

CONFIRMATION PREPARATION

Candidate & Sponsor Conversation Guide



1600 11th Avenue SE - Rochester, MN 55904

Resurrection Catholic Church

WELCOME

Pray. Prepare. Serve.

Thank you for saying "yes" to being a Confirmation Sponsor for one of our students at Church of the Resurrection. You were likely chosen by this particular young person because he or she views you as a role model in the faith. So now what? Whether you have been a sponsor before or are new to this, we are sure you have some questions.

This guide is a tool to help you navigate the expectations we have of both Confirmation Sponsors and Candidates here at Resurrection. A Confirmation Sponsor serves as a mentor, a guide or a coach in helping the candidate grow in skills, knowledge, attitudes and practices essential to being a mature, responsible, committed and engaged member of the Church. This guide will assist you both in achieving these goals. If you have further ideas about how you'd like to walk together in faith feel free to explore those as well. If you have any questions please don't hesitate to reach out to our formation staff.

Navigating this Guide:

Check-List

Role & Qualifications

Tips for Success- During Preparation & After Confirmation

Lectio Divina Prayer

Candidate-Sponsor Conversation Guide

(1) Relationship, (2) Identity & (3) Mission (4) Service

Conversations & Service Project Summary

Contact Information



CHECK LIST

Candidate-Sponsor



Responsibilities & Tasks for Candidates & Sponsors

- [] **SUBMIT Sponsor Information Form** - candidate
- [] **Conversation 1-RELATIONSHIP** -candidate and sponsor
- [] **Conversation 2- IDENTITY** -candidate and sponsor
- [] **Conversation 3- MISSION** - candidate and sponsor
- [] **Conversation 4- WORKS OF MERCY & SERVICE-** candidate & sponsor- This has 2 parts. Part 1 is to meet for the conversation, part 2 is completing the service.
- [] **SUBMIT Conversations & Service Project Summary** - candidate
- [] Attend the Confirmation Liturgy/Ceremony Practice - candidate & sponsor
- [] Attend the Confirmation Liturgy/ Ceremony- candidate & sponsor



ROLE & QUALIFICATIONS

Pray. Present. Witness

THREE FOUNDATIONAL SPONSOR ROLES

1. To assist the candidate in preparing for Confirmation
2. To present the candidate for Confirmation
3. To be a witness of and support in the candidate's spiritual journey through life

PRACTICAL WAYS TO FULFILL YOUR ROLE

Share Your Story

Be vulnerable enough with your candidate to share with him or her how God has been active in your life. Tell them about your prayer life, how you continue to grow in knowledge of the faith, what role the Sacraments play in your life, the ways in which you serve the Body of Christ through your vocation, etc...

Pray for Your Candidate

Pray for your candidate to be open to receiving the gifts of the Holy Spirit while he or she is preparing to receive the Sacrament of Confirmation. Ask your candidate on a regular basis if he or she has any intentions you can pray for. Pray with your candidate often, teach them how to pray. Encourage and connect with them often.

Encourage Virtue

High school is a battlefield. Peer pressure and social norms make it difficult to lead virtuous lives and to strive for holiness. Your encouragement in striving to be a saint and supporting good habits will bear much fruit.

Talk & Listen

Young people want real and authentic relationships more than they might seem. Engage them in conversation even if they don't respond the way you hope the first few times. Do something fun with them to break the ice, work and serve with them side-by-side, invite them into your life... They will open up once they know you love and care about them.

SPONSOR REQUIREMENTS

Canon Law provides some requirements of sponsors (Code of Canon Law 874)

- **Age** - a sponsor must be at least 16 years of age
- **Confirmed** - a sponsor must have already been Confirmed
- **Catholic** - a sponsor must be a practicing member of a Catholic parish who leads a life of faith "in keeping with the function to be taken on"
- **Non-parent** - a sponsor cannot be a parent of the individual seeking Confirmation

TIPS FOR SUCCESS



Helpful Tips for Successful Conversations

HOW TO START

- **Read this guide ahead of time (especially Tips for Success)**
- **Together, look at your calendars and pencil in 4 times to meet.**
- **Make note of the due dates of the conversations/project.**

Resurrection invites all sponsors to meet with their candidates at least four times before they are Confirmed. While it is ideal to meet in person, we realize this is not always possible. This guide provides four different conversations sponsors ought to have with their candidate as well as some guidance for a Candidate-Sponsor Service Project focused on the Works of Mercy.

