

Due: March 12, 2017

SPIRITUAL AUTOBIOGRAPHY 2016-17

As you prepare to receive the sacrament of Confirmation, we ask you to reflect on your spiritual journey thus far. **We hope this paper will help you to see the hand of God in your life and help you determine/rediscover your motivations for being confirmed at this time. Please take the time to thoughtfully consider this paper and allow yourself the time to write it well.** Please remember that honest self-assessments are the best way to truly grow!

Your Spiritual Autobiography should be typed, double-spaced in a 12-point font (regular paper style and format), and organized based on the general structure provided below. The prompts below are given for your assistance in forming an outline generally following, **where you began, where you are now, and where you are going**. All of the questions are here to assist you with your reflection and ALL BE SHOULD BE READ in order to be reflected on **but you only have to answer the bolded ones** in your paper. Please take time and consider the questions and reflect on your life story before writing. ****Please do not just answer the bullet points – Your paper should consist of complete sentences. ****

HISTORICAL BACKGROUND – GENESIS (YOUR BEGINNING(S)) – WHERE YOU BEGAN

(2 PARAGRAPHS MAX) - REMEMBER! YOU ONLY HAVE TO ANSWER THE BOLDED QUESTIONS!!

- I. Your birth
 - a. When and where were you born?
 - b. What order are you in your family?
 - c. How did you get your name?

- II. **Your baptism**
 - a. **When and where were you baptized?**
 - b. How old were you when you were baptized
 - c. What can your parents tell you about your baptism?
 - d. Who are your godparents and why were they chosen?
 - e. **How did your baptism affect your faith life and why you are Catholic today?**

- III. **Your first reconciliation**
 - a. When was it and how did you prepare for it?
 - b. How did you feel that day participating in the sacrament for the first time?
 - c. **How did you feel afterward knowing that you are forgiven?**
 - d. What is your understanding of this sacrament and why we need it?

Due: March 12, 2017

IV. Your first communion

- a. **When was it and where?**
- b. What do you remember about that day?
- c. **How did you feel receiving Jesus for the first time?**
- d. **What is your understanding of the sacrament of Eucharist?**
- e. **What role has the Eucharist played in your life?**

YOUR GROWTH - WHERE YOU ARE NOW (THE PRESENT – EVERY DAY IS A GIFT)

4 PARAGRAPHS MAX – REMEMBER! YOU ONLY HAVE TO ANSWER THE BOLDED QUESTIONS!!

V. Your developing sacramental life

- a. **As you have grown older, how have the sacraments been present in your life (especially Reconciliation and Eucharist)?**
- b. **Do you think that the sacrament of reconciliation is helpful to you; why or why not?**
- c. **What is your level of appreciation for Mass? Is it important to you to go to Mass every Sunday; why or why not?**
- d. What does the Creed mean to you, what do you believe?
- e. What would help you participate better in Mass each week?
- f. How is Jesus constantly present with us today?
- g. Baptism, Eucharist and Confirmation are called the Sacraments of Initiation. How are they related and how do they have a relationship in your life?
- h. Can you explain some of the similarities and differences of the Catholic Church and other Christian faiths?
- i. **What is one truth (reality/fact of life) that you have learned through your Catholic faith?**
- j. **How have you grown in your faith, especially this year?**

VI. Your prayer life

- a. **What are your favorite ways to pray?**
 - i. Are there times and places that you like to be alone with God? How does spending time with God affect your day?
- b. **In what ways do you show thanks for all that God has done for you?**
 - i. Describe a time when your prayer was answered in the way you desired and another time when a prayer was answered in a way that you did not expect.
 - ii. Do you think of God in times of temptation? Why or why not?
- c. **How have you experienced God's love?**

Due: March 12, 2017

- i. One of the many ways God communicates with us is through Scripture. Is Scripture important to you? Do you read and reflect on the Scriptures? How do they make a difference in your life?
 - ii. Have you discovered God's sense of humor in any way? How?
 - iii. Do you think God loves you? Do you feel like God loves you?
- d. How does God's love move you to love others? How does God love others through you?**

VII. Mentors

- a. Who is a person you admire as a spiritual mentor?**
- b. How has this person set an example for you in the way they live out their faith?
- c. How have you benefited from knowing this person?
- d. How has this person encouraged you to grow in your faith?
- e. For what purpose did God put this person in your life?
- f. Do you think others look to you as a mentor? Who are they and why?

WHERE YOU ARE GOING

2 PARAGRAPHS MAX - REBMEBER! YOU ONLY HAVE TO ANSWER THE BOLDED QUESTIONS!!

VIII. If Jesus were to spend a day with you in person, **what changes would you make to yourself or your home before Jesus came to visit?**

- a. What questions would you have for Him?
- b. Would you tell him "I love you?" Would you know that He loves you?
- c. What would you like to tell Him about your life?
- d. What is one issue in our world today that really concerns you and what do you think Jesus would do about this issue? What would He say about it and what would He suggest you do?
- e. What would Jesus think of you and how you are living out your faith on a daily basis?
- f. What do you think He would say to you after having spent the day with you?

IX. Your approaching Confirmation

- a. Can you describe a time when you felt the presence of the Holy Spirit within you?
- b. How much have you allowed God to be present in your life?
- c. Outside of going to Mass on Sunday and receiving the sacraments, how are you living out your faith on a daily basis?
- d. What was your retreat experience like? How did it affect you and your decision to be confirmed?

Due: March 12, 2017

- e. How did you choose your Confirmation saint? Why did you choose that person and how have you shared this time of preparation with him/her this year? Why do we admire the saints and ask them to pray for us?
 - f. **What gift of the Holy Spirit do you feel you need most as you approach Confirmation and why? (wisdom, courage, right judgment, wonder & awe, reverence, understanding, knowledge)**
- X. Your future life in the church
- a. Confirmation is not the end of your faith life; it is just the beginning of your committed life as a disciple. **How do you plan to continue participation in parish life? To the world? And how will you live out your faith daily?**
 - b. Discerning your vocation is a life-long process, found in the depths of your true heart—how God is calling you to love Him and others. At this stage in your life, what vocation do you think God may be calling you to?
 - c. By choosing to be confirmed, you are choosing to continue your commitment to Christ and to the community. How will you choose to walk as a disciple of Jesus?
 - d. What kind of people do you need in your life to help you remain faithful to the life and teachings of Jesus?
- XI. How has this spiritual autobiography helped you recognize God's hand in your life during every step of your faith development?