

**St. Gabriel Catholic Church  
2024 Confirmation Packet**

**Statement of Intention**

I, \_\_\_\_\_, hereby state that I understand and wish to receive the Sacrament of Confirmation.

\_\_\_\_\_ I have actively prepared to receive the Sacrament of Confirmation.

\_\_\_\_\_ I understand that I should be in a state of grace (free from mortal sin) to receive this Sacrament.

\_\_\_\_\_ I intend to continue practicing the Catholic faith, living by the precepts of the Church.

\_\_\_\_\_ I am prepared to renew my baptismal promises.

\_\_\_\_\_ I am prepared to be responsible for my faith, and continue to grow in the knowledge of my faith.

\_\_\_\_\_  
Signature of Candidate

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Interviewer

\_\_\_\_\_  
Date

## **Packet Contents and Instructions**

This packet is to be completed by the Candidate with the assistance of Sponsors, families, friends, leaders, and teachers. Teens will be expected to be able to discuss activities, topics, and themes, so please do them to learn and do not just copy something off of a website. If you have any questions at all we are happy to help!

### Part I: Foundations of Faith

*This section includes basic questions about the faith, sacraments, and common practices.*

### Part II: Sacred Scripture

*This section includes short answer questions and a few passages for interpretation and reflection.*

### Part III: The Catechism of the Catholic Church

*This section includes 4 activities, one for each pillar of the Catechism. See instruction page for each session.*

### Part IV: Personal Faith Study

*This section allows for the teen to choose and direct their own faith study from a variety of methods. See instruction page. **This will take you approximately 4-6 weeks and is a great option to include in your Lenten observance!***

Part I: Foundations of Faith

The following questions are to ensure that those seeking the Sacrament of Confirmation have a basic working knowledge of the Catholic faith. Please answer them to the best of your ability.

**1. What is the Eucharist?**

**2. How long should the faithful fast (except for medical reasons) before receiving the Eucharist?**

**3. What is apostolic succession?**

**4. Who are the Persons of the Trinity?**

**5. What are the requirements for a sin to be mortal?**

**6. While Mass is offered every day of the year (except Good Friday), when are the faithful normally obligated to attend Mass?**

**7. How frequently must the faithful make a good Confession?**

**8. What are the 4 parts of a good Confession?**

**9. What happens if you go to Confession but knowingly withhold a mortal sin and do not confess it?**

**10. A Catholic must be in the state of \_\_\_\_\_ when receiving a Sacrament (aside from Baptism, Reconciliation/Confession, or Anointing of the Sick).**

**11. How often and in what liturgical season must the faithful receive the Eucharist?**

**12. List the 7 Sacraments of the Catholic Church and what/who they are for:**

Sacrament	Who receives it?	What does it do?

**13. What are the 3 Sacraments of Initiation?**

**14. What are the 7 Gifts of the Holy Spirit, and how does the Church define them?  
(This will typically be different than a standard dictionary definition.)**

Gift	Definition (Church, not dictionary)

Part II: Sacred Scripture

**Short Answer Questions**

1. How many Testaments is the Bible divided into?
2. How many Gospel accounts do we have?
3. What are the names of the Gospel accounts?
4. Name 3 letters written by St. Paul:
5. How many books are in Catholic bibles?
6. Did Jesus write anything in Scripture?
7. Name 3 of the different genres of Scripture:
8. When was the canon of Scripture defined? In other words, where did the table of contents come from?

**Reflection and Interpretation Questions**

Read Genesis 3:1-7. What do we commonly call this event?

Read Exodus 12:21-28. What event is this describing? What animal is talked about? What did they do with the blood? What did they do with the meat? What New Testament event does this foreshadow?

Read Matthew 26:26-30 & Luke 22:7-20. These are two different writers describing an event. What do we commonly call this event? What is it that we do now that this could be talking about?

Read Acts 2. What feast do we commonly call this? Share at least 3 other points from this chapter.

### Part III: The Catechism of the Catholic Church

*This section has four parts based on each of the pillars of the Catechism. A page is provided in this packet to complete the activity for each pillar. Basic instructions are below.*

#### **1. The Profession of Faith**

- a. Work through the 12 articles of the Creed and write down one thing you know about each statement we make when we profess it. These articles are listed in and provide the order of the first section of the Catechism. Looking at the table of contents in your Catechism, find the heading for each article and choose a subtopic to learn about and then summarize on the assignment sheet.

#### **2. The Celebration of the Christian Mystery**

- a. Choose anything from Section 2 of the Catechism and write 3 paragraphs. Consider describing what we believe about it, why you find it important, and any personal experience you have with it.
- b. When and how are you participating in the Sacraments? (Particularly Mass and Confession.)