WAYS TO MEET

- **Virtual Meetings:** *one benefit of today's technology is the ability to meet virtually through Zoom, FaceTime, etc...*
- **Over the Phone:** *teens today converse very little over the phone (besides texting or apps), this could be a great way to encourage a different form of communication with your candidate.*
- **In-person:** *a great time to meet in person with your candidate is when you will already be in the same town for a family function, or throughout the summer when teenagers and families tend to have more time free time.*

WHAT TO BRING

- *Candidate & Sponsor both should have a Bible- the scripture readings are included in this guide however opening the Bible is a best practice.*
- *This guide. Everything you need to complete the conversations together is in this guide.*

TIPS FOR SUCCESS

FOR SACRAMENTAL PREPARATION & BEYOND



- ***This section is geared toward the Sponsor but Candidates you too can utilize these tips for success. So please read this section.***
- ***These tips are meant to be incorporated into the current confirmation preparation and then utilized for on-going guidance and growth after confirmation.***

One of your most important roles as a sponsor extends well beyond preparing your candidate to receive the Sacrament of Confirmation. The role of being a model in the faith and of providing spiritual support is a lifelong commitment. We want you to be successful in this role. Here are some "best practice" ideas for on-going guidance and growth.

WEEKLY TEXT

This one is simple and easy. Text your candidate/confirmand once a week. Ask how you can pray for them. Let them know how they can pray for you.

MONTHLY CHECK-IN (IN PERSON OR PHONE/VIDEO CALL)

Take some time to talk with one another on a monthly basis. During the conversation ask questions like: have you been going to Mass? When is the last time you received the Sacrament of Penance & Reconciliation? What does your prayer routine look like right now? What's stressing you out at school/home/with friends? What good things are happening? What are some ways you have been aware of God's presence lately? How have you served somebody else recently?

QUARTERLY FREE DAY

Every three months or so plan to do something fun together. You could go out to eat, spend time playing a game at a coffee house, go to a sporting event, take in a show/movie, go for a walk, ski together, binge watch your favorite TV series, serve in the parish/community. This can even take place of your monthly check-in (or better yet you can do that monthly check-in/or candidate/sponsor conversation while doing something fun).

TWICE A YEAR CELEBRATION

If you don't already regularly attend Mass together, make it a point to go to Mass together twice a year, we suggest around your candidate's birthday and around the anniversary of his or her Confirmation date. Go out for brunch or dinner afterwards to celebrate how the Holy Spirit has been working in your lives. There will be opportunities throughout Confirmation Preparation for sponsors to plug into formation nights as well.

YEARLY RETREAT

Encourage your candidate to go on a yearly retreat/religious trip and do so yourself as well, maybe you can even go together! Debrief with each other afterwards either way. Talk about how the Holy Spirit moved and acted.

Lectio Divina Prayer

Sacred Reading

The Candidate and Sponsor conversations center around Lectio Divina prayer.

"Lectio Divina", Latin for "sacred reading," is an ancient practice of quiet prayer and reflection, reading scripture and listening to the voice of God, dating back to about 300AD. Lectio can be done alone or in a group. It is a prayer practice which trusts that God speaks to us through scripture. There are many styles of Lectio Divina prayer. Provided below is one of many. If you pray Lectio in a different manner, feel free to follow that model.

Lectio prayer is guided by the Holy Spirit. It is a flexible form of prayer and there is no "wrong" way to do it. The important component of Lectio is to be open to the truth that God wants to speak to you through scripture. This might take some time to get used to. That is ok! Building a real and trusting friendship takes time. Persevere and keep praying. Know that the Resurrection Resurrection Community is praying for you.

