

CONFIRMATION ACTIVITY BOOKLET



Come Holy Spirit

Name _____

CONFIRMATION

GROWTH & SERVICE OPPORTUNITIES

Each student preparing for the Sacrament of Confirmation is expected to complete activities to challenge their faith and spiritual growth personally, in their church community, and by serving others.

Activities will be from each of the following four categories:

- 1- **Self - Classroom/Mini-Retreats/On Own**
- 2- **Family**
- 3- **Parish**
- 4- **Community – Starfish Project (with Sponsor)**

A reflection & sharing sheet will accompany each activity. This will be completed by the confirmand and should be signed by an adult who can verify each activity's completion.

Please bring this booklet to **EACH** mini-retreat and designated class dates for items to be checked off.

Turn in the COMPLETED booklet to Jake Gerber at least one month before Confirmation.

Check off the items in this booklet as you complete them making sure you fill out the reflection & sharing sections.

Questions?

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517-783-2748, ext. 1024

SELF ACTIVITIES

Activities

- Grow through practice of each of the Works of Mercy.
(See pages 4-5 for examples)

Will be completed in Faith Formation and/or mini-retreats:

- Complete selected sections of the confirmation program with teachers/catechists during Faith Formation and/or mini-retreats.
- Learn and practice different prayer styles (i.e. Examen, Lectio Divino) during class & mini-retreats.
- Reflect on the keynote *Love Matters* by Jason Evert (during Faith Formation).
- Discover the importance of the Holy Spirit coming into our lives, living virtuously, and discipleship (during mini-retreats).

Self Activity – Works of Mercy

What activity did you choose for each Work of Mercy?

State any positives or negatives regarding the activity.

1. Feed the Hungry _____
2. Give Drink to the Thirsty _____
3. Clothe the Naked _____
4. Shelter the Homeless _____
5. Visit the Sick _____
6. Bury the Dead _____
7. Counsel the Doubtful _____
8. Instruct the Ignorant _____
9. Admonish the Sinner _____
10. Comfort the Sorrowful _____
11. Forgive Injuries _____
12. Pray for the Living and the Dead _____

THE CORPORAL WORKS OF MERCY

... *"are charitable actions by which we help our neighbors in their BODILY needs."*

Feed the Hungry

- ❖ volunteer at a soup kitchen – Jackson Interfaith Shelter, or any place you know of
- ❖ make sandwiches and hand them out to homeless people
- ❖ bring a meal to a family with a new baby
- ❖ bring a meal to a family having a difficult time
- ❖ share food with a friend or sibling
- ❖ make dinner for your family
- ❖ throw a dinner party for friends you don't think could afford a nice dinner
- ❖ don't throw a dinner party and donate the money you would have spent
- ❖ eat beans and rice for a week and donate your grocery money

Give Drink to the Thirsty

- ❖ give water to someone working in your neighborhood
- ❖ set up a lemonade stand and donate the money you make
- ❖ give out water bottles at an event on a hot day
- ❖ Make an effort not to waste water. Remembering to turn off the water faucet when you are brushing your teeth or washing dishes can help, especially in regions suffering from drought.

Clothe the Naked

- ❖ clean out your closets and donate your unneeded clothing
- ❖ organize a charity clothing drive
- ❖ offer to help sort clothing at your local pregnancy resource center
- ❖ do the laundry for your family for a week
- ❖ help a younger sibling (who needs help) get dressed

Shelter the Homeless

- ❖ donate food or blankets to a homeless shelter
- ❖ donate to disaster relief services
- ❖ take in a foster child
- ❖ take in a needy relative
- ❖ help an elderly neighbor with home repairs or tasks

Visit the Sick

- ❖ visit a friend or family member in the hospital
- ❖ visit a nursing home
- ❖ look after a sick member of your family at home
- ❖ help an old or sick person with errands or chores

Visit the Prisoners (people can often feel imprisoned in ways other than being in jail including the elderly and addicted)

- ❖ visit an imprisoned friend or family member
- ❖ write a letter to an imprisoned friend or family member
- ❖ visit a nursing home, or a lonely member of your parish
- ❖ offer to babysit for a mother of all young children
- ❖ offer to babysit a younger sibling for your mom

Bury the Dead

- ❖ Send a card to someone who has recently lost a loved one. Make your own card and use some of these prayers.
- ❖ Visit the cemetery and pray for those you have lost.
- ❖ go to a funeral (yes, even young people)
- ❖ visit a cemetery and put flowers on graves
- ❖ learn about your ancestors

THE SPIRITUAL WORKS OF MERCY

Spiritual Works of Mercy guide us to "help our neighbor in their SPIRITUAL needs"

Counseling the Doubtful

- ❖ learn the teachings of the Catholic Church so you'll have the answer if you get asked a question
- ❖ pray outside an abortion clinic
- ❖ be there to listen to a friend and give good advice
- ❖ reach out to a friend you think might need good advice
- ❖ help a sibling or friend make the right choice

