

**How to Prepare for Confirmation – Candidate & Sponsor**

How you and your sponsor can prepare for your confirmation:

1. Attend Sunday Mass every Sunday
2. Ask to see a priest and have a good confession - the sacrament of Penance and Reconciliation
3. Pray every day, such as in the morning and evening:
  - (1) Read a few Psalms in the Book of Psalms in the Bible - these are inspired prayers and very enlightening - skim through them and find a few that catch your eye.
  - (2) make silence within you, giving God a chance to touch your mind and heart
  - (3) you can also let the prayers of the Rosary help you meditate and ponder the mysteries of the Rosary
4. Make peace with anyone with whom you have differences, to the extent the other is willing. If not, pray for that person, as Jesus asked us to do.
5. Read up a little and reflect on the role of Confirmation in our relationship with God, others, our own life, and the world:

<http://www.americancatholic.org/features/Sacraments/Confirmation.asp>

6. Read up a little on what it means to be a Catholic Christian and what Jesus is offering us through faith in a relationship with God our Father and the Holy Spirit - check out the table of contents and click on points of interest:

[http://www.vatican.va/archive/catechism/ccc\\_toc.htm](http://www.vatican.va/archive/catechism/ccc_toc.htm)

On the day of your Confirmation, you and your sponsors please come at least 30 minutes early. We'll need time to run through what will happen during the Mass. Give yourself extra time so you don't have to rush or so you don't miss out on what I will be doing with you before Mass. I will have to prepare myself 15 minutes before Mass; so I will have to begin with you 30 minutes before Mass. If you're not there, you will miss it.

Fr. Gilles / l'abbé Gilles