HOW TO PRAY WITH LECTIO DIVINA PRAYER

OPENING

As you begin, place yourself in God's presence. Take a few deep breaths. Bring to mind that you desire to be open to the voice of God speaking through scripture. Ask the Holy Spirit to guide you.

LECTIO- Read

Choose one of you to read the scripture passage aloud. Listen as if God is talking to you.

MEDITATIO-Think

Read the scripture again. Tune into a word or phrase. What stood out to you? Hold it in your mind for the next few moments. If you find your mind wandering, gently refocus to the word or phrase that caught your attention. What do you think the word or phrase means to you? Remember: Lectio Divina, like a sport or a talent, takes some time to develop. You can't expect to pick up a basketball and be an NBA player. It takes time and practice. Lectio Divina is the same way.

ORATIO-Pray

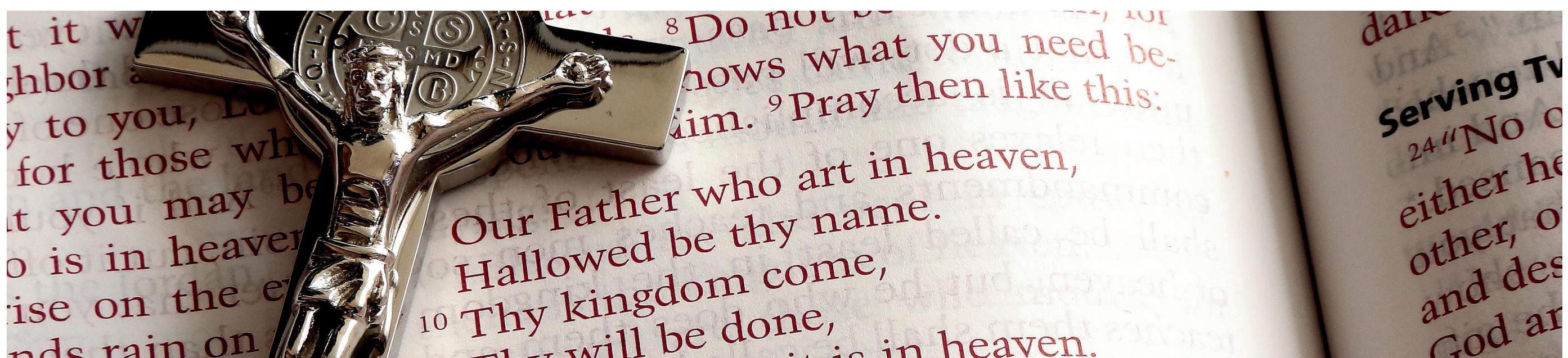
Read the Scripture aloud one last time. In this step, talk to God. Share your thoughts as you would a friend. What do you think God is trying to say to you through this passage? What might he be calling you to do? How would you like to respond?

CONTEMPLATIO-Contemplate

Now let yourself go of any effort and just rest with God in silence. Rest in God's love and presence. Allow God to move through your thoughts. What conversion of heart might God be asking of you? How will you carry it out?

CLOSING

As you wrap up, take a moment to thank God for the gift of faith and opportunity to pray with your sponsor and then close with a traditional prayer (Our Father, Glory Be, Hail Mary) to pray with your sponsor.



Candidate & Sponsor Conversation

A guide for the journey



CONVERSATION 1- RELATIONSHIP

CONVERSATION 2- IDENTITY

CONVERSATION 3- MISSION

CONVERSATION 4- WORKS OF MERCY & SERVICE

CANDIDATE & SPONSOR

CONVERSATION 1- RELATIONSHIP

The candidate's initial formation will focus on discovering where he or she is at in a relationship with Jesus Christ. This first meeting will attempt to allow the candidate the opportunity to share about (1) How the Candidate views God's role in his or her life and (2) what his or her personal relationship with Jesus is like today.

