

CONFIRMATION

Activity & Conversation Companion

For young people preparing for Confirmation

THIS IS NOT ANOTHER CATECHISM

Use My Confirmation Catechism for the Catholic teaching. Use this companion to make the teaching personal, active and memorable. It is written for parents, parish mentors and priests working alongside young people aged roughly 11-16.

THE METHOD

Start with the young person

Do something concrete

Open the catechism

Talk honestly

Check the central truth

Pray and act

St Mary's • St John Bosco • St Edward's Parish

The catechism gives the doctrinal spine. This companion helps the conversation breathe.

How to use this companion

A simple method for parents, mentors and priests

MENTOR, NOT LECTURER

The young person should speak before you explain. Ask what they think, listen carefully, then use the catechism to clarify and deepen. You do not need to fill every silence.

A NORMAL MEETING

- 1. Begin naturally: “How has the week been?” “Anything at Mass or in the faith you wondered about?”
- 2. Use the opening activity or scenario from this companion.
- 3. Open the matching lesson in My Confirmation Catechism and read only as much as is useful.
- 4. Ask the young person to explain the central truth back in their own words.
- 5. Use one optional challenge if it helps; skip it if the conversation is already good.
- 6. Finish with the prayer and one practical action.

DO NOT TURN IT INTO SCHOOL

Do not insist on completing every activity.

Do not turn the formal catechism answers into a public test.

Do not be afraid to follow a genuine question for a while.

If you do not know an answer, say so and bring it to the priest.

Most activities need nothing more than the catechism, a Bible, a pen and paper, or ordinary objects already nearby.

Quick activity toolkit

Use these anywhere in the twelve lessons

THREE CORNERS

Give three possible answers or responses. The candidate chooses one, moves or points to it, and explains why.

CASE STUDY

Describe a realistic situation at school, home, online or among friends. Ask: What would a Catholic response look like?

ONE-MINUTE EXPLAIN

Give the candidate sixty seconds to explain the teaching as if speaking to a friend who knows nothing about it.

SCRIPTURE SPOTLIGHT

Read only the few verses needed. Ask: What happens? What changes? What does this show about Christ or the Holy Spirit?

SORT IT

Write words on scraps of paper and group them: gift/fruit/virtue, Baptism/Confirmation/Eucharist, fear/courage/witness, etc.

REAL-LIFE NEXT STEP

End by naming one concrete action for the coming week - something small enough actually to do.

The Holy Spirit, Lord and Giver of Life

Page 1 • Opening & activity

AIM

The Holy Spirit is a divine Person, true God with the Father and the Son - not merely a feeling, force or symbol.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Write or say three things people might mean when they say “spirit”: mood, energy, ghost, personality, God. Ask: which of these fits the Holy Spirit - and which definitely does not?

DO SOMETHING

Person or power? Give six statements such as “can love”, “can guide”, “is a feeling”, “sanctifies”, “comes and goes with my mood”, “is worshipped with the Father and Son”. Sort them into TRUE / FALSE.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 1. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

The Holy Spirit, Lord and Giver of Life

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Why does it matter that the Holy Spirit knows and loves, rather than being an impersonal force?
- What difference would it make to prayer if the Holy Spirit is a Person?
- Where does the catechism say the Spirit is active in Christian life?

CHECK THE CENTRAL TRUTH

Ask the candidate to explain the Trinity without saying “three gods”. Do not demand a perfect analogy; simply check that they can say one God in three divine Persons.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Come, Holy Spirit, teach me to know you, love you and follow your inspirations with a willing heart. Amen.

THIS WEEK

Pray the Glory Be slowly once each day, consciously addressing Father, Son and Holy Spirit.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

The Promise and Pentecost

Page 1 • Opening & activity

AIM

At Pentecost the Holy Spirit strengthened fearful disciples to become courageous witnesses.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Before opening the catechism, ask: “What makes someone stay silent even when they know something is true?” Write down a few reasons: fear, embarrassment, wanting approval, uncertainty.

DO SOMETHING

Read Acts 2:1-11 aloud with different people reading narrator / crowd / Peter if desired. Circle or name every sign of movement: wind, fire, speech, proclamation, gathering.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 2. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

The Promise and Pentecost

Page 2 • Conversation, prayer & action

TALK TOGETHER

- What actually changed in the Apostles after Pentecost?
- Was Pentecost mainly a private spiritual feeling, or did it send them outward?
- Where might a Catholic teenager need courage to be known as Catholic?

CHECK THE CENTRAL TRUTH

Give a scenario: friends mock someone for going to Mass. Ask for three possible responses - aggressive, silent, truthful-and-charitable. Which best shows Christian courage?