#### **3. Life in Christ**

- a. Choose one moral teaching of the Church that you find challenging, surprising, important, countercultural, and/or interesting. What is it that we believe? Why? Be prepared to defend the Church's teaching on this topic. You should use at least one paragraph from the Catechism. Common selections (you are not limited to these): Abortion, Divorce & Marriage, Same Sex Attraction, Contraception, Indulgences...

#### **4. Christian Prayer**

- a. Read CCC # 2558-2559
- b. Describe two different forms or methods of prayer that you have participated in (attach an additional page).



**Catechism Activity 1: The Profession of Faith**  
The Twelve Articles of the Creed

Article 1: I believe in God, the Father Almighty, Creator of heaven and earth.

Article 2: And in Jesus Christ, his only Son, our Lord.

Article 3: Who was conceived by the Holy Spirit and born of the Virgin Mary.

Article 4: He suffered under Pontius Pilate, was crucified, died, and was buried.

Article 5: He descended into hell. The third day he arose again from the dead.

Article 6: He ascended into heaven and is seated at the right hand of God the Father Almighty.

Article 7: He will come again to judge the living and the dead.

Article 8: I believe in the Holy Spirit,

Article 9: the Holy Catholic Church, the Communion of Saints,

Article 10: the forgiveness of sins,

Article 11: the resurrection of the body,

Article 12: And in life everlasting.

## **Catechism Activity 2: Celebration of the Christian Mystery**

Answer the questions below.

1. Select one of the 7 Sacraments other than Confirmation to explain what we believe, why it is important, where we read about it in Scripture. Explain who receives it, the matter, form, and graces.

2. When and how are you participating in the Sacraments? (Particularly Mass and Confession.)

**Catechism Activity 3: Life in Christ**

Use this page to explain the teaching/topic you chose, then explain and defend it.

### Part IV: Personal Faith Study

The purpose of this section is for a teen to study their faith through a variety of methods. Our faith is something that must be pursued on its own throughout our lives. We must continually be renewing ourselves by the transformation of our minds (Romans 12:2).

**Step 1:** Choose a topic from the approved list below, or ask us for approval of something different. If you choose something different, ask before you start!

**Step 2:** Schedule out when and how you will complete this. It will likely be a daily thing and building that routine will take some commitment and specific planning.

**Step 3:** Complete the program!

**Step 4:** Write your summary. This should be 4-6 paragraphs (approximately 300 words) and you should be prepared to explain and discuss the material.

Summary Prompts (should you find them helpful):

- Summarize the topic, book, series, or theme.
- What were the challenges you faced during your study?
- In what ways can you recognize God inviting you to personal growth?
- Why should another teen your age read/watch this?

#### **Option 1: Watch a Series**

Formed Series

- Any Lectio Bible Study Series
- The Search Begins
- Into His Likeness: Be Transformed as a Disciple of Christ
- Eternal Rest: The Art of Dying Well
- The Wild Goose: Discovering a Deeper Relationship with the Holy Spirit
- If you find something else that interests you, let us know!

The Chosen

Watch one whole season and write a 3-5 sentences on each episode describe scriptural events that transpired, connections you make, and ways it has helped you grow in your faith.

Podcasts

Catechism in a Year w/Fr. Mike Schmitz (Must complete 4 weeks)

Bible in a Year w/Fr. Mike Schmitz (Must complete 4 weeks)

#### **Option 2: Read a Book**

Recommendations are on the next page. If you find something else you are interested in, email us for approval.

**Preapproved Reading List:** *(There are many other options, this is just a start!)*

Story of a Soul by St. Therese of Lisieux

Divine Mercy in My Soul by St. Faustina

Searching for and Maintaining Peace by Fr. Jaques Phillipe

Interior Freedom by Fr. Jaques Phillipe

A Father Who Keeps His Promises by Scott Hahn

Walking with God by Tim Gray

The Courage to be Catholic by George Weigel

He Leadeth Me by Fr. Walter Ciszek

With God in Russia by Fr. Walter Ciszek

Milestones by Joseph Ratzinger (Pope Benedict XVI)

Blessed are the Bored in Spirit by Mark Hart

Made for Love by Fr. Mike Schmitz

Emotional Virtue by Sarah Swafford

Pray, Decide, and Don't Worry by Jackie & Bobby Angel with Fr. Mike Schmitz

On Earth as it is in Heaven by Fr. Josh Johnson

Broken and Blessed by Fr. Josh Johnson

Confessions by St. Augustine

.....let us know if you find something else!

**Consecrations**

33 Days to Eucharistic Glory

33 Days to Merciful Love

33 Days to Morning Glory

Totus Tuus: A consecration to Jesus through Mary with reflections from Pope St. John

Paul II by Fr. Brian McAllister

Consecration to St. Joseph by Fr. Don Calloway