

**Suggested Elements for Preparing for the Sacrament of Confirmation**

**THEME:** Why were we created? *To know God, to love god, and to serve God in this world and to live with Him happily forever in the next.* The goal of Confirmation should be to prepare the candidate to fulfill the purpose for which he or she was created.

**To Know God:** The Coursework. (see attached) \_\_\_\_\_  
 Essay on what Baptism is. \_\_\_\_\_  
 Essay on Candidate's Baptism. \_\_\_\_\_

**To Love God:** Development of Prayer Life \_\_\_\_\_  
 Formal Prayers every Catholic should know.(see list) \_\_\_\_\_  
 Methodology of Mental Prayer. \_\_\_\_\_  
 Participation in Eucharist and Confession. \_\_\_\_\_  
 A written essay on chosen Confirmation saint. \_\_\_\_\_  
 Essay Should Contain Information on the Saint and \_\_\_\_\_  
 explanation of why the particular saint was chosen . \_\_\_\_\_  
 Choosing and Interviewing a Sponsor..(see Resources) \_\_\_\_\_

**To Serve God:** Twenty to Thirty Service Hours Strongly Encouraged. \_\_\_\_\_  
 Hours to be split between family, community and church. \_\_\_\_\_  
 Emphasize purpose of hours is to bring Christ into the \_\_\_\_\_  
 world. \_\_\_\_\_  
 A Letter to the Bishop Requesting Confirmation(see \_\_\_\_\_  
Resources) \_\_\_\_\_

**The Confirmation Retreat** Confirmation Retreat should combine elements of all \_\_\_\_\_  
 three. \_\_\_\_\_  
 Games can be structured to reinforce knowledge. \_\_\_\_\_  
 Adoration, Confession, Mass and Rosary should be \_\_\_\_\_  
 included. \_\_\_\_\_  
 At least two conferences on topics such as the Seven \_\_\_\_\_  
 Gifts of the Holy Spirit and Vocations should be \_\_\_\_\_  
 scheduled. \_\_\_\_\_  
 See Resources for sample schedule and games. \_\_\_\_\_

**Confirmation Parents' Meeting(s)** Catechize parents on the Sacrament of Confirmation. \_\_\_\_\_  
 Explain requirements: essays, service hours, etc. \_\_\_\_\_  
 Outline purpose and structure of the retreat. \_\_\_\_\_  
 Encourage parents to help with prayers, possibly through \_\_\_\_\_  
 family prayer time. \_\_\_\_\_  
 Explain details of the Rite to be celebrated. \_\_\_\_\_



**Prayers:**

Prayers should be practiced in two-week increments  
both in class (beginning and end) and at home.

The Our Father

The Hail Mary

The Glory Be

The Fatima Prayer

Apostles' Creed

Act of Faith

Act of Hope

Act of Charity

Morning Offering

Angelus

Anima Christi

Regina Caeli

Come, Holy Spirit

Prayer to St. Francis

Memorare

St. Michael's Prayer

Guardian Angel Prayer

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