

YOUR CONFIRMATION JOURNAL

Although God is everywhere with us throughout our life, we tend to find Him in quiet moments away from the loud noise and distractions of our everyday life. But how can we find the time to reflect on Him and our faith journey? How about through journaling!

Journal Guidelines:

Throughout the course of your Confirmation journey, you will be asked to spend the last 15 minutes of each class recording in your journal. You may be asked to reflect on a particular doctrine you learned in today's class, a scripture passage, a video, a guided faith related question, or even a news event that occurred that week. You may feel inspired to record in the form of a narrative, a poem, a prayer, or even an illustration. There are no right or wrong answers. Instead, we hope this exercise will give you the opportunity to reflect on your relationship with Jesus and your growing understanding of your faith.

This is your spiritual journey, and your journal will only be seen by you. At the end of each class, you will be asked to place your journal in a box or bag which will be locked in the parish office until next class. Upon the completion of your Confirmation journey, this journal will be returned to you.

For your first entry, we ask that you answer the following questions:

1. What is your current faith story? How have you practiced your faith?
2. What key moments or people have helped shape your faith up to this point?
3. What questions do you still have regarding the Catholic faith?
4. Who will help you continue to grow in the Catholic faith?

Let us not forget how much God loves each of us unconditionally. He is always there for us and with us throughout our entire lives. We just must turn to Him and say "yes!" Our faith is a gift from God, never let it go!