

Preparing for Confirmation

Preparation, age and timing vary by Church and diocese. Tell the parish about your prior sacramental history so it can identify the right path. A sponsor and any optional Confirmation name should follow local guidance.

Find your preparation path

☐ **Contact the parish**

Explain whether you are preparing as a young person or an adult and which sacraments you have received.

☐ **Confirm the schedule and records**

Ask about sessions, retreats, required documents, costs and accessible alternatives where needed.

☐ **Discuss a sponsor**

Check eligibility and the parish's process before inviting someone. Choose a person who can support a continuing life of faith.

Give preparation meaning

☐ **Bring real questions**

Keep a list of things you want to understand. Ask the formation team for reliable sources.

☐ **Build a prayer rhythm**

Choose a small daily practice and ask the Holy Spirit for guidance.

☐ **Serve thoughtfully**

Ask about any parish expectations and choose service that meets a real need, with suitable permissions and supervision.

Our parish conversation

Parish / contact: _____ Meeting date: _____

Prepare for the celebration and beyond

☐ Ask about local customs

Confirm whether choosing a saint's name is customary or requested; it is not a universal requirement.

☐ Plan the next step

Check rehearsal details and choose a way to stay involved in prayer, learning or service afterwards.

Questions to bring

Which preparation path applies to my sacramental history?

What are the sponsor requirements and local customs?

What opportunities help newly confirmed Catholics remain involved?

What our parish asks us to do

Dates and next steps

Teaching reference: Catechism 1302-1305: the effects of Confirmation. Read the source and companion guide at lifeofacatholic.com/sacraments/confirmation/.