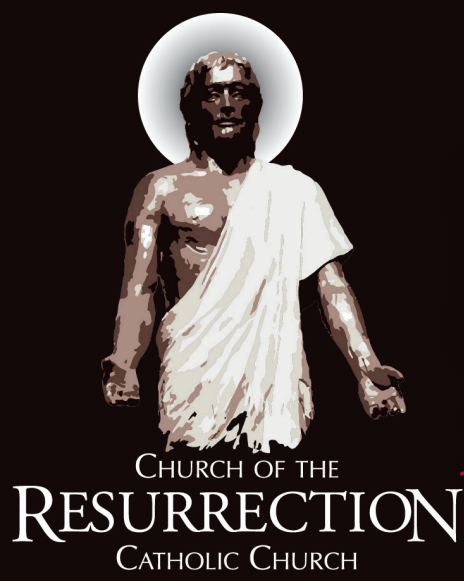
- Begin by opening the Bible to John 1:35-40.
- Pray with the scripture The Lectio Divina guide is on the back page
- The last task is to complete the conversation prompts.

"The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the lamb of God." The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "Where are you staying?" he said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon."

--John 1:35-40

CONVERSATION PROMPTS:

- *How have you seen God at work in your life?*
- *What is your view of God?*
- *Have the Candidate answer: "what are looking for?" in life. How did the disciples respond when they were asked this question?*
- *Share any insight with each other from the Lectio Divina prayer.*
- *Close with prayer. Pray any intentions either of you may have.*



LECTIO DIVINA

Journal & Reflection

AS YOU BEGIN

Place yourself in God's presence. Take a few deep breaths. Bring to mind that you desire to be open to the voice of God speaking through scripture. Ask the Holy Spirit to guide you. Jot down any thoughts or phrases that catch your attention.

LECTIO-Read

Read aloud the scripture passage. Listen as if God is talking to you.

MEDITATIO-Think

Read the scripture again. Tune into a word or phrase. What stood out to you? Hold it in your mind for the next few moments. If you find your mind wandering, gently refocus to the word or phrase that caught your attention. What do you think the word or phrase means to you? Remember: Lectio Divina, like a sport or a talent, takes some time to develop. You can't expect to pick up a basketball and be an NBA player. It takes time and practice. Lectio Divina is the same way.

ORATIO- Pray

Talk with God now. Share your thoughts as you would a friend. What do you think he is trying to say to you through this passage? What might he be calling you to do? How would you like to respond? If desired, read the passage again.

COMTEMPLATIO- Contemplate

Now let yourself let go of any effort and just rest with God. Rest in His love and presence. Allow him to move through your thoughts. What conversion of heart might God be asking of you? How will you carry it out?

AS YOU WRAP UP

Take a moment to thank God for the gift of faith and opportunity to pray with your sponsor and then close with a traditional prayer (Our Father, Glory Be, Hail Mary) to pray with your sponsor. to pray with your sponsor and then close with a traditional prayer (Our Father, Glory Be, Hail Mary) to pray with your sponsor.

CANDIDATE & SPONSOR

CONVERSATION 2- IDENTITY

An encounter with God leaves us desiring to know him more intimately. This second conversation will focus on what your candidate has learned so far in their time of preparation, what questions they might have, and how the Catholic faith applies to his/her daily life.

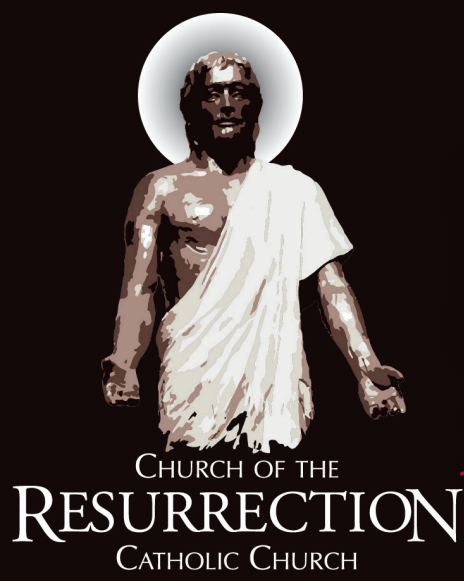
- Begin by You (sponsor) sharing your own personal story about how the faith applies to your life.
- Open the Bible to Ephesians 6:14-20
- Pray with the scripture The Lectio Divina guide is on the back page
- The last task is to complete the conversation prompts.

