



# THE SPIRIT: PARENT EDITION



- Basic Requirement Questions for the Reception of Confirmation:**  
Based on the Code of Canon Law 879-896
- Does the candidate have a desire to receive the sacrament?
  - Is the candidate living in a state of grace?
  - Is the candidate willing to renew their baptismal promises?
  - Has the candidate been formed and understand what they are seeking in the sacrament?
  - Does the candidate accept the call to discipleship.

Preparation for Confirmation begins by joining a youth ministry small group. Getting to know a mentor and after some time, discerning readiness for Confirmation with that mentor. If you have a young person in middle or high school, join a small group today!



The Vision



The Process

Dear Families,

Welcome to the Sacrament of Confirmation! We are here to help you navigate this journey as a family and we recognize that we are ministering in a different time. Families, especially young people, are facing unique and difficult challenges and our usual and even familiar methods of formation are no longer working. Pope Francis writes, "Youth ministry, as traditionally carried out, has been significantly affected by social and cultural changes. Young people frequently fail to find in our usual programs a response to their concerns, their needs, their problems and issues." *Christus Vivit 202*

The journey toward Confirmation should be a transformative experience, one that draws the person receiving into a deeper love with Jesus Christ and His Church. As you begin this journey, know that this process may look a little different from your past experiences. In response to cultural change we have partnered with the Diocese of Palm Beach to shift the model for Confirmation Preparation away from the academic, requirement driven classroom model, toward a more relational conversion focused encounter with Christ and His Church. In this style of preparation, reception is not governed by a specific confirmation date but rather the readiness of a young person to receive the sacrament based on the questions listed on the left hand side of this letter.

Below are answers to frequently asked questions about this process. We know this won't answer all of your questions so we invite you to schedule a time when we can talk about your families specific questions or concerns.

- **When will my young person receive Confirmation?**  
Confirmation is celebrated every year for all young people who have discerned readiness and have met the basic requirements.
- **What is readiness?**  
Readiness is the movement of a young persons will and desire to receive the Sacrament. It comes in response to their encounter with and conversion to Jesus Christ. When Exactly readiness happens depends on the exposure of a young person to a life of prayer, their formation experience, involvement in the parish community, participation at Mass and in the Sacraments.
- **How is readiness determined?**  
Within a young persons small group, trained mentors, based on their relationship with the young person, will periodically have both group and individual conversations and reflections to facilitate and determine readiness.
- **When does Confirmation preparation begin?**  
Now, don't wait! If your young person is in middle school, join a small group today. If your child is younger, participate in the parish faith formation or family formation program.
- **My child goes to Catholic School when does preparation begin for them?**  
For Catholic School students, readiness is determined in the same manor above. Upon graduation from the 8th grade your child will be invited to join a youth ministry small group which includes preparation for Confirmation. We encourage middle school youth regardless of their school to join a youth ministry small group in their parish today, it's not another religion class.

Belong **Believe** Become

# Confirmation within a Youth Ministry Setting

We are partnering with the Diocese of Palm Beach to create a vision for youth ministry in our parish where preparation for the Sacrament of Confirmation is no longer held out as a separate program of instruction, rather it is part of an intentional plan of formation within discipleship ministry that includes both middle and high school youth. Within this framework of relational small group ministry, using the RCIA/OCIA as the model, young people are mentored through distinct and indefinite phases of conversion. They are formed (both heart and mind) toward the reception of the Sacrament of Confirmation which organically becomes the natural response of a young person to the movement of their will to receive the sacrament and their desire to live a deeper life in Christ. This approach is also forward thinking past the current "graduation effect" of the sacrament and builds up sustainable parish ministry to young people that works to accompany them throughout their high school career and beyond.

## The Five Distinct Phases of Discipleship with their Corresponding Formation Themes leading to Confirmation and Beyond

### Evangelization and Pre-Catechumenate Phase

**BELONG**



**Theme:** The Kerygma / Evangelization

**Focus:** Build Relationships, Cultivate Trust, Meet Immediate Needs, Witness the Faith, Feed Curiosity, Encounter Jesus, Proclaim the Gospel, Need Based Catechesis, and Parent Partnerships.

**Goal:** Begin small mentorship groups that build trusting relationships that lead to initial conversion.

### The Catechumenal or Discovery Phase - A

**BELONG ➔ BELIEVE**



**Theme:** Anthropology / Theology of the Body

**Focus:** Anthropology, The Sacredness of the Human Body, Objective Truth, T.O.B., I Am Unmistakably Made, What is God's Desire for US and what is Our Response.

**Goal:** While seeking a deeper relationship with God, young people will have a clearer understanding of who God created them to be, how they can respond to God's desire for their lives.

### The Catechumenal or Discovery Phase - B

**BELONG ➔ BELIEVE**



**Theme:** Sacramental Life / Sacramental Economy

**Focus:** The Sacraments, Life in Christ, Knowledge and Participation, Encountering Christ, Holy Mass, True Presence, Focus on Eucharist.

**Goal:** Growth in spiritual maturity. To reintroduce young people to the Sacramental Life / Economy, especially the Eucharist which is the life blood of the Christian existence.

### The Purification and Enlightenment Phase

**BELIEVE**



**Theme:** Immediate Sacramental Preparation and Reception of the Sacrament of Confirmation

**Focus:** Discernment of Readiness to receive the Sacrament and Catechesis based on Sacramental need, Discernment of True Sponsorship/Lifelong Mentorship, The Communion of Saints and our place within that Communion, Reception of the Sacrament and Beginning of Mystagogia.

**Goal:** Discernment of readiness to receive and immediate preparation for the Sacrament.

### The Mystagogia and Missionary Discipleship Phase

**BECOME**



**Theme:** Accompaniment, Discipleship, and Missionary Service

**Focus:** Deeper Formation, Spiritual Development, and understanding of the Paschal Mystery. Mission / Service Opportunities, Continued Accompaniment.

**Goal:** To grow parish Youth Ministry that serves active missionary disciples by accompanying Youth toward continued encounters with Christ.

Scan for More Information &  
Small Group Planning Guide

