

# Faith Discussion, Review/Reflection & Action – Year 1

CANDIDATE'S FORM

(Due by March 26, 2026)

Candidate's Name (First & Last): \_\_\_\_\_

Sponsor's Name (First & Last): \_\_\_\_\_

## Discussion

Sponsor & Candidate please discuss the following questions together.

**Candidate:** Share how you plan to live out your faith as a confirmed member of the Church.

\_\_\_\_\_

**Candidate:** Share with your Sponsor and then write below what support you need from your Sponsor and areas of faith that you would like them to help you understand better.

\_\_\_\_\_

\_\_\_\_\_

## Review/Reflection

Sponsor & Candidate please spend time reflecting on and discussing the Candidate's progress on their preparation requirements and areas in your spiritual lives that you would like to work on. Share with each other where you feel you need to strengthen your faith life and how you can work on this individually and together.

**Sponsor & Candidate:** Sponsors', please discuss the importance of the following obligations we have as Catholic Christians and the specific requirements your Candidate has for Confirmation Preparation. How is your Candidate doing fulfilling these and how can you help them? If either of you have questions or concerns about any of these, please use the space provided below to submit them to the Confirmation Coordinator:

- Are you attending Sunday Mass (or Vigil Mass) regularly?
- Are you participating in the regular reception of the Sacrament of Reconciliation?
- Is your completed (*original copy*) Sponsor Form turned in? (No digital copies are allowed)
- Are you completing class assignments? (*ONE EIGHT Assignments [CFF students] or Religion Class Assignments [SEAS students]*)
- Are you completing your Christian Service Hours? (*20 Christian Service Hours need to be completed in Year 1*)
- Are you attending GROVE nights/events? (*9 GROVE credits need to be completed in Year 1*)

Do you have any Questions/Concerns about your obligations and Confirmation Preparation requirements?

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Candidate, do you know these prayers? "The Lord's Prayer", "Hail Mary", and "Glory Be"

(if not, please practice these with your Sponsor)

**Candidate:** Do you have a favorite prayer or way of praying? And when you pray, do you have a favorite place or time to pray?

\_\_\_\_\_

\_\_\_\_\_

# Action

1. Sponsor & Candidate please complete the **Learn Something** activity together.
2. THEN, Sponsor & Candidate please select at least one activity from the **Do Something** section.
  - a. *If you don't live close to each other, we've accounted for this in the instructions and provided you with an alternate method to do the activities in separate locations.*

**Learn Something:** Sponsor & Candidate please complete the **Learn Something** activity below.

☐ Read & Discuss the “Roots & Wings” article by Kate Ristow that is linked on the [Sponsor's Page](#) of the parish website. **CANDIDATE, write YOUR responses to the questions below...**

1. The article explains that **Jesus did not invent the Sacraments but fulfilled and transformed existing human experiences** by filling them with grace. How does this understanding change or deepen the way you see the Sacraments—especially Confirmation—as part of everyday human life?

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2. **Grace is described as a gift we cannot earn**, including sanctifying grace and actual grace. Can you share a time when you felt God helping you choose what was good or giving you strength to do the right thing?

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3. Confirmation leaves an “**indelible mark**” and calls the person to worship and service in the Church. What do you think this lifelong commitment means practically for how a confirmed Catholic lives, serves, or witnesses to their faith, especially within your faith community?

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4. Saint Augustine called Jesus the “**Sacrament of God**,” the visible sign of the invisible Father, and the Church is also described as a sacrament. How can the Church—and you personally—be a visible sign of God's love and grace to others after Confirmation?

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**Do Something:** for this assignment select at least one of the **Do Something** activities below to do together.

**Please choose a different option than what you chose for Assignment #1 unless you plan to do all three.**

☐ **Do something FUN together:** You will complete the Response Questions provided at the end.

*Nothing makes a relationship stronger than doing something fun together so that you can laugh and just be yourselves. This can be absolutely any fun activity that you and your Candidate want to do together.*

☐ **Go to Mass together:** You will complete the Response Questions provided at the end.

*This can either be done together in-person or if you live in different areas and can't meet in person, pick the same day to go to Mass so that you can discuss the same Gospel and your respective homilies afterward.*

☐ **Serve together (volunteer service):** You will complete the Response Questions provided at the end.

*This can either be done together in-person or if you live in different areas and can't physically get together, pick the same organization or similar service activity to do separately (maybe on the same day or week) and discuss your experiences afterward.*

## Response Questions:

If you are NOT completing this assignment together **IN-PERSON**, the Sponsor will submit their responses on the Online Sponsor's Google Form link (parish website).

**Please choose a different option than what you chose for Assignment #1 unless you plan to do all three.**

**Do Something:** The Candidate should write a brief response to the questions for the **Do Something** activity you chose. **CANDIDATE, write YOUR responses to the questions below...**

☐ **We chose to do something FUN together:**

What did you do together? \_\_\_\_\_

**Candidate:** Share a highlight of the activity or what made this fun activity with your Sponsor memorable for you: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Candidate:** What did you learn about your Sponsor during this fun activity? \_\_\_\_\_

\_\_\_\_\_

☐ **We chose to go to Mass together:**

Mass attended on: \_\_\_\_\_ (mm/dd/yyyy)

Where did you attend Mass (Parish & Town): \_\_\_\_\_

Did you attend Mass together in-person with your Sponsor? **YES or NO**

If you answered, "NO", what parish/town did your Sponsor attend Mass? \_\_\_\_\_

What was the Gospel Reading (Example: Matthew 2:1-12)? \_\_\_\_\_

**Candidate:** What was something you learned from the Gospel and homily? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

☐ **We chose to serve together (volunteer service):**

What volunteer service did you do? \_\_\_\_\_

What non-profit organization or church ministry did you perform this volunteer service? \_\_\_\_\_

Was this service performed in-person with your Sponsor? **YES or NO**

If you answered, "NO", where did your Sponsor perform their volunteer service? \_\_\_\_\_

**Candidate:** What is God teaching you through this volunteer experience and how does this experience relate to your faith? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Candidate:** What was the most meaningful part of this experience for you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Acknowledgment of Completion:

By signing below, I verify that I have completed this assignment together WITH my Sponsor and I am providing my responses based on our shared discussions.

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

**SPONSORS:** You will either...

1. Complete the separate Sponsor's Response pages and give them to your Candidate to turn in with their responses  
**OR**
2. If you do not live close to your Candidate and are doing this assignment with them remotely (via Zoom or FaceTime), then you will complete the **Sponsor Responses Link** on the Sponsor's page of our parish website.