

Come, Holy Spirit Journal

The following prayer book/journal is written with Confirmation candidates **and their sponsors** in mind. (A parent can “fill in” for the sponsor if he/she is not available)

Use it for your reflection throughout the time that you are preparing to receive the sacrament.

Don't rush through the process. Ideally, a candidate / sponsor team would only complete a page or two in a sitting. Be creative! Talking over the telephone, or through the mail (“e” or “snail”) is fine too!

Answers must be thought-filled and show some level of reflection. They will not be indiscreetly shared with anyone, and this book will be returned to you after you have been given credit for its completion. Remember, there aren't any “right” or “wrong” answers... just answers that have meaning for you.

The following format is used consistently throughout:

1. **Quotation / Scripture Passage(s)**
2. **Question(s) for discussion and reflection**
3. **Space for written responses or notes.** The written responses need not be lengthy, but should reflect the best content of your discussion... the “Ah-Ha” moments... the heart of meaning from your thoughts. These responses are for you, the student. It is our hope that you will find the process of journaling, through this important time of your life rewarding. Each space for responses will be labeled with a “C” for the candidate, and “S” for the sponsor's responses.

GIFTS TO SHARE

For as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually parts of one another. Since we have gifts that differ according to the grace given to us, let us exercise them: if prophecy, in proportion to faith; if ministry, in ministering; if one is a teacher, in teaching... (Romans 12:4-7)

What gifts did God give me? What type of vocation am I called to? Would I be a great teacher? ...a good athlete? What gifts do I have to offer the Church? What gifts do you bring to your family?

C:

S:

MY MORNING OFFERING

Jesus Lord, I offer You
This new day because
I believe in You,
I love You,
I hope all things in You
And thank You for Your blessings.

I am sorry for having
Offended You
And I forgive everyone
Who has offended me.

Lord, look on me
And leave in me
Peace and courage
And Your humble wisdom.

May I walk Your Way
As a child of light
To serve others cheerfully
And be pleasing to You all day.

This prayer is designed to “set the mood” for your day. We hope you’ll pray it often. Do you ever think about the fact that God sees and knows all you do? How does that make you feel?

C:

S:

THE GREAT COMMANDMENT

“Love the Lord your God with your whole heart and soul and mind and with all your strength, and your neighbor as yourself.”

This is God’s First Commandment, and you obey it when you offer yourself to God with complete trust.

Every hair of your head has been counted so you are to have no fear.

The love of God is poured into your heart by His Spirit.
Who can save and heal and make you strong?

Do you ever rely on doing what you think is “best” in a situation? Do you ever take time to consider if it is what God would think is best? Do you take time to listen to God when you pray? What has He said to you?

C:

S:

PRAYER OF TRUST

Father, I trust in You at all times. You know my weaknesses and sins, and You know also that I love You. Help me to believe strongly, to hope for all things in You and to serve You devotedly.

We all sin, but we know that God wants us to avoid whatever leads us to sin. God also wants us to ask forgiveness for past sins, and to resist sinning in the future.

What sin do you struggle with? What can you do to avoid that sin in the future?

C:

S:

PRAYER OF JOY

Father, I know Your kindness will never be surpassed. You are just, merciful, generous and near to those who call to be reborn and filled with Your Holy Spirit.

Father, may Your loving Presence in the Eucharist protect me and keep me close to You.

By consuming Christ in the Eucharist each week, we believe that we become, even more, the Body of Christ. Can YOU make a commitment to attend Mass weekly? Are you WILLING to make that commitment? Do you want to be a part of the Body of Christ? Do you want to be Confirmed?

C:

S:

YOU ARE A TEMPLE

The love of God is being poured into your heart by His Spirit living in you. The Lord says, "I will pour clean water on you and I will give you a new heart, a new spirit within you." Now the Holy Spirit is simply yours. You are His temple, you are the temple of His glory.

The Holy Spirit knows your name from the beginning of the world, and when He speaks your name it is with love. You may truly say, "Somehow, I am necessary for God's purpose, as necessary in my place as an archangel in his."

(Cardinal Newman)

Do you take time to listen to the Holy Spirit inside you? Do you listen to the Spirit telling you how to be the person God created you to be? What is the Spirit saying to you about your choices? ...about your integrity? ...about situations of peer pressure?

C:

S:

A pure heart sees God,
A humble heart hears God,
A loving heart serves God,
A believing heart abides in God
and God dwells in that heart as well.

What areas of your life need purification in order to be more like Christ? Do you need to be more humble?
...more loving? Do you sometimes doubt about the existence of God? We all have ways we need to improve.
Name one thing you'd like to work on and that you'll commit to praying for.

