

# Saints Faith, Hope and Charity Confirmation Preparation Candidate/Sponsor Faith Sharing Sheet #4

(See "Candidate/Sponsor Faith Sharing Instructions" sheet  
for additional instructions about this process.)

Candidate's Name \_\_\_\_\_

These sheets are to be used as *guides* for the sharing sessions. The sheets are divided into three sections: *Prayer*, *Knowing My Faith*, and *Christian Service*. The reflections on these three sections can be recorded on the My Reflections pages in the candidate's journal (or any other notebook/journal). Candidates and sponsors should share the respective topics together, using as much of the sheet as time allows. Candidates then fill out the brief section at the bottom of the page and turn in this sheet to the Religious Education Office.

## Prayer

- If you are serious about your spiritual life, set aside time each day to examine your conscience. This means looking prayerfully at how you have or have not imitated Christ. After you have looked at your life, pray to the Holy Spirit, asking him to help you be Christlike in your thoughts, words, and actions. Do this each night this week. Write in your journal a resolution to follow Jesus better the next day. Examine your conscience each night. (For an Examination of Conscience, see your book or go to: [http://www.findinggod.org/m\\_frmwork.asp?id=2686](http://www.findinggod.org/m_frmwork.asp?id=2686))

## Knowing My Faith

- It is good to look over the past weeks and evaluate how your Confirmation preparation is helping you grow in your relationships with Christ, your family, your friends, and the Church. When have you been strong and faithful to Christ? When has it been difficult for you to live your faith?
- Write in your journal the Act of Contrition. Resolve to memorize it, if you have not already done so. (For the Act of Contrition, see your book or: [http://www.findinggod.org/m\\_frmwork.asp?id=7068](http://www.findinggod.org/m_frmwork.asp?id=7068))
- Write the Ten Commandments in your journal. Under each one, write how that commandment helps you show love for God or others. (For the Ten Commandments see your book or go to: [http://www.findinggod.org/m\\_frmwork.asp?id=2780](http://www.findinggod.org/m_frmwork.asp?id=2780))

## Christian Service

- How can you be a Christian healer or peacemaker at home this week?

*God bless you in your faith sharing!*

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Candidates - fill out this section and then return form to: Saints Faith, Hope and Charity, Religious Education Office  
200 Ridge Avenue, Winnetka, 60093  
OR: [sdoubet@faithhope.org](mailto:sdoubet@faithhope.org)

Date you discussed this sheet with your sponsor: \_\_\_\_\_

Which topics (from above) did you discuss with your sponsor? \_\_\_\_\_

What did you learn from your sponsor? \_\_\_\_\_