

**GOD IS NOT  
DONE WITH  
YOU!**



**CONFIRMATION  
RETREAT**

**JOURNAL**



**DIOCESE OF  
SACRAMENTO**

Office of Youth and  
Young Adult Minisry



As disciples we are called to continuously deepen our relationship with Christ, that's where retreats can help! We take time to reflect on the changes around us and within us, sharing our findings with Christ.

**WELCOME**

So as you begin your Confirmation Retreat, choose a time and place where you are going to be setting up your altar and listening to the online talks. Use that same space to answer the questions in this journal.

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# YOUR REFLECTION TIME

After watching the Videos each day, we invite you to take a moment of silence and meditate on what God is telling you in your heart.

- What is one thing you heard that was new to you?
- What is God inviting you do after watching the video?
- Be open in your listening and honest with yourself...
- Then answer the day's questions.....



"Everyone should be quick to listen, slow to speak..."

Jm 1, 19

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# PREPARE THE WAY

What do I need from God? What have I learned about God? Jesus? The Holy Spirit? The Church? What is my expectation of this retreat? Of my Confirmation?

"The secret of happiness is to live moment by moment and to thank God.."

St. Gianna Molla

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# DAY ONE

What is preventing me from opening the gifts of the Holy Spirit in my life? How will my transformed life look like?

“The world offers you comfort, but you were not made for comfort. You were made for greatness.” Pope Benedict XVI

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# DAY ONE - CALL TO ACTION

What are your gifts?

Write down at least one gift that God has given you and place it on your altar.

"In the Sacrament of Confirmation, the baptized person is "sealed with the gift of the Holy Spirit" and is strengthened for service to the Body of Christ."

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# DAY TWO

How can I devote my life to being covered in the dust of my rabbi, Jesus? What do I doubt about myself? What actions can I take as disciples of Jesus?

And Jesus said to them, "Follow Me"

cf Mt 4:19

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# DAY TWO - CALL TO ACTION

Make a short video or type who in your life you see as a Disciple. Take a picture or post a picture.

Get off the couch and connect with the mission for all baptized to give witness, no matter what our age is.

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# DAY THREE

How can I improve my two way communication with God? What do I want to say to God? What is God telling me?

“We cannot all do great things, but we can do small things with great love.” St.

Mother Teresa of Calcutta

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# DAY THREE- CALL TO ACTION

Take a look at the saint on your altar or your patron saint and research how he/she prayed. [catholicsaints.info](http://catholicsaints.info)

"Do not be anxious about anything, but in everything by prayer...let your requests be made known to God." Phil 4,6

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# DAY FOUR

What are your gifts and talents? What do you love to do? What is holding you back from your mission as Jesus' disciples? What is the Holy Spirit calling you to do with your gifts?

The Holy Spirit moves us to imitate the love and service of Christ and the saints

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# DAY FOUR- CALL TO ACTION

What are your gifts?

Create a short video describing your talent(s). Take a picture of you using your talent

“It isn’t good to let our thoughts disturb us or worry us at all.” St. Teresa of Ávila

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# DAY FIVE

Have you had a moment that changed your life? Was there a time when you felt darkness or alone like an outcast? What are the blind spots that prevent you from reaching out to Jesus for mercy? How can Jesus heal your heart? Who are the people in your life that you can turn to when you need Jesus' healing presence?

"If God sends you many sufferings it is a sign that He has great plans for you, and certainly wants to make you a saint." St. Ignatius of Loyola

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# DAY FIVE- CALL TO ACTION

Place the name(s) of a loved one or loved ones at the altar that need God's love and pray a Rosary for them.

"The Holy Spirit helps us in our weakness. For we do not know what to pray for..." cf Rm 8, 26

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# POST RETREAT

Make a plan to

- Go to Mass in person or virtual
- Go to confession
- Pray
- Read Scripture. Starts with the readings from Mass.
- Take time to see how you are using your gifts and talents each day.
- Look around to see who needs prayer or help.
- Thank someone for their example and love

We are sent out to act on behalf of the poor and vulnerable, promoting the life and dignity of every human person.

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# CREDITS

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- Confirmation situations :

<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/confirmation>

- Saint quotes:

<https://mycatholic.life/inspiring-quotes/>

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