**Confirmation Prep**

**Holy Redeemer RACE**

Sponsor Activity – One with Eucharist

Background:

Communal worship is viewed by many as an obligation to fulfill; however, it is more like “taking a vitamin.” It nourishes us, guides us, and strengthens us so that we can get through the daily struggles of our lives. The presence of the faith community reminds us that we are not alone. Others are struggling and together we are turning to God for help and guidance. We repent of our sins, and become one body, in Christ, in the Eucharist. Nourished, refocused, and in gratitude for our many gifts and blessings, we proclaim the glory of our God. Help your candidate see their experience of communal worship at Mass as what it is: a source of strength and guidance, as well as an opportunity to gather in thanksgiving.

Discussion Questions:

1. What was the best Eucharist (Mass) experience you have ever had? What made it good?
2. Studies claim that only 30% of young adult Catholic attend Mass each Sunday. Why do you think these young people choose to go? What blessings can come from a “habit” of regular Mass attendance?
3. Do you have trouble believing that Jesus is actually present in the Word, Eucharist, and in the community? What can we do to help our unbelief?
4. Have you had an experience of observing or belonging to a Christian “community” where you felt that Jesus was present? What was it like?
5. How has your experience of Eucharist (Mass) been like a celebration? What things have you seen celebrated at Mass? (ex: baptisms, weddings, funerals, other rites like the Rite of Acceptance for Confirmation, First Communion, etc.)

*The Community of Holy Redeemer is praying for you and your candidate. May God Bless you during your journey together!*

**Confirmation Prep**

**Holy Redeemer**

**Sponsor Activity – Am I Ready?**

Background:

1. Confirmation is one of the sacraments of initiation into membership in the Church. Confirmation builds on and completes the gifts of the Holy Spirit we were given at Baptism, and brings us more closely into the Church. The completion is experienced: through a deeper look at how our lives reflect the values of Jesus (WWJD); through a deeper participation in the life of the Church (active in ministry and participation in liturgy); through sharing our growing faith and the resulting hope and joy we experience as a Christian; and through a growth in the spiritual gifts of the Holy Spirit (wisdom, understanding, right judgment, courage, knowledge, reverence, and wonder and awe) which guide our choices and actions.
2. Confirmation requires that a person be baptized, freely profess the Catholic faith, and be in a state of grace with no serious sins not confessed. The person must also have an understanding of the sacrament they are about to receive, a desire to be confirmed and a willingness to be a witness for Christ…a life-long process of learning, growing, and becoming even stronger.

Confirmation Process:

1. This year of preparation has provided the opportunity for your candidate to gain a good initial understanding of the Catholic faith and the sacrament of Confirmation. We will continue to learn what it means to be an actively member of this Catholic faith family so together we all may live holy lives as witnesses for Christ. Our Rehearsal will allow time for personal prayer and reflection for both you and your candidate as part of your final preparation prior to Confirmation.

Discussion Questions:

1. What has been your favorite part of this year of preparation?
2. Are you more ready and excited to receive the sacrament of Confirmation than you were at the beginning of the year? Why or why not?
3. What is something that has changed about your faith or your practice of your faith during this past year? How did that happen?
4. What would you say to someone who asks you why you are a Catholic? If you don’t know what to say, how would you find out?
5. What are you going to do to continue to grow in your faith after Confirmation.