

*Confirmation
Retreat Journal*



Captain America

Name: _____

In the movie the serum amplifies what is inside.

What inside you makes you good and how can that be made great?

What role does the Holy Spirit play in developing your gifts?

Captain America had people around him that had faith in his abilities.

Who has faith in you?

How does that confidence inspire you like Peggy's inspired Capt. America?

Capt. American is given
better tools for the job
(his new suit & shield).

We are given gifts from
the Spirit for our disci-
pleship.

What gifts have you been
given?

Gifts of the Holy Spirit

Courage – the quality that allows one to over-
come fears & obstacles.

Wisdom – knowing what comes from God and
what does not.

Understanding – comprehending how we need to
live as followers of Christ.

Counsel – Ability to know between right and
wrong.

Knowledge – awareness or understanding of
someone or something.

Piety – Showing God that we love God

Fear of the Lord – Recognizing how great God is.

Capt. America is asked if he
wants to serve his country.
God calls all of us to serve too.
Do you want to serve? How so?

- Love God. Love your neighbor as yourself. Forgive others who have wronged you. Love your enemies.

Capt. America was willing to sacrifice all for those around him (at his training and at the end of the movie).

Jesus sacrificed for us.
What do you give up for those you love?

Which themes of Christianity do you recognize in this film?

- Repentance of sins is essential. Don't be hypocritical. Don't judge others.

Spiritual Growth Experience

Attend Mass, Adoration, Taize, or other Catholic spiritual experience live or virtually.

Where did you see God in this experience? Write or draw about how you felt, what you saw or heard.



What was hard for you? Easy? What might you do differently next time to enhance your experience of Mass/ Adoration/Taize?

Closing Prayer

Student: For my Parents and Sponsor, that their words and actions serve to inspire and encourage me as I prepare to receive the sacrament; let us pray to the Lord.

Response: Lord, hear our prayer

Parent/Sponsor: For (Student Name), that you may give witness to Christ by your life built on faith and love; let us pray to the Lord.

Response: Lord, hear our prayer

Student: For my Parents and Sponsor, that this time of preparation serves to strengthen the bonds of love and understanding with me; let us pray to the Lord.

Response: Lord, hear our prayer

Parent/Sponsor: For (Student Name), that the gifts you received at Baptism may be strengthened by the Holy Spirit and enflame in you a desire to live as a disciple of Christ; let us pray to the Lord.

Response: Lord, hear our prayer

You are now invited to share your own intentions for prayer. Who or what would you like to pray for at this time? Share with each other.

For these intentions and for those we hold in the depths of our hearts, we pray to the Lord.

Response: Lord, hear our prayer.

Let us ask our Blessed Mother's help. Hail Mary...