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Holy Spirit, as you strengthened the Apostles, give me courage to confess Christ and charity to serve those he loves. Amen.

THIS WEEK

Do one small act of visible Christian courage this week: make the Sign of the Cross before a meal, answer a question honestly, or defend someone being mocked.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

The Sacraments of Christian Initiation

Page 1 • Opening & activity

AIM

Baptism, Confirmation and Eucharist belong together: new life, strengthening and nourishment in Christ.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Draw three large circles labelled BAPTISM, CONFIRMATION, EUCHARIST. Ask the candidate to place the words “new life”, “strengthening”, “food”, “membership”, “mission”, “Communion” where they belong.

DO SOMETHING

Use the image of a living plant: being planted, strengthened to grow, continually fed. Ask where the analogy helps and where it breaks down.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 3. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

The Sacraments of Christian Initiation

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Why is Confirmation not “graduation from Church”?
- What did Baptism already give?
- What does the Eucharist continue to do after Confirmation?

CHECK THE CENTRAL TRUTH

Ask: “What would six months after Confirmation look like if someone had treated it as graduation?” Then ask what the opposite would look like.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Father, thank you for making me your child in Baptism. Complete your work in me and keep me faithful at the table of your Son. Amen.

THIS WEEK

Find your baptismal date and church. If possible, ask a parent or godparent what they remember about the day.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Confirmation in Scripture and Tradition

Page 1 • Opening & activity

AIM

The Apostles prayed and laid hands on the baptised so that they would receive the Holy Spirit; the Church preserves this apostolic pattern.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Put a Bible in the middle. Ask: “If someone says Confirmation was invented centuries later, where would you begin looking?” Then open Acts 8:14-17 together.

DO SOMETHING

Scripture detective: read Acts 8:14-17 and Acts 19:5-6. On paper make four headings: Baptised / Apostles or Paul / Prayer / Laying on of hands. Fill in what you find.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 4. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

Confirmation in Scripture and Tradition

Page 2 • Conversation, prayer & action

TALK TOGETHER

- What happens before the laying on of hands?
- Who comes to the baptised people?
- What does the Church preserve from the apostolic pattern?

CHECK THE CENTRAL TRUTH

One-minute explain: “Where does Confirmation come from?” Candidate answers as if speaking to a sceptical friend.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord Jesus, you gave the Holy Spirit to your Church. Keep me in the faith of the Apostles and make me faithful to their mission. Amen.

THIS WEEK

Read Acts 8:14-17 once more during the week and underline one phrase you want to remember.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

The Minister, Matter and Form

Page 1 • Opening & activity

AIM

The Church does not invent sacraments as she goes: Confirmation has a minister, sacred chrism and sacramental words.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Place three headings on paper: WHO? WHAT? WORDS? Ask the candidate to guess what belongs under each before opening the catechism.

DO SOMETHING

Rehearsal without pretending to confer the sacrament: candidate stands, sponsor position is described, mentor says “The bishop anoints the forehead with chrism and says the sacramental words”; candidate practises answering “Amen”. Do not mimic anointing with oil.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 5. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

The Minister, Matter and Form

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Why is the bishop normally the minister?
- Why does the Church use definite words and signs?
- What does the candidate answer after the sacramental words?

CHECK THE CENTRAL TRUTH

Ask the candidate to explain the link between the bishop and the Apostles in one sentence.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

God of the Apostles, keep our bishop and priests faithful. Through their ministry, strengthen your people in holiness and truth. Amen.

THIS WEEK

Learn the name of the diocesan bishop and pray for him by name.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Anointing, Chrism and the Spiritual Seal

Page 1 • Opening & activity

AIM

Oil, fragrance, anointing and seal make visible the invisible grace of consecration, strength and permanent belonging to Christ.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Bring a small bottle of ordinary scented oil or hand cream if available. Let the candidate smell it. Ask: “Why might the Church use something that can be felt and smelled?” Make clear this is not sacred chrism.

DO SOMETHING

Symbol match: OIL = ? FRAGRANCE = ? SEAL = ? CROSS = ? Have the candidate match to strength/consecration, holy witness, permanent belonging, Christ.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 6. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

Anointing, Chrism and the Spiritual Seal

Page 2 • Conversation, prayer & action

TALK TOGETHER

- What can oil communicate without words?
- Why does fragrance make a good image for Christian witness?
- What does a permanent seal say about belonging?

CHECK THE CENTRAL TRUTH

Ask for one example of a life that has a “good fragrance” - a way holiness becomes noticeable without showing off.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Holy Spirit, seal me for Christ. Let my thoughts, words and actions carry the fragrance of his truth and charity. Amen.

