



Journaling



Some use a simple notebook, others use elaborate hard cover journals to express their prayers, thoughts, emotions, dreams and deep thoughts into prayer journals. I invite you to begin your own prayer journal as you begin this new and exciting adventure into our Catholic faith!

Here are a few journal starters to help you begin!

- To what kind of life do you think God is calling you?
- In what areas of your life do you need courage?
- How do you plan to explore and nurture the gifts God will give you in the celebration of Confirmation?
- What specific actions do you need to take?
- How do you feel about your upcoming celebration of the Sacrament of Confirmation? What are you looking forward to most? Why?
- In what areas of your life do you see a need for unity?
- What activities in your life are you most enthusiastic about? How can these things be used to bring about God's peaceful kingdom?
- Where is my prayer life? When do I feel God's presence the most?
- What criteria do you think you will use when choosing your patron Saint? Why?
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- What qualities are you seeking when choosing your Confirmation Sponsor? Why?