Instructing the Ignorant

- ❖ teach a catechism class
- ❖ share a helpful article or blog post in a friendly way
- ❖ lend a good book
- ❖ be an OCIA sponsor or a godparent (after Confirmation and when you turn 16)
- ❖ help a sibling read a book, play a game, or learn a prayer

Admonishing the Sinner

- ❖ set a good example
- ❖ remind a sibling or friend of the rules
- ❖ offer to bring a friend or family member to Confession
- ❖ have a calm and loving chat with a person with whom you have a relationship about a particular sinful behavior

Comforting the Sorrowful

- ❖ visit a friend or family member who is having a difficult time
- ❖ send someone a sympathy card or a care package
- ❖ remember the anniversary of a friend's miscarriage or loss of a child or spouse
- ❖ read a story or sing a song to a sibling who is feeling sad

Forgiving Injuries

- ❖ call or write to an estranged friend or family member
- ❖ give a friend or sibling a second chance
- ❖ Participate in the Sacrament of Penance
- ❖ Pray the Divine Mercy Chaplet
- ❖ bearing wrongs patiently
- ❖ Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience.

Praying for the Living and the Dead

- ❖ visit a cemetery, especially in November (all Souls)
- ❖ keep a list of prayer intentions
- ❖ say a family Rosary
- ❖ pray a Divine Mercy Chaplet for those who will die this day
- ❖ pray the Prayer of St. Gertrude for the souls in Purgatory
- ❖ choose a family in your community and dedicate an entire week to praying for them

PARENT AND/OR FAMILY ACTIVITIES

Family Activity

- ☐ 1. Participate in a simplified Examen Prayer time at least once a month:
 - ☐ Enter God's Presence (Sign of the Cross, Come Holy Spirit, etc.)
 - ☐ What happened today?
 - ☐ How was God present, and how did we respond?
 - ☐ "Pray the Day"
 - Have the entire family participate in an informal setting.
 - Each person shares highs and lows for the day.
 - Offer a prayer after each person's mention.
 - Give the events of the day back to God in prayer.
 - Highs – give back in thanks and praise.
 - Lows – give back by offering them up.
 - End with a simple prayer.

Checklist for monthly Examen Family Time:

Month of

- | | |
|---|---|
| ☐ September 2026 | ☐ April 2027 |
| ☐ October 2026 | ☐ May 2027 |
| ☐ November 2026 | ☐ June 2027 |
| ☐ December 2026 | ☐ July 2027 |
| ☐ January 2027 | ☐ August 2027 |
| ☐ February 2027 | ☐ September 2027 |
| ☐ March 2027 | ☐ October 2027 |

- ☐ 2. Optional/recommended for parents – I'll send out a link to watch Jason Evert's "Parenting for Purity," the counterpart of his "Love Matters" which the Faith Formation students will watch in class. I can send out a link to "Love Matters" as well for any non-Faith Formation student that would like to watch it. It is excellent.

PARENT AND/OR FAMILY ACTIVITY REFLECTION & SHARING SHEET

Name _____

Family Activity – Examen Prayer Time

What were the positives that you gained from this activity?

What were any negatives from this activity?

Would you consider doing this activity another time without it being required? _____

Signature of adult who can verify your completion of this activity:

Signature

Date

Optional Parent Activity – “Parenting for Purity”

What did your parents learn from this video?

Signature

Signature

Date

PARISH MINISTRY & ACTIVITY IDEAS

“For I have come, not to be served but to serve.”

Ministries & Service

Sign-Up Links Will be Sent to Emails as Opportunities Arise

- Participate in/Sign Up for **10 hours** of volunteer positions, activities, and/or ministries at the church/community as they become available. See handbook for more details about service hours.

EXAMPLES of opportunities:

- Help elderly neighbors/relatives with yard work.
- Assist with the Christmas and Easter dinners at Queen’s.
- Adopt elderly parishioner and arrange monthly visit (on own – no sign up – track time (would be a great Starfish Project)).
- Tutor a younger sibling (on own – no sign up – track time).
- You may count any ministries on your own as well (lector, server, choir, usher).

Activities

Attend/participate in at least **ONE but as many as possible** of any of the following activities that are NOT a Holy Day of Obligation (you STILL need to attend Holy Days of Obligation!):

- | | |
|-----------------------------------|--------------------------------|
| → Youth group meetings on Sundays | → Stations of the Cross (Lent) |
| → | → Public Rosary, October |
| → Life Chain, October | → _____ |

PARISH MINISTRY REFLECTION & SHARING SHEET

Name _____

Parish Volunteer Hours/Ministries/Activities

How did serving the church help you grow as a person and feel about yourself?

