



St. Gertrude
PARISH



Confirmation Preparation

CANDIDATE FORMATION GROWTH PLAN

2026-2027

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Welcome!

Parents and Confirmation Candidates,

Welcome to a new year of preparation for the sacrament of Confirmation at St. Gertrude Parish! Our preparation process is a bit different this year, so I want to take some time to explain what has changed and why it is different. As you read through this packet, please feel free to send me any questions, and I will do my best to help you. Like with most changes, there will most likely be some wrinkles to iron out. As we encounter those kinks, the team and I are committed to supporting you and fostering a fruitful reception of the sacrament of Confirmation. You and your families are in my prayers.

In Christ,

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Introduction to Confirmation Preparation

Parish Vision

St. Gertrude Parish has a vision: **to be a community of disciples united in our Eucharistic Lord and sent to transform the world in the light of the Gospel.**

We are united to him in faith and love and sent by him on a mission of love and peace to a world in need. **The heart and goal of all formation and sacramental reception, including Confirmation, is to become lifelong intentional disciples of Jesus. This is what our Confirmation formation has always been focused on.** Each year, we continue to look for ways to foster this discipleship with you and your families.

What Is Different with Confirmation Preparation This Year?

In previous years, our Confirmation preparation included the following elements:

- Scheduled formation sessions at St. Gertrude Parish on a weekly or bi-weekly basis.
- A fall retreat, led by parish staff and volunteers.
- A sponsor meeting for those being confirmed.
- At-home commitments (a Personal Spiritual Plan, a pastor letter, and a sponsor form).

This year . . .

- Candidates interested in receiving Confirmation register online or contact our team.
- Candidates and their parents use this guide to develop a Growth Plan that includes personal practices and parish events.
- Candidates regularly check in with leaders about their Growth Plans.
- Candidates being confirmed schedule a discernment meeting to talk about habits of discipleship, personal growth, and their desire to be confirmed.

Are There Other Changes Coming in the Future?

Over the next three years, we will move toward opening the sacrament of Confirmation to any person 12 years old and older who discerns readiness and a desire to grow in relationship with Jesus Christ and his Church. This is a change from the current practice at St. Gertrude Parish, which is that most young people are confirmed at the end of their 8th-grade year (around age 14) and is aligned with the minimum age for Catholics to be confirmed in our diocese (12 years old). We **plan to confirm youth in 8th grade for the**

2026–2027 academic year. The following year, 2027–2028, we plan to expand Confirmation to include those in those 7th grade. For the 2028–2029 academic year, we plan to open Confirmation preparation to anyone who will be 12 years old or older at the time of his or reception of the sacrament.

Why Is Our Parish Changing the Confirmation Preparation Process?

We have shifted the process of Confirmation preparation to be more like an invitation to a life of discipleship, as reflected in our parish vision.

In our new process, we invite Confirmation candidates to intentionally practice the four key pillars of Christian discipleship: Prayer, Study, Communal Life, and the Apostolate. We offer expectations and options for each pillar and support creative and independent ideas as well. Candidates will purposely choose key practices of discipleship from each pillar, some done independently and done some with other people. Candidates will also reflect and share their growth on a monthly basis and, in the year they are being confirmed, meet in person with a parish leader to encourage growth in discipleship. These monthly reflections and in-person meetings offer more personal support from our parish community as candidates grow in their relationship with Jesus Christ and his Church.

The heart of this shift is to invite intentionality and build relationships with Jesus and with his people, because this is the center of a life lived to the full. We look forward to this year of living a life to the full with you!

How Does This New Process Work?

Step 1: July-September

Candidates who desire to be confirmed [register online](#) or contact our Confirmation preparation coordinator (contact information is on page 1).

