

Pre-Requisites before Direct Preparation:

- Young people of high school age: participation in religious education classes in a parish setting or a Catholic high school that is comprehensive and systematic, ideally for at least 2 years.
- Readiness and willingness.

Readiness and Willingness:

Readiness cannot be determined by the calendar alone. The process for determining readiness and willingness is one in which the individual who is seeking to enter a Confirmation preparation process is encouraged to dialogue with family, sponsors, parish priests, and catechetical ministers.

Indicators of readiness include:

- weekly participation in the Eucharist and the prayer life of their faith community.
- an adequate grasp of the basic content of the Catholic faith (acquired through participation in a parish or Catholic high school program or other approved process):

The main topics include:

- relationship with Jesus and the Body of Christ.
 - meaning of the Sacraments of Initiation.
 - mission of the Church and the Call to Ministry.
 - personal prayer and community worship.
 - individual gifts and talents and the Gifts of the Spirit.
 - the creed.
- the ability to freely request the Sacrament of Confirmation to the pastor.

Retreat:

Retreats provide a different method to grow in faith within one's peer group. For high school students, the following guidelines are recommended:

- the experience be with the other candidates from their parish;
- the experience be at least 5 hours in length
- the Confirmation retreat be distinct from other high school retreats.

Service:

The opportunity to be engaged in worthwhile community service with their peers and/or in an intergenerational setting provides an experience that could foster a life-long commitment to Christian service.

- emphasis should be placed on the value of opportunities afforded and theological reflection rather than accumulation of hours.
- opportunities both within the parish community and the community at large are encouraged