THIS WEEK

At church, notice whether the holy oils are displayed. If you see them, identify which vessel is chrism if labelled.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

The Effects and Character of Confirmation

Page 1 • Opening & activity

AIM

Confirmation deepens baptismal grace, strengthens the bond with Christ and the Church, and gives special strength for witness.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Ask: “If Confirmation really changes something, what should it strengthen?” Let the candidate suggest answers before reading the catechism.

DO SOMETHING

Everyday witness cards: give scenarios - correcting a lie, refusing gossip, explaining why you go to Mass, choosing honesty in schoolwork, defending someone excluded. Ask what truthful and charitable witness looks like.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 7. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

The Effects and Character of Confirmation

Page 2 • Conversation, prayer & action

TALK TOGETHER

- What does Confirmation deepen?
- What kind of strength does it give?
- Why is Christian witness not the same as being argumentative?

CHECK THE CENTRAL TRUTH

Have the candidate complete the sentence: “Confirmation is not about making me louder; it is about making me more...”

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Holy Spirit, deepen every grace of my Baptism. Make me a courageous, gentle and faithful witness of Jesus Christ. Amen.

THIS WEEK

Write one sentence you could say kindly if someone asked, “Why are you Catholic?”

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

The Seven Gifts of the Holy Spirit

Page 1 • Opening & activity

AIM

The seven gifts make us ready to follow the promptings of the Holy Spirit in real choices.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Write the seven gifts on separate scraps of paper. Put them face down. Pick one at random and ask: “Where might someone our age need this?”

DO SOMETHING

Scenario match: choosing friends wisely; revising a difficult belief; refusing peer pressure; praying with reverence; asking advice before a decision; seeing possessions in the light of God; choosing what leads closer to God. Match each to a gift.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 8. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

The Seven Gifts of the Holy Spirit

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Which gift is easiest to understand?
- Which is most often misunderstood?
- Which gift do you most need now, and why?

CHECK THE CENTRAL TRUTH

Make a “gift for this week” card: name one gift, one situation and one concrete action.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Spirit of wisdom and understanding, counsel and fortitude, knowledge, piety and holy fear, make me docile to your grace. Amen.

THIS WEEK

Ask especially for one gift each morning and notice one moment when you needed it.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Virtues, Fruits and Charisms

Page 1 • Opening & activity

AIM

Virtues shape who we become; fruits show grace ripening in a life; charisms are gifts for serving the Church.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Put three headings down: WHO I AM BECOMING / WHAT OTHERS BEGIN TO SEE / WHAT I CAN USE TO SERVE. Ask the candidate where virtues, fruits and charisms belong.

DO SOMETHING

Fruit audit: choose three fruits from Galatians 5 and rate 1-5 how visible each has been in your week. No sharing of anything too private is required; the aim is honest reflection.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 9. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

Virtues, Fruits and Charisms

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Why can someone have an impressive ability without being holy?
- Which fruit of the Spirit would make the biggest difference in your home or friendship group?
- Why are charisms for service rather than attention?

CHECK THE CENTRAL TRUTH

Name one ordinary skill or interest - sport, music, organising, listening, technology, patience with children - and ask how it could serve others rather than self-promotion.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Holy Spirit, increase faith, hope and charity in me. Let your fruits be seen in my conduct and use every gift for the good of others. Amen.

THIS WEEK

Choose one fruit and practise one concrete action that expresses it this week.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Renewing the Promises of Baptism

Page 1 • Opening & activity

AIM

At Confirmation the candidate personally professes the Catholic faith already received in Baptism and rejects sin and Satan.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Ask: “What is the difference between inheriting something and personally choosing to live by it?” Use examples such as a family name, club, tradition or responsibility.

DO SOMETHING

Creed map: take the Apostles’ Creed and mark FATHER / SON / HOLY SPIRIT / CHURCH. Ask the candidate to choose one line they understand well and one they want explained more.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 10. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

Renewing the Promises of Baptism

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Are you inventing your own faith at Confirmation?
- What are you saying no to?
- What are you saying yes to?

CHECK THE CENTRAL TRUTH

Practice the logic, not a performance: mentor says “Do you reject sin?”
Candidate answers in ordinary language what that means before looking at the liturgical wording.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

O God, strengthen the faith given to me in Baptism. Help me reject sin, profess the Creed sincerely and live as your faithful child. Amen.

THIS WEEK

Read the Creed once slowly this week and choose one line to pray rather than merely recite.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Witness, Spiritual Combat and Mission

Page 1 • Opening & activity

AIM

The enemy is sin and evil, not other people; the confirmed fight spiritually with truth, grace, prayer, sacraments and charity.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Draw two columns: PEOPLE / REAL ENEMIES. Put “annoying classmate”, “temptation”, “person who disagrees”, “sin”, “the devil”, “someone who mocks faith”, “fear”, “pride”. Sort carefully.

