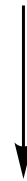


Dear Grade 7 Student,

As part of your preparation to receive the Sacraments of Confirmation, we ask you to complete a Weekly Reflection Question that you will submit after the weekend Mass you attend. Reflections will begin on the weekend of December 2/3. The last Reflection will be submitted on the weekend of March 9/10.

When you enter or leave the Church each week, there will be a box where you can submit your Reflections.

Please be sure to pay close attention to the date on the top of each sheet and ensure that you include your first and last name on each entry.



Full Name: _____ Weekend of February 17/18, 2024



Please note - responses do not always or only have to be written words. Students are encouraged to express themselves using drawing, art or other communication as appropriate.

If you have any questions, please do not hesitate to contact the Sacramental Preparation Team.

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Building a Relationship with God

At the Last Supper, Jesus did not just command his disciples to follow certain rules; he spoke to them of friendship. In the same way, Jesus calls us to a friendship with himself and with God. Of course, our relationship with God requires that we follow certain rules - the Commandments, the Church's teaching and what the Scriptures tell us. Following these rules builds the foundation for a loving relationship with God.

What does my faith mean to me? What more can I do to make my relationship with God stronger?

Full Name: _____

Weekend of December 9/10, 2023

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Who do you think Jesus is?

What do you think of when you hear the name “Jesus”? Do you think of the image of a shepherd holding a sheep? Do you think of the huge statue that you’ve seen in our church of a man on a cross? Do you think of the images you’ve seen on TV or in movies?

In the Gospel of Matthew (Matthew 16: 13-20), Jesus asks the disciples “Who do you say that I am?”

If Jesus asked you this question, how would you answer? How would you describe the role that Jesus plays in your life? Use the box below.

Full Name: _____

Weekend of December 16/17, 2023

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Prayer

God has made us a relationship with him and longs to share his life with each one of us. Prayer is the communication with him that sustains and deepens that relationship. Just as we communicate with our family and friends to keep our relationships strong, we must also communicate with God to build and strength our relationship. Prayer is two-way communication that includes speaking, listening and simply being silent in God's presence.

When and where do you like to pray? Do you find it easy to pray, or challenging? Describe some of the feelings that you have when you are praying.

Full Name: _____

Weekend of December 23/24, 2023

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Attending Mass

“Why do I have to go to church?” is a familiar question that people can sometimes ask. Sometimes people may think of Mass as too long or boring. It’s easy to think this way if we expect Mass to be a form of entertainment. However, Mass is more than about what we see and hear. In the Mass, God leads us to our salvation as we celebrate in the Paschal Mystery - the Passion, death, Resurrection and Ascension of Christ, and receive the Eucharist.

What are some of the feelings that you experience at Mass? What are some of the ways that you experience God’s presence there? What is one way you can participate more fully in the Mass?

Full Name: _____

Weekend of December 30/31, 2023

Weekly Reflection

QUESTION

Submit to the
box at the back
of the Church
each weekend
after mass!

Role Models in Faith

Role models are extremely important in our lives. They help us learn new things, they help us to grow as individuals and they help us to set a path for our lives.

Who in your life has been especially important in helping you learn about your Catholic faith? How have they been a role model to you? How have they influenced your faith or helped you grow in your faith?

Full Name: _____

Weekend of January 6/7, 2023

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Sharing Faith

Ask your parents or another adult to tell you a story about a time they experienced the presence of God in their lives. Maybe they had an answer to a prayer or heard a Scripture passage that spoke to them or helped them during a difficult time. With their permission, share it in the space below (you can leave out or change names to protect people's privacy).

Full Name: _____

Weekend of January 13/14, 2024

Weekly Reflection

QUESTION

Submit to the
box at the back
of the Church
each weekend
after mass!

Youth in the Church

Sometimes, young people are made to believe that they cannot make a difference. Do an online search for “Catholic teen saints” and read up on some of our church’s youngest heroes. Write about one of them in the space below. Do your best to share the following information about your Saint:

- Where was your Saint born?
- When was your Saint born?
- When did they become a Saint and what are they best known for?

Full Name: _____

Weekend of January 20/21, 2024

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Facing Challenges

As young people, you face many challenges every day. When we face challenging situations in our lives, we may find it hard to accept that God truly knows what is best for us. Describe a challenging situation a young person your age might face and how trust in God can make it easier to accept.

Full Name: _____

Weekend of January 27/28, 2024

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Building Virtues

Virtue is a disposition to do good. Each day, we take tiny steps towards virtue by building good habits. When we make virtuous choices, even when it is challenging, good habits become more and more ingrained in us.

Describe a situation when you chose to do the morally right thing, even though it was difficult. How did this experience strengthen you and help you to grow. Do you think you will be able to continue this positive virtue if the situation happens again?

Full Name: _____

Weekend of February 3/4, 2024

Weekly Reflection

QUESTION

Submit to the
box at the back
of the Church
each weekend
after mass!

The Sacrament of Reconciliation

Reconciliation/Confession is a Sacrament of Healing that we are invited to participate in for our spiritual healing. Before Christmas, you participated in the Sacrament of Reconciliation, and we encourage you to attend Reconciliation again during Lent, before your Confirmation.

Reflect on the times you have attended Reconciliation. How did you feel before, during and after your Reconciliation? Why do you think it is important to attend Reconciliation?

Full Name: _____

Weekend of February 10/11, 2024

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Preparing for Lent

During the Lenten season, we are called to do three things: Pray, Fast and Give. Brainstorm ways in which you can increase your prayer life, fast from something or give to others. Share some of your ideas below.

Full Name: _____

Weekend of February 17/18, 2024

Weekly Reflection

QUESTION

Submit to the
box at the back
of the Church
each weekend
after mass!

Loving Others

In the Gospel of Mark (Mark 12:31), we hear Jesus tell us “You shall love your neighbour as yourself”. Reflect on Jesus’ commandment to us. What does this mean to you? Is it always easy to do this? What are some ways that you can live this message in your every day life and encourage others to do the same.

Full Name: _____

Weekend of February 24/25, 2024

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

What am I supposed to do with my life?

“What do you want to be when you grow up?” This is a question that you probably get asked often. Many people have a tough time answering it...even adults! God has given each of u many different gifts and talents. Discovering and using our gifts and talents can help us shape who we are and what we feel called to do.

What gifts and talents has God given to you? What do you feel God is calling you to do with your gifts and talents? Where do you think your gifts and talents will take you in the future?

Full Name: _____

Weekend of March 2/3, 2024

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Living Beyond Confirmation

In Confirmation, we become closer to Christ and are asked to become active members of the Church. We do this by living out our vocation, our call to a life of holiness. Throughout Confirmation, we receive the fullness of God's spirit and use the Gifts of the Holy Spirit to give us the grace to live out our faith in today's world.

How can you learn more about your faith beyond Confirmation? What are some specific actions you can take? What are some ways that you can get involved in the Parish Life at St. Padre Pio, or ways that you can be an example to others?

Full Name: _____

Weekend of March 9/10, 2024

Weekly Reflection

QUESTION

Submit to the box at the back of the Church each weekend after mass!

Final Reflection

Reflect on this time of preparation for your Confirmation. How have you grown spiritually during this time? What changes, if any, have you noticed in yourself? What are some things that you are proud you have tried or accomplished? What are some things that you are going to continue to work on as you grow in your faith journey?