So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all [the] flaming arrows of the evil one. and take the helmet of salvation and the sword of the Spirit, which is the word of God. with all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy one and also for me, that speech may be given me to open my mouth, to make known with boldness the mystery of the gospel for which I am an ambassador in chains, so that I may have the courage to speak as I must.

--EPHESIANS 6:14-20

Conversation Prompts:

- What have you learned recently about Catholicism? How has that affected you? How has it influenced your world view?
- How have your Confirmation small groups influenced you? Has anything changed in you since you first began preparing for Confirmation?
- What questions have come up in your heart during this preparation process?
- How could we find answers to those questions together?
- Discuss the What are ways to live our lives according to this scripture passage?
- Share any insight with each other from the Lectio Divina prayer.
- Invite your candidate to lead a closing prayer.



LECTIO DIVINA

Journal & Reflection

AS YOU BEGIN

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LECTIO-Read

Read aloud the scripture passage. Listen as if God is talking to you.

MEDITATIO-Think

Read the scripture again. Tune into a word or phrase. What stood out to you? Hold it in your mind for the next few moments. If you find your mind wandering, gently refocus to the word or phrase that caught your attention. What do you think the word or phrase means to you? Remember: Lectio Divina, like a sport or a talent, takes some time to develop. You can't expect to pick up a basketball and be an NBA player. It takes time and practice. Lectio Divina is the same way.

ORATIO- Pray

Talk with God now. Share your thoughts as you would a friend. What do you think he is trying to say to you through this passage? What might he be calling you to do? How would you like to respond? If desired, read the passage again.

CONTEMPLATIO- Contemplate

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CANDIDATE & SPONSOR

CONVERSATION 3- MISSION

Every person God creates has a unique and unrepeatable purpose and mission. God has a plan for you and has created you with the capacity to find real joy and peace by living for Him. This world would be incomplete without you or your candidate. This third conversation highlights your candidate's unique gifts and talents as well as the desires of her/his heart.

- Begin by opening the Bible to 1 Corinthians 12: 1-11
- Pray with the scripture The Lectio Divina guide is on the back page
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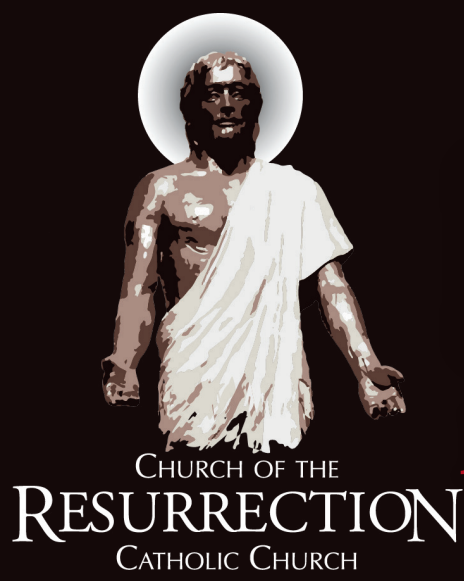
Now in regard to spiritual gifts, brothers, I do not want you to be unaware. you know how, when you were pagans, you were constantly attracted and led away to mute idols. Therefore, I tell you that nobody speaking by the spirit of God says, “Jesus be accursed.” and no one can say, “Jesus is lord,” except by the holy Spirit.

There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit. To one is given through the Spirit the expression of wisdom; to another the expression of knowledge according to the same Spirit; to another faith by the same Spirit; to another gifts of healing by the one Spirit; to another mighty deeds; to another prophecy; to another discernment of spirits; to another varieties of tongues; to another interpretation of tongues. But one and the same Spirit produces all of these, distributing them individually to each person As HE WISHes.