Why is volunteering for your church important? _____

Would you continue to participate in these activities throughout life? _____

Explain:

What did you learn and/or how did you grow from the activities you attended?

Would you consider attending/participating in these activities again? _____

Explain:

Signature of adult who can verify your completion of this activity:

Signature

Date

COMMUNITY ACTIVITY **WITH SPONSOR**

STARFISH PROJECTS

One of the challenges of living our Catholic Christian Faith is to be of service to others. Jesus commissioned us through the Scriptures to do unto others as we would have them do unto us:

***“Whatever you did for one of the least brothers and sisters of mine, you did for me.”
(Matthew 25:40)***

- Jackson Interfaith Shelter – Visit website for information, volunteer sign-up, age appropriate volunteer activities - <https://www.interfaithshelter.com/>
- Jackson Right to Life – Visit website for information, volunteer sign-up, age appropriate volunteer activities - <https://jacksonforlife.org/>
- Nursing Home – Make Cards/gifts, Christmas Carol/Entertain on Patio
- **Any other projects on your own are to be approved by Jake.**

Be sure to select a project where you make a **HUMAN connection!**

- Projects are to be completed by **CONFIRMAND AND SPONSOR**.
You may choose to work in a small group of students and sponsors.
- Projects should involve at least one of the **Corporal Works of Mercy**.

FEED THE HUNGRY -

GIVE DRINK TO THE THIRSTY -

CLOTHE THE NAKED -

SHELTER THE HOMELESS –

VISIT THE SICK -

VISIT THE IMPRISONED -

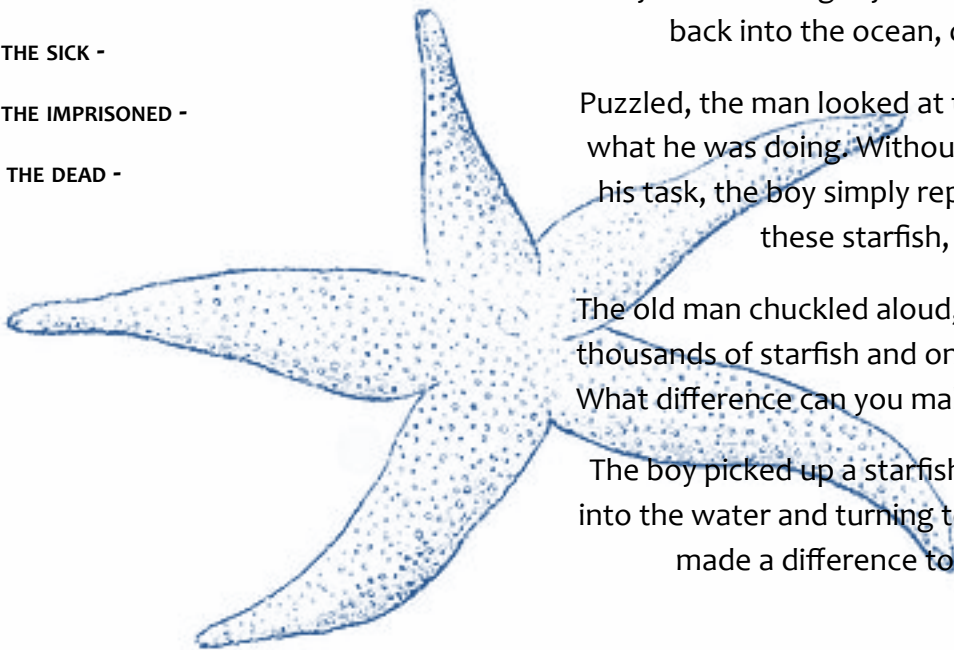
BURY THE DEAD -

One day, an old man was walking along a beach that was littered with thousands of starfish that had been washed ashore by the high tide. As he walked he came upon a young boy who was eagerly throwing the starfish back into the ocean, one by one.

Puzzled, the man looked at the boy and asked what he was doing. Without looking up from his task, the boy simply replied, “I’m saving these starfish, Sir”.

The old man chuckled aloud, “Son, there are thousands of starfish and only one of you. What difference can you make?”

The boy picked up a starfish, gently tossed it into the water and turning to the man, said, “I made a difference to that one!”



CONFIRMATION WORKS OF MERCY
COMMUNITY ACTIVITY REFLECTION & SHARING SHEET
STARFISH PROJECT WITH SPONSOR

Name of Confirmation Candidate _____

Name of Sponsor _____

If you worked with a group, list all names here _____

1 – What was the project you participated in? _____

Why did you select this activity? (Who or what suggested to you that there was need for help?) _____

2 - What was the hardest part of your Starfish activity?

3 - How did your sponsor help you with this activity?

4 - Who benefited from your involvement in this aspect of community life?

How?

5 - Could you complete an activity such as this throughout your life?

Signature of adult who can verify your completion of this activity:

Signature

Date