Step 2: July-September

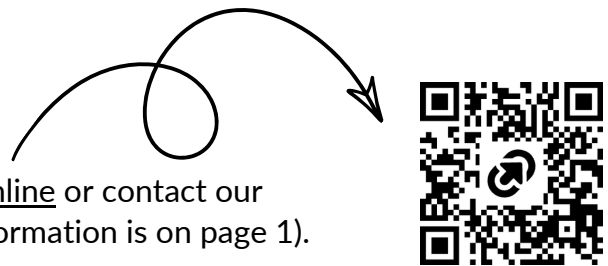
Candidates and their parents read this Growth Plan packet and discuss the practices and commitments that will be most helpful for them to grow as disciples of Jesus.

Step 3: September

Candidates and their parents attend the kickoff meeting on Tuesday, September 15, or Thursday, September 17, from 6:30 to 7:30 p.m. in the school cafeteria.

Step 4: September

Candidates turn in their Growth Plans by September 30.



Step 5: September-May

Candidates live out their Growth Plans and turn in monthly journal entries (see the end of this packet).

Step 6: November-March

Candidates being Confirmed this academic year arrange a discernment meeting to discuss their readiness and desire to receive Confirmation.

Events for the 2026–2027 Academic Year

All candidates being confirmed in spring 2027 are expected to attend the following meetings and events:

Candidate & Sponsor Meeting

Sunday, February 7, 2027

11:30 a.m.–1:30 p.m.

St. Gertrude Parish Center Gym

Candidates and sponsors should plan to attend. Lunch will be provided.

Confirmation Rehearsal

Tuesday, May 11, 2027

6:30–8:30 p.m.

St. Gertrude Church

This is the final preparation and rehearsal for Confirmation. Candidates and sponsors should plan to attend.

Confirmation Mass

Sunday, April 16, 2027

3-4:30 p.m.

St. Gertrude Church

There will be a brief reception in the Parish Center following Mass.

Candidates who attend St. Gertrude School are welcome to participate in any of our formation offerings but are not expected to do so as preparation for Confirmation. Please contact Sister Mariana Thayer, O.P., vice principal, for more information.

Candidates who are homeschooled with a Catholic religious education curriculum or who attend another Catholic school are invited to participate in as much of our formation as desired. We do ask that other Catholic school and homeschooled candidates attend the sponsor meeting, rehearsal, and a discernment meeting prior to Confirmation. Please contact Walter Plummer, our Confirmation preparation coordinator, to learn more.

How Do Candidates and Parents Use This Growth Plan Packet?

To Jesus' early disciples, St. Peter writes, "like living stones, let yourselves be built into a spiritual house" (1 Peter 2:5). Just as a house is held up by the foundation underneath it, living as a disciple of Jesus Christ always includes four foundational areas or "pillars": Prayer, Study, Communal Life, and the Apostolate. This Growth Plan packet includes descriptions of each pillar, our expectations for candidates regarding each pillar, and ideas for how candidates can grow in each pillar.

Read The Packet & Draft a Growth Plan

Candidates and their parents should read this packet—paying particular attention to the four pillars—and then fill out a paper copy of the Growth Plan Worksheet (found at the end of the packet). On the Growth Plan Worksheet, you will make commitments in each of the four foundational areas. Some of the commitments will be for the whole year of formation, and others will only be for a short time. After you fill out paper copy of the worksheet, please submit in a digital copy so we can help support you during the year.

Parents, we encourage you to join your candidates in this time of intentional formation. Share your own spiritual practices, or make your own Growth Plan and set aside time to talk about it with your candidate. (Of course, you don't have to turn in your Growth Plan.)

Use the Monthly Journal Responses Worksheet

At the end of this packet, you will find a Monthly Journal Responses worksheet. Each month, candidates will be asked to write down some brief responses and reflections about what they have been doing and what they have learned by living out their Growth Plans. You will be asked to share those reflections with your small group, mentor, or the Confirmation coordinator at the parish, depending on which option you choose for Communal Life. Parents, we also encourage you to have regular conversations with your candidates about how their (and your) Growth Plans are going.

Reach Out with Questions

This is a new process for all of us. If you have questions about this packet or anything related to Confirmation preparation, please reach out to Walter Plummer, St. Gertrude Parish Confirmation coordinator (contact information is provided on page 1).

The Four Pillars: Prayer, Study, Communal Life & the Apostolate

Pillar 1

Prayer: Liturgical, Devotional & Retreat

PRAYER PRACTICES FOR CANDIDATES

Confirmation candidates should be willing to practice discipleship in the following ways:

Liturgical Prayer

1. Attend Mass each Sunday and on Holy Days of Obligation.
2. Receive the sacrament of Reconciliation at least once before Confirmation (monthly reception is recommended).

Devotional Prayer

1. A daily habit of prayer.
2. At least one special commitment to go above and beyond daily prayer practices.

Retreat

Choose one of the following retreat options:

1. St. Gertrude Parish's Confirmation Retreat – Friday, November 13–Saturday, November 14 at Woodland Lakes Retreat Center (Amelia, OH).
2. Parent/Mentor & Candidate Retreat (independently scheduled).
3. A retreat organized by another Catholic ministry.

Candidates, please fill out your commitments in your Growth Plan worksheet.

Why Focus on Prayer?

The *Catechism of the Catholic Church* describes prayer as “the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ, and with the Holy Spirit” (CCC 2565). Prayer is not just helpful for a living and loving relationship with God; prayer is our living and loving relationship with the God who loves us. The public prayer and worship of the Church is called “liturgy,” and it includes the Mass and the sacraments. The informal personal or communal prayer of the people of God is often called “devotional” prayer. This year, we invite Confirmation candidates to commit to

liturgical and devotional prayer and spend special time in prayer on a retreat. To dive deeper into prayer, refer Catechism 2558–2565.

Why Liturgical Prayer?

Mass

Because worship of God is essential to a living and loving relationship with him and because of the unique worship of the Mass, the Church teaches us that in-person worship at Mass on Sundays and Holy Days of Obligation (those days of remembrance and celebration central to our Christian life) is an essential part of our life as disciples of Jesus. To read more about the Mass and its importance in a life of discipleship, check out *Catechism* 1322–1332 or do some searching of your own!

The Holy Days of Obligation for the 2026–2027 academic year, outside of Sundays, include:

- Tuesday, December 8, 2026 – The Immaculate Conception of the Blessed Virgin Mary
- Friday, December 25, 2026 – The Nativity of the Lord (Christmas)
- Friday, January 1, 2027 – Solemnity of Mary, Mother of God

Confession

Because all of us are loved by God and commit sin, God desires to heal us—and we desire forgiveness in order to be healed. Jesus gives us the sacrament of Reconciliation to help us see how his love is deeper than all sin and we are more than the sum of our choices.

The Church teaches that we should receive the sacrament of Reconciliation at least once a year in the Easter season and any time we have committed a mortal sin. Additionally, it is a good practice to confess our venial sins somewhat regularly, to “form our consciences, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit” (CCC 1458). At our parish, we recommend receiving the sacrament of Reconciliation every month or so as a good spiritual practice. To learn more about confession, *Catechism* 1440–1460 is a great place to start.

Why Devotional Prayer?

Liturgical prayer is a bit like Jesus inviting us into his house for dinner: He sets the time and location, the plan, leads the conversation, and shares his meal with us; we offer our gifts. Devotional prayer is like inviting Jesus over to your house for dinner: you set the time and location and use your own words; he shares what we bring to him and offers us his responses. To be Jesus’ disciple means to spend time with him, talking and listening, both at his house and at ours (literally and figuratively).

A Daily Practice of Prayer

One of the best ways to invite Christ into your daily life is to intentionally set aside dedicated times for a specific practice of prayer. Below are some ideas for devotional prayer habits. (For other ideas or tools, try out a prayer app like Hallow or Amen, or try something of your own.)

- Spend five minutes with God during the day.
- Pray the rosary.
- Pray with the daily Gospel reading.
- Pray through one Gospel, one section per day.
- Pray one Psalm or Proverb each day.
- Pray an Ignatian Examen before bed.
- Pray the Divine Mercy Chaplet.
- Pray the Litany of Humility, the Litany of Trust, or the Litany of Surrender.
- Journal your prayers at the end of the day.

A Special Commitment

To grow in our prayer life, it is good to periodically go above and beyond our typical prayer practice by making a special commitment—perhaps during Lent or Advent—as we prepare our hearts for special celebrations. Usually these involve more intentional focus, a sacred place, or more people. Confirmation candidates are to choose one special prayer commitment for this year. Here are some ideas, but you may find other ideas—be creative:

- Pray the rosary or a Divine Mercy Chaplet with your family or some friends.
- Pray a Holy Hour in Eucharistic adoration at St. Gertrude Parish or another adoration chapel.
- Pray the Stations of the Cross at a church.
- Make a seven churches pilgrimage on Holy Thursday.
- Make a pilgrimage by walking to a local church or special location, spending time there praying for special intentions.
- Fast from something (chocolate, social media, music, etc.) to pray for someone you love.
- Choose a special set of prayer intentions for a week.
- Pray a novena (a special nine-day prayer).

Why a Retreat?

Before key moments in his life and ministry, Jesus took time to step away from daily life and be with his heavenly Father. Before candidates are confirmed, we invite them to do the same. While we offer an excellent retreat led by St. Gertrude Parish parishioners, our desire is for candidates to find a retreat that they want to attend. Here are retreat options that Confirmation candidates can choose from:

St. Gertrude Parish's Confirmation Retreat

This overnight retreat takes place on a Friday evening through a Saturday afternoon at Woodland Lakes Christian Camp and Retreat Center in Amelia Ohio. The retreat includes



personal stories shared by high school and college teens from the parish, small group discussions led by our parishioner volunteers, and plenty of good food and games.

Candidate & Parent or Mentor Retreat

For some candidates, it can be very fruitful to spend time with a mentor or parent to pray, have some fun, and learn more about who Jesus is and how he loves us. We have a self-guided six- to eight-hour retreat option for those candidates who would prefer this type of retreat experience. Reach out to Walter Plummer, our Confirmation preparation coordinator (contact information is on page 1 of this packet), if you would like to pursue this option.

Another Retreat

There are dozens of great retreat ministries available to teens in our area, such as Pregnancy Center Plus' Theology of the Body retreat, Damascus Summer or Winter Camp, NET Ministries Lifeline events, or a host of other opportunities. Reach out to Walter Plummer, our Confirmation preparation coordinator (contact information is on page 1 of this packet), for other ideas and more information.

Pillar 2

Study

STUDY PRACTICES FOR CANDIDATES

Confirmation candidates should practice discipleship by choosing **one** of the following options:

1. Attend four in-person presentations.
2. Complete an independent study.

Candidates, please fill out your commitment in your Growth Plan worksheet.

Why Focus on Study?

To be a disciple of Jesus is to know him. First, that means prayer. It also means learning more about him, just as you might get to know a friend by learning what he likes or where she lived. One of the main ways we get to know Jesus is by studying Divine Revelation, God's revealing of himself to us in both sacred Scripture and the sacred Tradition of the Church.

This year, we are offering Confirmation candidates two options for the Study pillar:

Option 1 – Parent & Candidate Presentations

Please plan for at least one parent to attend with each candidate. Families need only **attend one date for each presentation**. Small groups are not held during the weeks of each presentation.

- **Confirmation Preparation Presentation 1:** Monday, September 28, 6:30–8 p.m. **or** Tuesday, September, 29, 6:30–8 p.m.
- **Confirmation Preparation Presentation 2:** Tuesday, November 10, 6:30–8 p.m. **or** Wednesday, November 18, 6:30–8 p.m.
- **Confirmation Preparation Presentation 3:** Tuesday, January 26, 6:30–8 p.m. **or** Wednesday, January 27, 6:30–8 p.m.
- **Confirmation Preparation Presentation 4:** Tuesday, March 9, 6:30–8 p.m. **or** Wednesday, March 10, 6:30–8 p.m.

Option 2 – Independent Study

Use the following outline and the [Independent Study Plan](#) to guide you.

- **Part 1: Videos & Short Answer Worksheet** – Watch *Sent by the Spirit: The Sacrament of Confirmation*, available on [Formed.org](#). (All parishioners have free access.)
- **Part 2: Catechism & Article Readings and Questions** – Read the *Catechism of the Catholic Church* paragraphs designated on the Independent Study Plan and a short article on the Gifts of the Holy Spirit, and answer the questions.

The completed Independent Study Plan is due March 1, 2027.

Pillar 3

Communal Life

COMMUNAL LIFE PRACTICES FOR CANDIDATES

Confirmation candidates should practice discipleship by choosing **one** of the following options:

1. Participation in a small group.
2. One-on-one mentorship.

Candidates, please fill out your commitment in your Growth Plan worksheet.

Why Focus on the Communal Life?

“The communal life” was central to the earliest Christian disciples (Acts 2:42). They set aside time to grow in friendship and in love for Christ. For us to grow as Christian disciples, we also need a Christian communal life. All candidates preparing for Confirmation are asked to commit to some form of growing in friendship with other Christian disciples. We have arranged two paths, each with its own options, for you to choose from:

Path 1: Small Groups

- **Option 1 – Candidate-organized Small Group**
 - You choose the group members, leaders, time, location, frequency (at least once per month; weekly is recommended), and topics to discuss.
 - *Our parish staff is happy to help you set up your small group and offer suggestions and materials for topics. Small groups must have two Safe Environment trained adults on site.*
- **Option 2 – Parish-organized Small Group**
 - Groups meet Monday or Tuesday evenings from 6:30 to 7:30 p.m., twice per month between September and April on the St. Gertrude Parish campus. Check out [the overview of the schedule](#) for specific dates. *Presentations will usually be the same day and time as small groups.*

Path 2: Mentorship Meetings

It can be transformative to spend one-on-one time with a respected Catholic mentor and talk about life and faith. These mentorship meetings should take place at least once per month from October through the month after your Confirmation. Schedules can be arranged between mentors and candidates' families.

- **Option 1 – We Find You a Mentor.** Our parish staff will recruit someone to regularly meet with you through the year.
- **Option 2 – You Find Your Own Mentor.** Your mentor should be a practicing Catholic whom you respect. Once you choose your mentor, connect him or her with our parish staff for resources to guide conversations.

Pillar 4

Apostolate

APOSTOLATE PRACTICES FOR CANDIDATES

Confirmation candidates should practice discipleship by choosing at least one way to grow in their apostolate.

Candidates, please fill out your commitment in your Growth Plan worksheet.

Why Focus on an Apostolate?

An apostle is “one who is sent out” with a mission or a message. Christian disciples are “sent out” into the world with the Good News of the light and life of Jesus. “Sending out” was so important to Jesus that it was his final command to his Apostles before his ascension: “Go, therefore, and make disciples of all nations” (Matthew 28:19). This mission is ours, too, and it helps us more deeply rely on and open our hearts to Jesus while inviting others to do the same. Confirmation candidates are asked to concretely put Christian love and mission into practice during their year of formation.

There is no set amount of time, number of activities, or type of service that candidates have to do. Whatever you do, it should be something you can personally lead and commit to and that is reasonable for your family. Every apostolate matters—there is nothing too small to change the world if done in Christian charity. While the parish has not scheduled any events, we are happy to support you or share your ideas with others so they can join you.

Prompts & Ideas

- **Family Life:** Can you go above and beyond your normal responsibilities to serve your parents and/or siblings? Ideas include taking on extra household cleaning or chores, making dinner for your family one night per month, and setting aside time to play with younger siblings in a way they would enjoy.
- **Neighborhood & Extended Family:** Can you do acts of service or kindness to help those around you? Ideas include mowing or landscaping for an elderly neighbor, visiting a grandparent to play a game or help around the house, and offering to babysit for free.
- **Friends, Teammates, School & Parish:** How can you serve or support these people? Ideas include volunteering as a helper for our parish faith formation, making a treat for your class once per month, doing something extra for one of your friends each week, and writing thank-you notes to your teachers or coaches.
- **Greater Cincinnati and Beyond:** Can you support the needs in the community? Ideas include serving at Matthew: 25 Ministries, a Holy Hour to pray for the needs in our area or the world, and making sandwiches with friends or family for the St. Anthony Center lunch program.

Discernment for Readiness

DISCERNMENT PRACTICES FOR CANDIDATES

Confirmation candidates should be willing to practice discipleship in the following ways:

1. Each month, turn in monthly journal responses to their mentors, small group leaders, or the staff Confirmation preparation coordinator.
2. Set up a time to meet with the Confirmation coordinator or another pastor-designated representative to talk about their Growth Plans, what Confirmation means, and their desire to receive the sacrament of Confirmation and willingness to live out its graces.
3. Choose a sponsor, and turn in the [sponsor form](#) by January 30, 2027.

Why the Focus on Discernment?

The Church teaches that Confirmation candidates should be “suitably instructed, properly disposed, and able to renew the baptismal promises” (Canon Law 889). Parents and pastors are asked to ensure that candidates come to the sacrament “at the appropriate time” (Canon 890). This means that candidates are responsible for intentionally growing in discipleship, and the Church and candidates’ parents are responsible for asking if candidates are doing so.

Monthly Journals & the Discernment Meeting

In order to better help parents and our pastor assess candidates’ readiness to receive the sacrament of Confirmation, **candidates will turn in monthly journal responses and arrange a discernment meeting with the pastor’s delegate (a staff member, priest, or trusted parish leader) during the year they are preparing for Confirmation.** The purpose of the discernment meeting is to encourage and guide a candidate in the habits of discipleship and confirm an age-appropriate understanding of Confirmation and a desire to receive it.

These meetings are not pass/fail assessments. The desire and decision to be confirmed is that of a properly disposed candidate under the guidance of his or her parents. The pastor or his delegate is to support and foster the candidate’s desire and disposition. If any candidate should seem to be improperly disposed to receive the sacrament, we will work to help him or her address any obstacles and prepare for Confirmation.

What Will Happen in a Discernment Meeting?

During the discernment meeting, the pastor (or his delegate) and the candidate will talk about how the candidate's Growth Plan has been, what he or she has been learning, and any challenges in the process. In the meeting, the pastor (or his delegate) will look for the following signs to discern a candidate's readiness for Confirmation:

- **A desire to grow in discipleship.** This does not mean perfection. The pastor (or his delegate) will look at the candidate's Growth Plan, but it does not need to be perfectly accomplished. We ask candidates to be open to talking about challenges to growth that they encounter.
- **A willingness to talk about his or her relationship with Jesus Christ and the Church.** This does not mean that every response has to be polished or use complicated Church terminology, but it does mean that the candidate should share some of the lessons, insights, challenges, questions, or life changes that he or she has encountered during his or her time of formation.

Are There Any Reasons a Candidate Should Delay Confirmation?

Yes. A candidate should delay Confirmation if he or she expresses unwillingness to grow in discipleship. Because Jesus wants to be the Lord of our whole lives, someone who desires to be confirmed should be willing to attempt to grow the four pillars of discipleship as preparation for full initiation into the Church. Key signs of this include an unreadiness to:

- Practice any of the Growth Plan practices, such as worship at Mass on Sundays or Holy Days of Obligation.
- Receive the sacrament of Reconciliation before Confirmation.
- Work through Study, Communal Life, or Prayer pillar commitments.

Fear not! The Church desires that every person receives the sacraments of initiation, and our discernment meeting leaders will be looking for every opportunity to encourage and support our candidates. Any obstacle to Confirmation can be overcome. The most challenging outcome of the discernment meeting might be an invitation to Mass or the sacrament of Reconciliation prior to Confirmation.

