

## Confirmation Spiritual Reflection 2021

**Choose a spiritual reflection** from this list. Candidate and sponsor should meditate on the same reflection (*you can read/meditate on it separately but should reflect/discuss it together at the same time*). If you already subscribe to a different Catholic\* blog/podcast/devotional app, etc., you are welcome to use that as your spiritual reflections source instead.

- **Center for Action & Contemplation** (<https://cac.org/category/daily-meditations/>)
- **Dynamic Catholic** (<https://www.dynamiccatholic.com/daily-reflections.html>)
- **Sacred Space** (<https://www.sacredspace.ie/>)

**Prepare your mind and body** for the reflection by finding a comfortable place to sit and take a few deep, “cleansing” breaths...

**Meditate...** Read (and if necessary, re-read) the reflection. Pay attention to unusual words or phrasing (it is likely they were chosen for a specific reason)... Think deeply about what the author is saying; search for the nuanced meaning and wisdom of the text.

**Discuss with your sponsor** (or parent). *Keeping in mind that the purpose of the spiritual reflection exercises is to help you grow in your awareness of – and connection to – God*, use the questions below to help you draw out the deeper/personal meaning of this reflection.

- What is the deeper meaning/wisdom that I found in this reflection?
- What insight does this reflection give me about God?
- What insight does this reflection give me about my relationship with God?
- What is God saying to me or asking of me today?

*When we get together, I want to encourage you in your faith,  
but I also want to be encouraged by yours. ~ Romans 1:12*

**Share.** The ability to articulate our belief is an essential part of the spiritual growth that we are all called to experience over a lifetime. Like Paul in his letter to the Christians in Rome; we, the community of St. Joseph the Worker, are praying for you (Candidates, Sponsors, and families) during this journey of faith. I ask that you also encourage us! **With your sponsor (or parent), prepare a short synopsis of your shared reflection on these questions with me** ([bshay@sjtw.net](mailto:bshay@sjtw.net)... 2-3 sentences each will suffice). Let us “encourage one another and build one another up in the Lord” (1 Thessalonians 5:11)

We are asking you share only one reflection with us, but invite – and indeed, encourage all candidates, sponsors and/or parents to make spiritual reflection a regular part of your spiritual diet. Bon Appétit!

If you have any questions about this Confirmation Commitment, please let me know.

Barry Shay

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*\* Since this spiritual exercise is in preparation for a Catholic Sacrament, we ask that the source of the reflection is consistent with Catholic teaching/Tradition.*

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