--1 Corinthians 12 1-11

Conversation Prompts

- What are you passionate about in life? How might God be calling you to use your gifts?
- Have you thought about or chosen a saint for Confirmation? If so, talk about why you chose that saint. If not, spend some time researching saints together.
- Read and discuss Romans Chapter 12 together. What stood out to you?
- Ask your candidate which Gifts of the Spirit he or she would most like to receive and why?
- Close in prayer together.



LECTIO DIVINA

Journal & Reflection

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CONTEMPLATIO- Contemplate

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CANDIDATE & SPONSOR

CONVERSATION 4- WORKS OF MERCY & SERVICE

Serving together is a great way to grow in your relationship with Jesus Christ and to further discover the plans he has for you. If you aren't able to serve with your sponsor, we would still like you to discuss and reflect on the Spiritual and Corporal Works of Mercy.

- The Lectio guide is on the back if you want to pray with the scripture.
- Begin by opening the Bible to Matthew 25:31-46 and read/pray it together
- Then read Matthew 22:37-40
- Discuss the questions below

Corporal Works of Mercy

Matthew 25: 31-46

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the imprisoned
- Visit the sick
- Bury the dead

What was Jesus saying in these verses about the importance of helping others and how does it affect our salvation?

Review the Corporal Works of Mercy. How can you and your sponsor seek to fulfill one of these works of mercy? Which ones might be difficult for you? Why do you think so?

Spiritual Works of Mercy

Matthew 22:37-40

- Admonish the sinner (encourage someone to lead a better life)
- Instruct the uninformed
- Counsel the doubtful
- Comfort the sorrowful
- Be patient
- Forgive offenses
- Pray for the living and the dead

Review the Spiritual Works of Mercy, which are inspired by Matthew 22:37-40 as well as St. Thomas Aquinas' *Summa Theologica*.

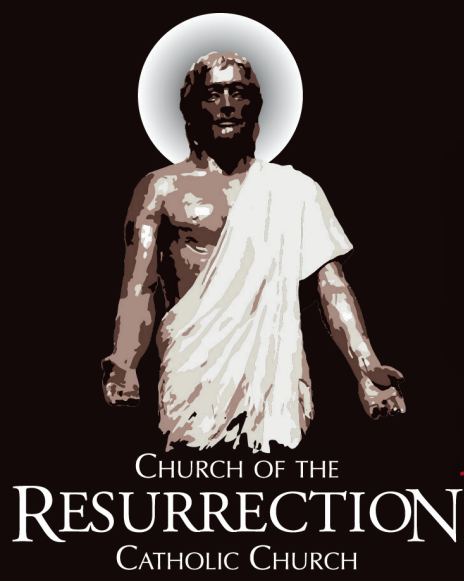
How might you and your sponsor seek to fulfill one or more of these Spiritual Works?

Which ones do you think might be difficult for you? Why?

GOSPEL IN ACTION

Service Project- Works of Mercy

After discussing and reflecting, plan a service project with your sponsor that is connected in some way to one or more of the works of Mercy. Make an effort to complete the service together. If that is not possible, plan to complete with a friend or another trusted & faithful adult. **SUBMIT:** Conversations & Service Project Summary upon completion of service. (last page of this booklet or on our website- rescathroch.org)



LECTIO DIVINA

Journal & Reflection

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CANDIDATE FIRST & LAST NAME:

SPONSOR CONVERSATIONS & SERVICE SUMMARY



After you have completed your four sponsor conversations and completed your service project, answer the following questions on both sides then turn in this form to the Youth Ministry Director. You can also complete & submit this form online (this will be emailed).