C:

S:

PRAYER OF YOUNG KOREAN CHRISTIAN WORKERS

(From St. John of the Cross)

Blessed Jesus;
Please give to me
Stillness of soul
And let Your mighty calmness
Reign in me.

Rule me, King of gentleness,
King of peace.
Give me great power
of self-control
over my words and thoughts
and actions.

From all irritability
want of meekness,
want of kindness,
deliver me, dear Lord.

From Your own deep patience
give me patient stillness of soul
in You.
Make me in this
and in everything
more and more like You. Amen

Sometimes it is hard to be patient. Self-control is a virtue that many of us struggle with, but we can't be like Christ without it. What other virtues does Jesus model for us? Which do you need to work on?

C:

S:

SEND US YOUR SPIRIT!

After Jesus was taken up to heaven, the Apostles, Mary, and other women gathered to pray together. They knew that they needed the Holy Spirit, promised by Jesus, to begin the difficult task of giving witness to the Reign of God. Today, we continue to pray:

Jesus, send us your Spirit and renew the face of the earth. You know our strengths and weaknesses. Transform us into messengers of your Gospel for those who yearn for you.

Jesus, send us your Spirit and renew the face of the earth. You know our history, with its beautiful and painful experiences. Help us to be untiring promoters of a society based on love, justice, and peace.

Jesus, send us your Spirit and renew the face of the earth. You know our longing for love and community. Make us instruments of unity and service, especially for those who are weak and those who are lonely. Amen.

Those first apostles worried that they wouldn't be able to spread the Gospel of Jesus. Are you unsure of your ability to do so? Do you worry that people will think you are weird?

C:

S:

A SIMPLE ACT OF CONTRITION

Lord, help me to be cheerful, useful and always willing to forgive so that You may forgive me.

God forgives all of our sins. We need to, however, make it a practice to participate in the sacrament of Reconciliation on a regular basis. (at least once a year) If we form a habit of going when our sins are “little” (venial) we will be more inclined to seek Reconciliation when our sins are “big” (mortal).

When was the last time you attended a Reconciliation service? When was the last time that you participated in the sacrament “face to face?” If it has been a while, what is keeping you away?

C:

S:

ANOINTING

For in Christ every one of God's promises is a "Yes." For this reason, it is through him that we say the "Amen," to the glory of God. But it is God who establishes us with you in Christ and has anointed us, by putting his seal on us and giving us his Spirit in our hearts as a first installment." (2 Cor 1: 20-22)

During the Confirmation ceremony, the bishop anoints with oil the heads of those being Confirmed and signs them with the gift of the Holy Spirit. We pray that the Holy Spirit strengthen those who have been Confirmed to live the Gospel and share the Good News of Jesus Christ, just as the Apostles did at the first Pentecost.

You will be anointed for your mission to share the Good News of Jesus Christ! Do you have the courage? The Spirit is with you! How do you plan to tell others about Jesus' life, death and resurrection?

C:

S:

THE SEVEN SACRAMENTS

Sacraments of Initiation

Baptism

Eucharist

Confirmation

Sacraments of Healing

Reconciliation

Sacrament of the Sick

Sacraments of Vocation

Marriage

Holy Orders

Confirmation is the third sacrament of INITIATION. Initiation implies a beginning, not an end.

Do you view Confirmation as a sort of graduation, or as the beginning of the next stage of your faith journey? If this is the beginning, what is your next step?

C:

S:

THE HOLY SPIRIT AT HOME

The Holy Spirit comes to you where you live, and He loves you as you are.

Your home and your family and friends are part of His plan, the will of God for you.

Home is where you learn to be amiable (friendly and good-humored). Since homes are also where sinners live, you will need to practice being kind, patient and forgiving as well

Speak your love and thankfulness often, give loving service any way you can, and spend precious time together. Your home and those you love will not be there forever—life is fragile, ever changing.

If you found out that your life was about to change drastically... like moving to another country, or having to move away from friends or family, would you say anything to those you love? Would you regret leaving any relationships the way they are today? What can you do to make your relationships better?

C:

S:

THE HOLY SPIRIT

The Holy Spirit gives you His courage and His own enduring strength. He is present as you awaken each morning and He stays near all day. You breathe in His grace and mercy. If you judge according to human feelings, you would not dare to think that the Holy Spirit is within you as in a temple. This mystery is wonderful indeed, and you have the word of God, Himself, that is true.

Much of our faith is unseen. ...which is why it requires FAITH to have FAITH! Are you willing to make the “leap” it takes to have faith? Can you open your heart to God and accept the freely given gift of God’s grace in your life?

