



Diocese of Buffalo

Department of Lifelong Faith Formation

A member of the Division for Evangelization and Catechesis

Adults and Confirmation

When preparing Catholic adults to complete their sacramental initiation through Confirmation, recall that the overarching goal of all faith formation is to form disciples for Christ. Adults seeking to be confirmed undergo a preparation process that centers on one's baptismal identity as a member of the Body of Christ, relationship with Jesus, the presence and gifts of the Holy Spirit, the meaning of the sacraments of initiation and living as an adult disciple.

Many adults who are seeking to be confirmed have been away from the Church. Confirmation is an ideal opportunity to re-engage with them. These best practices will set the stage for a formative experience that engages adults with the Catholic faith and the life of the parish. Adult Confirmation preparation:

- Is evangelizing and welcoming
- Targets head, heart and hands
- Utilizes multiple formats and methodologies to meet different learning styles, i.e. face-to-face gatherings, group discussions, online resources, videos, reading, journaling, etc.
- Involves sponsors
- Provides opportunities for engagement with parish life: Mass, seasonal celebrations, days of reflection, service opportunities, social gatherings, etc.
- Lays a foundation for ongoing faith formation after the sacrament

A small-group discussion format is recommended. This facilitates faith sharing and allows adults to explore their questions, interact with faithful Catholics and apply their faith to life.

The active involvement of sponsors in the preparation process is recommended whenever possible. Sponsors serve as mentors, faith witnesses and bridges to parish participation.

An individual face to face meeting with each candidate prior to starting is essential. See "Adult Confirmation Initial Interview Questions." (next page)

The Diocese provides the Confirmation curriculum and preparation guidelines:

<https://www.buffalodiocese.org/lifelong-faith-formation/sacrament-of-confirmation>

As always, Pastors/Pastoral Administrators should exercise pastoral solutions for their unique location and situation(s).

For assistance, please contact Sr. Barbara Schiavoni, GNSH at 716-847-5516 or bschiavoni@buffalodiocese.org

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Adult Confirmation Initial Interview Questions

Catholic adults seeking Confirmation come with a variety of faith experiences, so it is important to know where the person is coming from as you begin to journey with them. Below are sample questions to aid your assessment. Be sure to explore marital status early on so that any marital irregularities can be addressed in a timely manner.

1. What leads you to seek Confirmation at this time?
2. How are you practicing your faith at the present time?
3. What are your hopes for living your faith while you are preparing for Confirmation and afterward?
4. What was your experience of God/faith/religion in your family while growing up?
5. How do you experience God in your life?
6. Who is Jesus for you?
7. What do you think will be different for you once you are confirmed?
8. How do you learn best?
9. How can we support you as you prepare for Confirmation?

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