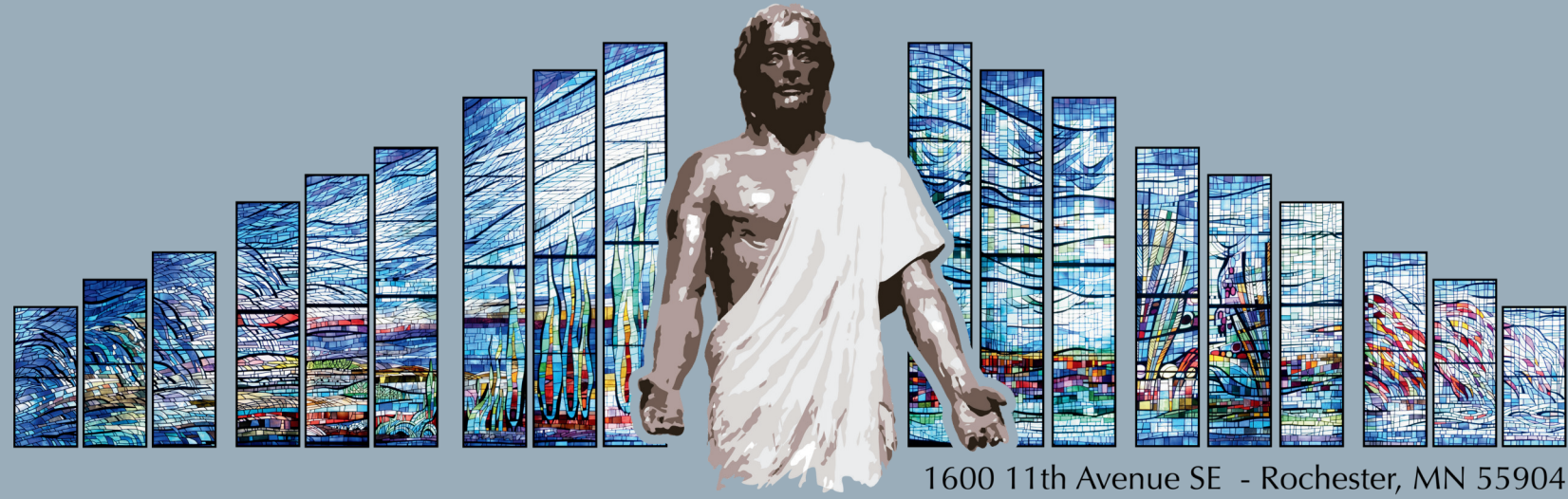
Share one experience that stood out to you while completing your Candidate/Sponsor Conversations.

Explain how your Candidate/Sponsor Conversations have impacted your faith?

The love of Jesus is shared when we serve others. How have you encountered Christ through serving others?

***What does Jesus say about the importance of helping others and how does it affect our salvation?
(See Matthew 25:31-46)***

Reviewing the Spiritual Works of Mercy found in Matthew 22:37-40, which one do you think might be the most difficult for you and why?

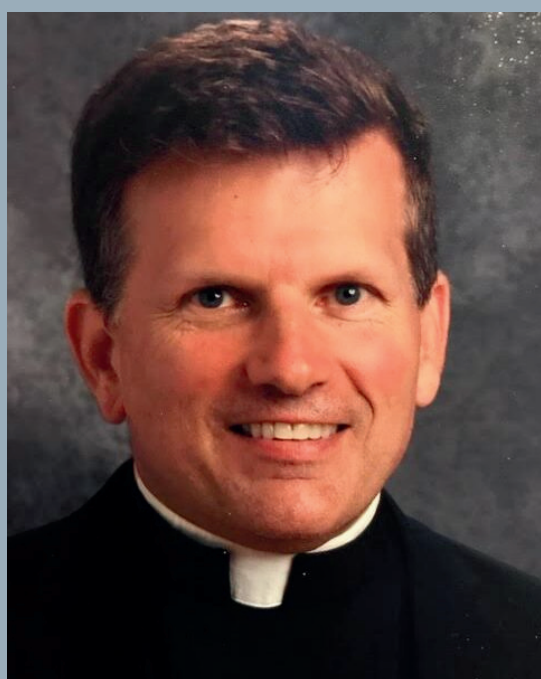


Resurrection Catholic Church

Thank you again for saying yes and being willing to guide your candidate as they prepare for the Sacrament of Confirmation and beyond.

If you have any questions or concerns after reading through this or at any time during and after the Confirmation preparation process please don't hesitate to reach out. Our staff is here to serve you and assist in making you the best Confirmation Sponsor you can be.

MEET OUR FORMATION STAFF



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