

## Christ Our King Catholic Church – Confirmation Preparation

### Faith Journey Interview Project – Sponsor and Parents

#### Goals:

1. Gain a better understanding of your Sponsor's and your Parents' faith journey
2. Gain a better understanding of how the Holy Spirit is active in their lives
3. Spend time in conversation

#### Method:

1. Set up a time to meet with your Sponsor (In-person, phone, Zoom, FaceTime)
2. Begin and end with a prayer\*
3. Although the questions are in the form of an interview, be open to answering any questions that they may have of you. This should be a conversation. Take your time and enjoy your meeting, no reason to rush, you should plan on roughly an hour of time spent.
4. Write down their answers, especially those that stand out to you for any reason.
5. Complete Sponsor Interview Reflection Sheet
6. Repeat with a Parent
7. Complete Parent Interview Reflection Sheet

#### \*Opening Prayer Suggestions

1. The Our Father (It is the perfect prayer, given to us by Jesus himself!)
2. Prayer to the Holy Spirit
  - a. Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations. Through the same Christ Our Lord. Amen

#### \*Closing Prayer Suggestions

1. Spontaneous Prayer of Thanks
2. The Hail Mary

#### Interview Questions

1. How did you become Catholic? Were you baptized as a baby, or did you become a Catholic as an adult? How did you first learn about your faith? What do you do to continue to learn more about your faith?
2. What saint did you choose for your Confirmation name and why? Is that saint still your favorite? What is your favorite story about your favorite saint? What is one thing about their life that has helped you on your faith journey?

3. Describe a time when it was hard for you to “keep the faith” (Examples: Difficult time in your life, ridiculed for your faith, struggles to believe in the teachings of the Church). What did you do? Where did you go to find answers or guidance during those times?
4. One very special aspect of our Catholic faith is the Sacrament of Reconciliation. Tell me about your experiences with this Sacrament. What do you do to prepare for the celebration of the Sacrament of Reconciliation? How do you feel after you to the Sacrament of Reconciliation?
5. How do you feel that celebrating the Mass each week strengthens and nourishes you to live out your Catholic faith? Did you ever have a time in your life when you did not like going to Mass? If so, what did you do to change those feelings?
6. How often do you pray? Do you ever find it difficult to pray? Do you have a favorite place and time to pray? Do you have a favorite form or type of prayer? Who or what do you usually pray for?
7. Do you regularly participate in volunteer opportunities in your parish or community? Describe what you do and how it impacts your life. Why do you like to serve? Why is it important as a Catholic to serve?
8. Is it important to keep growing in your faith? How do you continue to grow in your faith? In what ways do you think you still need to grow in your Catholic faith?
9. Through the Sacrament of Confirmation, the gifts we first received at our Baptism are strengthened and increased with in us. These seven gifts, Wisdom, Understanding, Knowledge, Counsel (Right Judgement), Courage (Fortitude), Piety (Reverence), and Fear of the Lord (Awe and Wonder, represent the gifts and blessings that God gives us so that we may lead a good and holy life. They are special graces that are given to us through the Holy Spirit to enable us to respond to God’s call to holiness and love of neighbor.
  - a. Reflecting back on your life experiences and the decisions you have made, which of these gifts have you used the most?
  - b. Which gifts do you need to use more?
10. What do you think is one of the greatest challenges of being Catholic in the world today? What is the best thing about being Catholic?