

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.

<u>To Know God:</u>	The Coursework. (see attached) Essay on what Baptism is. Essay on Candidate's Baptism.	_____ _____ _____
<u>To Love God:</u>	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 <u>Resources</u>)	_____ _____ _____ _____ _____ _____ _____
<u>To Serve God:</u>	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 <u>Resources</u>)	_____ _____ _____ _____
<u>The Confirmation Retreat</u>	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 <u>Resources</u> for sample schedule and games.	_____ _____ _____ _____ _____
<u>Confirmation Parents' Meeting(s)</u>	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.	_____ _____ _____ _____ _____

**Sample Confirmation Coursework Outline
-based on the Four Pillars of the Catechism**

Texts: It is suggested a standard confirmation text from a reputable publishing company (Sadlier, Ignatius Press, Loyola Press, etc.) be utilized supplementing with appropriate grade-level texts as needed.

<u>The Creed (seven sessions):</u>	The Holy Trinity. _____ The Incarnation. _____ The Four Marks of the Church. _____ The Communion of Saints –Church Triumphant, Church Suffering, Church Militant. _____ One Baptism –Dogma and Heresy. _____ The Four Last Things. _____
<u>The Sacraments (eight sessions):</u>	Definition/Matter and Form. _____ The Sacraments of Initiation –Baptism, Eucharist and Confirmation. _____ The Sacraments of Healing –Confession and Anointing. _____ The Sacraments of Service (Vocation) –Holy Orders and Holy Matrimony. _____
<u>Morality (six sessions):</u>	Sin, the Ten Commandments and the Two Greatest Commandments. _____ The Beatitudes. _____ The Cardinal and Theological Virtues. _____ The Corporal and Spiritual Works of Mercy. _____
<u>Prayer (three sessions):</u>	The Four Parts of Prayer and the Our Father. _____ Formal Prayer. The Rosary, Anima Christi, etc. _____ Mental Prayer –Meditative, Contemplative. _____
<u>Evaluation:</u>	Confirmation Final (see <u>Resources</u>) _____ Quizzes on the following areas: The Four Marks of the Church. _____ The Four Last Things. _____ The Matter and Form of the Sacraments. _____ The Seven Deadly Sins. _____ The Ten Commandments. _____ The Beatitudes. (Matching) _____ The Cardinal and Theological Virtues. _____ The Six Precepts of the Church. _____ The Corporal Works of Mercy. _____ The Spiritual Works of Mercy. _____ The Four Parts of Prayer. _____ The Mysteries of the Rosary –broken into five or ten at a time. _____

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