C:

S:

PRAYER

Father, whatever makes me anxious I lay in Your hands and thank You for understanding. This day, if I forget You, Lord, do not forget me, but remind me to return to Your love and care. I cannot persevere without Your powerful grace to strengthen me. Come, Holy Spirit, Father of the poor, giver of God's gifts, light of hearts, help me love and serve God and the needs of others.

Service is one of the requirements of Christian living. What type of service to the poor or needy is of interest to you? What way can YOU make the biggest contribution to the needs of others?

C:

S:

BE ON GUARD...

Remember that Satan will tempt you every day, because he is full of hatred and greed. He makes use of the cynical world, people around you and even your own thoughts. But do not be afraid. Dismiss all worry and instead talk about your needs to God in prayer full of trust.

Christ never speaks idle words. He said, "Do not be anxious!" And He said, "Pray always!"

If you don't already pray several times a day, are you willing to make that commitment? God wants to hear from you! What keeps you from praying often?

C:

S:

MY SOLEMN PROMISES

I reject Satan and all his empty promises

I believe in God the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, His only Son, our Lord, Who was born of the Virgin Mary, was crucified, died and was buried, rose from the dead and is now seated at the right hand of the Father.

I believe in the Holy Spirit, the Lord, the giver of life, Who came upon the Apostles at Pentecost, and Who today is given to me sacramentally in Confirmation.

I believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

This is our faith. This is the faith of the Church. I am proud to confess it in Christ Jesus our Lord.

Amen

Can you ratify (say yes to) the promises made for you at baptism? Have you thought about what the words, above, mean? Do you have more to learn in order to understand them?

C:

S:

THE PRAISES OF GOD

You are love,
You are wisdom,
You are humility,
You are endurance,
You are rest,
You are peace,
You are joy and gladness,
You are justice and moderation,
You are all our riches,
You are suffice for us,

Saint Francis of Assisi

God is more than we can ever comprehend. If you were to try to describe God, how would you? Is that description different than how you envisioned God when you were little?

C:

S:

PRAYER OF GRATITUDE

Remember Lord, my mother and father, relatives, my godparents, teachers and friends who help me with their prayers and holy lives. Help us all to grow in the Holy Spirit and in lasting love for one another.

Our relationships are important. Many people pray for us every day. Who is important in your life? Is God, important to you? What about knowing Jesus? Jesus IS your friend. If He were standing here, right in front of you, what would you want to say to Him?

C:

S:

PRAYER BEFORE EUCHARIST

Lord, You welcome us to Your table where consecrated bread and wine are prepared for us. May we who celebrate Your Eucharistic feast be counted as fellow-citizens of the saints, and members of Your household.

Do you ever think about the fact that saints were once regular, everyday, people? Do you know that the Church teaches that you are included in the “communion of saints?” How does that make you feel?

C:

S:

YOU ARE A CHILD OF GOD

A Reflection on the Effects of Your Confirmation

Now you are a new person, growing and strengthened by the Holy Spirit to walk in the newness of life as a child of God.

Born into new life by Baptism and the Holy Spirit, you, your whole family and other Christians around the world are united together as members of Christ's Body with Jesus as the head.

Members of your Confirmation class and all Christians rejoice over your new life in Christ. All of their hearts open with love and joy. For you have chosen to fight sin and Satan, and to live the way God wants you to live. You are Confirmed in the faith, hope and love the Holy Spirit gives to us. St. Mary's community is overjoyed with your commitment!

Did you ever think that people, you hardly know, care about you? (They do... really!) What is it like, for you, to know that your family and your parish community are proud of you and the decision you have made?

C:

S:

FROM THE RITE OF CONFIRMATION

All-powerful God, by water and the Holy Spirit You free Your sons and daughters from sin and give them new life.

Send Your Holy Spirit upon them to be their Helper and Guide.

Give them the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill them with wonder and awe in Your presence.

Check out Isaiah 11:2-3. As it turns out, this Old Testament passage is where we get this part of the rite, and ultimately, the list of the “gifts of the Holy Spirit.” What gift are you praying most for? Why?

C:

S:

THE HOLY SPIRIT AT PENTECOST

Father, truly You have formed
my inmost being;
You knit me in my mother's womb,
I give You thanks that I am fearfully, wonderfully made;
Wonderful are Your works.

(Psalm 139; 13-13)

...are not five sparrows sold for two small coins? Yet not one of them has escaped the notice of God. Even the hairs of your head have all been counted. Do not be afraid. You are worth more than many sparrows. (Luke 12:6-7)

God made you for a purpose. God KNOWS you, and made you, just the way you are. Do you think enough of yourself to eat right? ...to get enough sleep? What do you think God's purpose for you is RIGHT NOW?

C:

S: