

Pre-Confirmation Journal



God's journal

This journal belongs to

Who is preparing to be Confirmed in the Spirit

Name of my Parish _____

Name of my Pastor _____

My Confirmation name _____

Name of my Sponsor _____

Name of my Bishop(s) _____

This journal is a valuable part of your preparation for Confirmation. Journal writing has been recognized as a tool for spiritual growth. Entered into reflectively, writing in this journal will help you grow in self-knowledge and to express your Christian faith with greater depth.

Reflect on an opportunity you've had recently to help someone. In what ways can you recognize the presence of the Holy Spirit in your act of service?

If Jesus came to you today and said, "I want you to be my disciple," what would you say? Why?

Think of some ways you could have expressed your Catholic faith in your everyday life. Write about what you can start doing to express your faith and the virtue you need to do it.

What is your favorite song at Mass? Write down the words you remember. What are these words trying to tell you?

Imagine yourself at Mass going up to receive the Eucharist, Jesus. What do you most want to say to Jesus? What do you imagine him wanting to say to you?

What are three things someone your age can do to be more active at Sunday Mass? (example, join the choir) Choose one and pursue it in your parish.