Growth Plan Worksheet

Candidate Name:

When are you hoping to be confirmed? (Circle one.) May 2027 Spring 2028

Candidates, please print this worksheet, and use it to write your Growth Plan. Once you have talked with your parents, attended the Kickoff Meeting, and solidified your commitments, please submit your Growth Plan online.

Pillar 1: Prayer

Liturgical Prayer

- **Mass:** Which Sunday (or Saturday Vigil) Mass do you plan to attend this year? _____
- **Confession:** Which day in the next month will you go to Confession? (You should go to Confession at least once this year; monthly is a good practice to start.)

Devotional Prayer

- **Daily Practice:** Which daily prayer practices are you committing to this month? (This can change as often as needed.)

- **Special Commitment:** Which special prayer commitment seems most interesting to you? Is there a time of the year you would want to try it?

Retreat

- Which retreat option will you choose for this year? (Check one.)
 - ___ St. Gertrude Parish's Confirmation Retreat
 - ___ Candidate & Parent/Mentor Retreat
 - ___ A Retreat Organized by Another Group

Pillar 2: Study

Do you plan to attend the in-person presentations or follow an independent study?

Pillar 3: Communal Life

Which Communal Life path and option have you chosen? (Check one.)

Path 1: Small Group

___ Option 1: Candidate-organized Small Group

- Who would you like to have in your group? (These people can be people you like hanging out with; they don't have to be from St. Gertrude Parish or even Catholic.)

- Who are two to four adults or older teens you are interested in asking to lead your group?

- When and where would you like to meet?

___ Option 2: Parish-Organized Small Group

___ 2nd and 4th Mondays

___ 2nd and 4th Tuesdays

Path 2: Mentorship Meetings

___ Option 1: We Find You a Mentor

___ Option 2: You Find Your Own Mentor

- Who are some Catholic adults you would want to ask to be your mentor?

- When do you want to meet with a mentor? How often? _____

Pillar 4: Apostolate

What ideas are most interesting for your apostolate?

When during the year ahead do you think you could do these? _____

What steps do you need to take to pursue this? Do you need to ask for any help?

By signing below, I understand that I am committing myself to preparing to receive the sacrament of Confirmation and will sincerely attempt to practice these commitments during the year ahead.

Candidate Signature _____ Parent Signature _____

Monthly Journal Entry

Please copy these questions on a piece of paper or a Word document to write out your monthly journal responses. At the end of every month, you will share your journal responses with your small group leader or mentor. Please put your name and the month on the sheet you turn in.

Pillar 1: Prayer

1. This month, did you attend Mass each Sunday and Holy Day of Obligation? (Many months will not have a Holy Day outside of Sunday.) If yes, what stood out to you? If not, we love you and are grateful for you. What got in the way? What can you do about it in the future?
2. Have you set a time to go to Confession this month or next month? If yes, or if you have already gone, what do you think about it, and how do you feel about it? If not, what obstacles are you encountering?
3. Which daily habit(s) of prayer have you chosen this month? Were you able to practice them? If yes, what was that like? If not, what were some of the obstacles? What can you do about them in the future?
4. Did you make a special prayer commitment this month? (Not all months will have one.)

Pillar 2: Study

Did you practice your Study commitment this month? If so, did anything stand out as helpful to you? If not, what were the obstacles? What can you do about those in the future? (You may not be able to change some things, and that is okay.)

Pillar 3: Communal Life

Did you meet with your Christian community (small group or mentor) this month? If so, what was good, helpful, or challenging about it? If not, were there obstacles to meeting? What can you do about those obstacles in the future?

Pillar 4: Apostolate

Did you work in your apostolate this month? If yes, what stood out to you about it? If not, do you have a plan to serve in some way in the future?

Next Month

Have you talked with your parents about what you would like to keep or change for the coming month?