

Activities for Sponsors and their Confirmandi

- 1) Pray together!
 - a) Go to Mass (daily or Sunday) together once a month or more
 - b) Commit to a habit of prayer together and talk about it (rosary novena, daily *examen* prayer, devotion to a particular saint, reading through a book of Scripture, 10 minutes of quiet prayer each morning, etc)
 - c) Experience a new form of prayer together, or separately with follow-up conversation (Taize prayer, centering prayer, etc).
 - d) Read Scripture together - take a whole book and read through over the year (one of Paul's letters, John's Gospel, Acts 1-12, etc). You could do a Bible study or a more meditative reading, such as *lectio divina* or Ignatian composition of place.
 - e) Go on a retreat day together - plenty of resources nearby even for just a day!

- 2) Serve together!
 - a) Help talk about different service opportunities and help the confirmandi choose which service fits them best.
 - b) Go on a service experience with your confirmandi and debrief afterwards
 - c) Show your confirmandi the ways you best like to serve, open them up to new ways to serve
 - d) Help dream up "unorthodox" service trips - not just raking leaves or filing papers!

- 3) Learn together!
 - a) Read a book about Confirmation. Matthew Kelly's Decision Point program is a good year-long study.
 - b) Read the Catechism together, especially the parts on Confirmation (we will give students a "YOUCAT" youth catechism on their Confirmation day.
 - c) Ask students to share what they find to be most difficult in the faith and look for resources together.
 - d) You don't need all the answers! Look for answers to faith questions together, or consult SPX staff if you need help! We are a resource for you!

- 4) Be/Talk together!
 - a) Talk about what the students are learning in their confirmation prep classes
 - b) Talk about everyday life - school, sports, etc!
 - c) Share your experiences in Middle School and what you learned from that time
 - d) Share the way in which your Confirmation was significant to you
 - e) Join in on family outings, take trips to the museum, mall, etc. together. Spend quality time and conversation will come from there!
 - f) If you are not in town, commit to talking on the phone often. Commit to talk for at least 20 minutes, long enough to get past pleasantries and dig a little deeper!