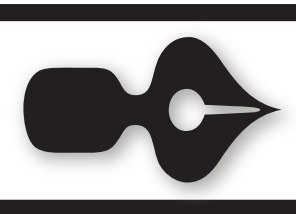




be
spiritual

Confirmation



Journal
{ C O N F I D E N T I A L }



imagine.

write freely.

Note to Candidates

*Before beginning your spiritual journal...
A few guidelines, suggestions, and responsibilities.*

Responses written in your journal are never “right” or “wrong.” Your thoughts will not be graded or evaluated. So write freely!

Write about how you think and feel at the moment. Yes, you may think and feel differently next week, but use your journal as a personal record of how your thoughts and perspectives develop, mature, change...and even sometimes remain the same.

It often helps to imagine you are writing to someone you trust unconditionally—a perfect confidant! Perhaps you might imagine you are sharing your thoughts and feelings with Jesus himself.

Try to get into the habit of journaling often—every day if possible. Use a supplementary notebook if the space provided here is inadequate. Do not feel you need to always use complete sentences and have perfect spelling—such things are of minor importance in a spiritual journal. When you are pressed for time, a few phrases or a brief description can capture a significant event, idea, or insight. Composing simple poetry is another great way to journal.

Your spiritual journal is confidential. Share it with others only if and when you feel comfortable doing so. It is also perfectly fine to keep your journal to yourself.

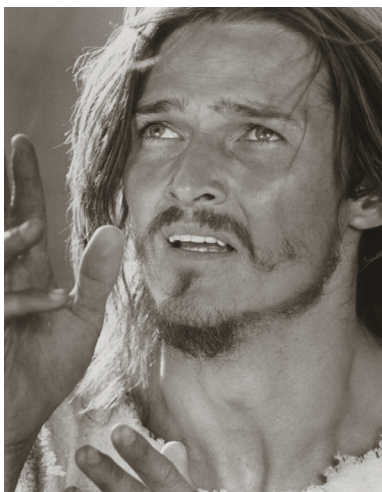
Your classmates’ journals are likewise confidential. Never ask to read someone else’s journal. If a classmate shares a part of his or her journal with you, be mindful of your responsibility to keep what you read to yourself. It is extremely important to respect the thoughts, feelings, and ideas of everyone as you prepare for this wonderful sacrament.

Life

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

1
2
3
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8

"Every valley shall be filled, and every mountain and hill shall be made low, and the crooked shall be made straight, and the rough ways made smooth; and all flesh shall see the salvation of God."
Luke 3:5-6

[illegible]

The Kobal Collection: Jesus Christ Superstar, Universal Studios

What does it mean to be a “child of God”? What meaning does your baptism have for you today? The oil (chrism) of our baptism reminds us that we are priest, prophet, and king, yet our society defines our values in many **destructive** ways. Give two examples of how our modern world defines our values.

This image shows a full page of handwriting practice paper. It features multiple rows of horizontal lines. Each row consists of a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement. The paper is otherwise blank, with no text or markings other than the printed lines.

The Parish Commitment Ceremony

Community is very important in Christian life. It is through others that we come to know God. While the creative power and majesty of God are made apparent to us through the magnificence of nature, it is only through human community that we come to know God's compassion, kindness, mercy, generosity, and love. Jesus commanded us to love one another because he knew that when we share unconditional love, we come to see the face of God.

Let's begin by bringing to mind our membership in the most basic human community—the family. Think about your family for a few moments.

Briefly describe the members of your immediate family:

Describe any significant members of your extended family, especially those living with you:

In what ways do you contribute to the healthy functioning of your family? (Think not only in terms of duties and chores, but describe ways you support various members emotionally and spiritually.)

This image shows a single sheet of bright yellow paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Now think about another form of community—your “circle of friends.” Are you a person who prefers the company of just one or two trusted friends? Or are you a person who loves to be part of a group? Whether it be large, small, or somewhere in between, friendship “communities” tend to become very important during adolescence. Friends are often a great support—and often the source of much tension and pain.

Generally speaking, real friends fill our lives with positive experiences, and they work hard to make us feel good about ourselves. Real friends tend to want what is truly good for us. While no friend is perfect, a good friend brings us feelings of well-being and contentment. Christ’s love abounds in a real friend.

On the other hand, a not-so-true friend often has his or her own interests in mind. Not-so-true friends often influence us to do things that make us feel uncomfortable or uneasy. Our behavior around these individuals makes us feel bad about ourselves. We tend not to like who we are when we are “under the influence” of not-so-true friends.

Going back to the analogy of the lifelong journey, real friends attempt to walk with us down the same road that Jesus walked. This road is often the more difficult path. It is usually less glamorous and appears less exciting. But people who live the values Jesus taught find their lives to be joy-filled and...anything but dull.

On the following page, honestly assess the quality of your closest friends. It is important to take a hard look at the people with whom we share our hearts and our time. During adolescence especially, friends tend to influence us more than family or Church—so it is essential that we open our eyes and see where they are leading us.

Think for a few moments—and then write honestly about your most important friends. Attempt to conclude with a statement or two about the quality and authenticity of these friendships. (Remember your spiritual journal is confidential—so be as honest as possible.)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.