

# Confirmation Q & A

## Who has time for Confirmation?

No one does. Living in a world where our teens are constantly pressed for time, involving themselves in sports, music, drama, getting ready for college, etc., it seems difficult to think that you could squeeze in one more thing. But actually, Confirmation isn't just *one more thing*. Confirmation actually can help us to make sense of our hectic lives. Instead of being "one more thing," it is in a category all by itself and one that helps to balance all of the other pieces. Everyone is busy – and we all have to make choices and decide what is most important in our lives, as faithful Catholics, we believe that growing in our faith with God should be a top priority.

## *What is Confirmation and why should I get Confirmed?*

- Confirmation
  - Is one of the initiation Sacraments, completing your initiation into the church
  - Strengthens the Spirit that was given to you at Baptism, at Baptism you were anointed as chosen and now Confirmation strengthens your Baptism
  - Unites us more firmly to Christ
  - Increases the Gifts of the Holy Spirit in us
  - Bonds us closer with the church
  - Gives us strength to spread and defend the faith by word and action as true witnesses to Christ, to confess the name of Christ boldly and to never be ashamed of the cross
- Confirmation is not
  - Choosing to be Catholic, you're already Catholic
  - The end of your faith journey or your graduation

No one can force you to be Confirmed – it must be something that you choose for yourself. In Confirmation, God is asking you to let Him complete the work He started at Baptism, to seal you in His spirit and let the Gifts of the Holy Spirit fully manifest themselves in and through you. And while it is a choice, because of what God is offering you, Confirmation is much more of a gift to be received – The choice comes in deciding whether or not to receive it.

## How did Confirmation get started and where are we now?

"Now when the apostles at Jerusalem heard that Samaria had received the word of God, they sent to them Peter and John, who came down and prayed for them that they might receive the Holy Spirit; for the Spirit had not yet fallen on any of them, but they had only been baptized in the name of the Lord Jesus." Act 8:14-16

- Jesus sent the Spirit to the Apostles at Pentecost

- The Apostles spread the Word of God, baptized people and imparted the Holy Spirit through the laying on of hands.
- Baptism and Confirmation are linked as initiation Sacraments for people coming into the church, and you will renew your Baptismal promises at your Confirmation.
- Confirmation solidifies the connection between the 3 initiation Sacraments (Baptism, Eucharist and Confirmation)

#### What can I do to make preparation for Confirmation a more worthwhile experience?

The single most important thing you can do for yourself in this process is to be open to it. Some of us come to Confirmation on our own, many at the urging of our parents or because it is what we think we are supposed to do as young Catholic. However you get here, know that if you enter the process with an open mind and HEART, that God will do amazing things for and with you in the months to come. Trust your parents, your parish, your sponsor and God. This is part of your faith journey.

#### Will I have to go to confession? I haven't gone in years, what will the priest think?

We do ask that you go to reconciliation as part of the process of preparing yourself to receive the Sacrament. One of the requirements of the Church to receive the Sacrament is that you be in a "state of grace" – which means you are free from all serious sin. If you have not been to Confession in a long time, don't worry about it! It is never too late to come back to the Sacrament – and the priest will be more than okay with it, he'll be excited that you're there!

#### How are my parents involved in this process?

This is something that needs to be your choice, and your parents cannot make this choice for you. They made the choice to have you Baptized, and now it is your choice to receive the gift of Confirmation. At the same time, understand they are very wise and desire for you to learn more about Confirmation. Parents can be strong supports through the process by praying for you, discussing your journey with you and helping you to keep your schedule straight!

#### Why do I need a sponsor? Who can be my sponsor? What will they do?

Your sponsor fills the role of role model, companion, mentor, and witness for you to the entire church. See [Who Can Be A Sponsor?](#) for more information.

#### What if I don't feel holy or good enough for this?

If we waited until we were perfect, none of us would ever get Confirmed! God's love is a gift, we don't earn it. We have the choice to accept or reject the gift. This is not a graduation from faith, it is a step in the journey!