Signature: \_\_\_\_\_

Sponsor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

# *Sponsor & Candidate Activity #4: Sacraments*

Please answer the following questions.

**Sponsor:** In what ways does our culture make it difficult for you to live out your faith?

**Candidate:** In what ways does our culture make it difficult for you to live out your faith?

**Sponsor:** How do you handle the challenges our culture presents?

**Candidate:** How will you seek to grow as a believer after Confirmation?

**Sponsor:** How will you help the candidate grow as a believer after Confirmation?

**Discuss the progress and gains from the following components of Confirmation:**

- Weekly Mass attendance
- Confirmation Class attendance
- Sponsor has reviewed Saint reflection
- Letter to the Bishop written and sponsor reviewed before being submitted
- Lent Reconciliation

Identify & discuss the Seven Sacraments of the Church:

14. Look up the following Bible verses and match each verse with a sacrament of the Church:

**Mark 10:6-9**

Baptism

**Acts 1:8**

Confirmation

**Matthew 28:19**

Eucharist

**Acts 6:2-6**

Reconciliation

**John 20:23**

Anointing of the Sick

**James 5:14**

Holy Orders

**Luke 22:19-20**

Matrimony

**Candidate:** Which sacrament do you most identify with? Why?

**Sponsor:** Which sacrament is the most essential part of your life? Why?

**Candidate:** Which sacrament is the most unfamiliar and why?

Candidate's Signature: \_\_\_\_\_

Sponsor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_