DO SOMETHING

Choose-your-response: someone posts something hostile about Catholic belief. Compare four responses: insult back; hide faith; answer calmly with truth; pray and say nothing because engagement would only inflame. Discuss prudence and charity.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 11. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

Witness, Spiritual Combat and Mission

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Why must another person never become the enemy we hate?
- What are Christian “weapons”?
- Where does mission usually begin?

CHECK THE CENTRAL TRUTH

Mission map: family / school-college / parish / online / friends / poor and vulnerable. Candidate names one realistic form of witness or service in two areas.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Saint Michael the Archangel, defend us in battle. Holy Spirit, make me steadfast against sin and generous in the service of souls. Amen.

THIS WEEK

Do one quiet work of mercy or service without announcing it.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Preparing, Receiving and Persevering

Page 1 • Opening & activity

AIM

Preparation leads to a sacrament to be lived: prayer, Confession, state of grace, sincere intention and perseverance afterwards.

QUICK PREP

Have the Confirmation Catechism open at this lesson. Gather only the simple item mentioned below if you want to use it; otherwise adapt the activity verbally.

BEGIN WITH THE YOUNG PERSON

Ask: “Imagine it is six months after Confirmation. What would show that the day changed more than your photo album?” Let the candidate make the list first.

DO SOMETHING

Make a realistic four-part rule: SUNDAY / DAILY / REGULARLY / SERVICE. Candidate chooses one sustainable practice under each, using Appendix D as a guide.

NOW OPEN THE CATECHISM

Read the REMEMBER line and the short teaching in Lesson 12. Pause wherever the candidate has a real question. Do not rush to the formal answers yet.

Preparing, Receiving and Persevering

Page 2 • Conversation, prayer & action

TALK TOGETHER

- Why receive Confession beforehand?
- What does a sincere intention look like?
- What habits make Confirmation a beginning rather than an ending?

CHECK THE CENTRAL TRUTH

Rite walk-through: use Appendix A and ask the candidate to explain what happens next at each stage. Correct gently rather than testing.

USE THE CATECHISM QUESTIONS

Choose the two or three formal questions that best check understanding. Let the candidate answer in their own words first; only then use the concise catechism answer.

PRAY TOGETHER

Lord, complete the good work you have begun in me. Make me ready to receive your Spirit and faithful in every duty that follows. Amen.

THIS WEEK

Fix the practical plan for Confession, daily prayer, Sunday Mass and one regular form of service.

FOR THE ADULT ALONGSIDE

Keep this conversational. If a genuine question takes the meeting in a useful direction, follow it. The aim is understanding, faith and a free Catholic response - not finishing a page.

Connecting the activities to readiness

Use this quietly; it is not a score sheet for the candidate

CATHOLIC FAITH

Can the candidate explain simply who the Holy Spirit is and what Confirmation gives?

SACRAMENTAL UNDERSTANDING

Can the candidate connect Baptism, Confirmation and Eucharist, and recognise the bishop, chrism, sacramental words and spiritual seal?

FREEDOM & INTENTION

Do they genuinely want to receive the sacrament and renew baptismal promises sincerely?

STATE OF GRACE

Do they understand the need for repentance and have a practical opportunity for Confession?

PRAYER & MASS

Are Sunday Mass and personal prayer becoming real habits rather than preparation-only requirements?

WITNESS & CONDUCT

Can they see that Catholic faith shapes truthfulness, chastity, justice, mercy, service and ordinary decisions?

SPONSOR & RITE

Is there a suitable sponsor, and does the candidate know the basic shape and responses of the rite?

Final readiness remains a pastoral judgement, not a points total.

A final word to parents, mentors and priests

Keep the person in front of you more important than the programme

THE CATECHISM TEACHES. YOU ACCOMPANY.

The activity is successful when it helps the young person see, ask, understand, pray or act. It is not successful merely because every box was completed.

- Start with what the candidate actually thinks or asks.
- Do not embarrass someone who is quiet or unsure.
- Use examples from ordinary teenage life without becoming gimmicky.
- Keep doctrine exact, but explain only what is needed at that moment.
- Allow challenge: young people can handle serious Catholic teaching when it is connected to real life.
- Bring unresolved doctrinal, pastoral or safeguarding questions to the priest.
- End with prayer and a concrete next step rather than a lecture summary.

THE GOAL

A young Catholic who understands what they are asking for, freely desires the grace of Confirmation, is rooted in Sunday Mass and prayer, and is ready to live as a witness of Christ through the Holy Spirit.

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