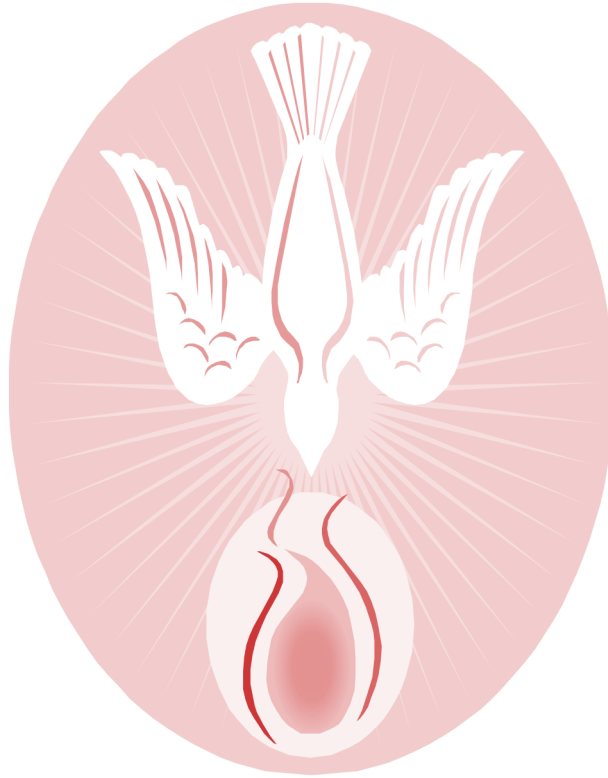


# **ST. MARY OF GOSTYN PARISH**



**2026-2027**

## **CONFIRMATION HANDBOOK**

### **7TH GRADE**

445 Prairie Avenue  
Downers Grove, IL 60515  
630-960-3566  
[religiouseducation@stmarygostyn.org](mailto:religiouseducation@stmarygostyn.org)

# INTRODUCTION

Welcome! We are looking forward to sharing with you this journey of faith as you prepare to receive the sacrament of Confirmation. As you will see, Confirmation preparation involves learning, sharing, serving, fellowship, spiritual growth and fun! You will be given the opportunity to learn more about your Catholic faith and what it means to be a disciple of Jesus Christ.

Confirmation is the Sacrament in which one is enriched by the gift of the Holy Spirit and bound more perfectly to the Church. It strengthens us and obliges us to be witnesses to Christ by word and deed and to defend the faith. It is the Sacrament in which one enters into full membership in the Catholic Church.

Confirmation perfects Baptismal grace; it is the Sacrament which gives us the Holy Spirit in order to root us more deeply as children of God, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us to bear witness to the Christian faith in words accompanied by deeds.

Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian soul; for this reason one can receive this sacrament only once.

A Christian does not live as a child of God through his or her own efforts alone, but through the grace of God. We see this in a practical way when we look back on our own lives and the lives of others, even the lives of saints. Therefore, it is our duty to seek the grace that God offers us in order to live our lives as Christians in the way that God intends.

## **What is Confirmation?**

Confirmation is the strengthening and fullness of the Holy Spirit already received in Baptism. As children of God we share the life of God, the life of three persons in one love. The Spirit is the love between Father and Son. The Spirit acts in us urging us to move beyond our individual selves into making the community on Earth like the community of love that is God. Confirmation calls us to a great participation in the mission of Jesus and the Church. Through Confirmation our relationship with God is deepened and we are incorporated more completely into the body of Christ. Confirmation obliges us, as true witnesses of Christ, to spread and defend the faith by word and deed.

## **Why be Confirmed?**

Being confirmed is the Church's recognition that the Spirit is moving in a person. Thus the church "confirms" what is going on. To step forward and ask to be confirmed is for an individual to recognize that the Spirit is moving in them, and then ask the larger faith community if they too recognize that Spirit. If so, then someone is ready to be confirmed. It takes recognition from two directions—from within oneself and from the faith community as well.



## DISCIPLESHIP JOURNAL

One of the key concepts of preparing for the Sacrament of Confirmation is to learn what it means to be Catholic. It definitely includes Mass attendance, prayers, and practices of our faith, but to make these concepts more real to our students, we require them to complete a Discipleship Journal each year of their preparation. Discipleship encompasses experiencing practices of the faith that might be new to him/her as well as completing some service time to the parish and the outside community. Each student must complete:

- A minimum of 2 experiences spent in a Holy Encounter. There are suggestions in the journal to help with ideas.
- A minimum of 2 experiences spent in Service **for** St. Mary of Gostyn Parish.
- A minimum of 2 experiences spent in Service for organizations **outside** of the parish. Again there are suggestions in the journal to help with ideas.

Parents are always invited and encouraged to participate in these activities with your student to show the example you want them to inherit.

**THE JOURNAL MUST BE TURNED IN BY APRIL 22, 2027**

***The journal can be turned in to your student's teacher/catechist  
or dropped off at:***

St. Mary of Gostyn Parish Center  
Office of Religious Education  
445 Prairie Ave.  
Downers Grove, IL 60515

***To drop off at the Parish Center,  
there is a mailbox on the front porch of the Parish Center.***

Additional copies of the journal can be obtained from  
your teacher/catechist or the RE office