



My Confirmation Name & Promise

*"Before I formed you in the womb I knew you,
before you were born I set you apart."*

— Jeremiah 1:5



My Confirmation name is:

I chose this name because:

*Confirmation is your yes — your personal decision to follow Christ.
Be honest. Be brave. He already knows your heart.*

Dear God, I promise to:

Signed:



Part 2: My Confirmation Saint

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles.

— Hebrews 12:1



One way I want to grow in a virtue my saint showed:



A short prayer asking my saint to pray for me:



Part 4: Bible Verses for the Journey

The Bible is full of promises and encouragement for people just like you.
These verses were chosen specifically for someone stepping into the fullness of faith.
Read them slowly. Let them sink in!

When you feel afraid or uncertain about what lies ahead —

*“Do not be afraid, for I am with you; do not be dismayed,
for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand.”*

— Isaiah 41:10

When you wonder if your age or youth matters to God —

*“Do not let anyone look down on you because you are young,
but set an example for the believers in speech, in conduct, in love,
in faith and in purity.”*

— 1 Timothy 4:12

When you need courage to say yes to your faith —

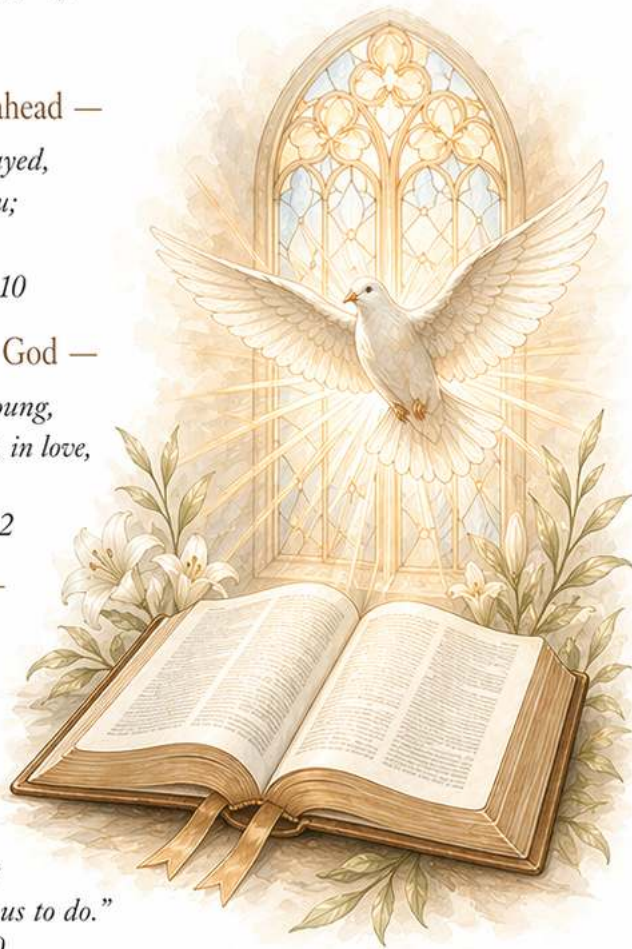
*“Be strong and courageous. Do not be afraid;
do not be discouraged, for the Lord your God
will be with you wherever you go.”*

— Joshua 1:9

When you wonder what God made you for —

*“For we are God’s handiwork, created in Christ Jesus
to do good works, which God prepared in advance for us to do.”*

— Ephesians 2:10



My Favorite Verse

After reading these, write the verse that speaks most to your heart right now — and why.



PART SEVEN

INTERVIEW PREPARATION CHECKLIST



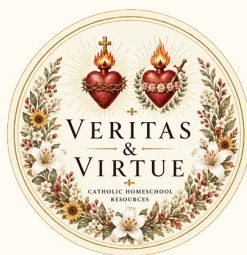
Study Strategy

Do not try to study everything at once. Pick 3–4 questions per day, review them before bed, and try again the next morning. Ask a parent or your sponsor to quiz you out loud. Saying answers aloud — not just reading them — is the fastest way to make them stick.

#	Question	Ready
1	What is your Confirmation name, and why did you choose this saint?	☐
2	What is a Sacrament?	☐
3	What is grace?	☐
4	How many Sacraments are there? Name them all.	☐
5	What are the three theological virtues received at Baptism?	☐
6	What are the four cardinal virtues strengthened at Confirmation?	☐
7	Who is the Holy Spirit?	☐
8	Name the seven gifts of the Holy Spirit.	☐
9	Why are the Gifts of the Holy Spirit important to Christian life?	☐
10	Name as many fruits of the Holy Spirit as you can.	☐
11	Why is it important to live the fruits of the Holy Spirit?	☐
12	Name the five Precepts of the Church.	☐
13	Name the three parts of the Rite of Confirmation.	☐
14	What is the essential part of the Rite? When is the Sacrament conferred?	☐
15	What is the name of the sacred oil used at Confirmation?	☐
16	What does the word Confirmation mean?	☐
17	Why is it important to receive the Sacrament of Confirmation?	☐



Use this checklist to track your study progress. When you feel confident answering a question from memory, tick the box. Aim to have every box checked before your interview!



VERITAS & VIRTUE CATHOLIC PRESS

Pull up a chair

Dear friend, I hope these pages bring a little peace and a little beauty to your table this week. Print as many copies as your own family or classroom needs.

These four pages come from our 25-page Confirmation Student Guide & Keepsake Booklet: saint and sponsor pages, Bible verses, a study guide with answers, an interview checklist and keepsake pages for the day.

THE WHOLE BOOK

The complete My Confirmation Student Guide & Keepsake Booklet is in our Etsy shop.

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From my kitchen table to yours,

Maria