

Sealed in the Spirit

Confirmation Prayer Journal – 37 Weeks

Week 1: Called by Name

📖 *"I have called you by name; you are mine." – Isaiah 43:1*

🙏 Prayer Prompts:

- Jesus, help me believe I am loved when...
- You know me better than I know myself because...
 - 🎨 Creative Challenge: Decorate your name with words that reflect how God sees you.
 - 👤 Saint Spotlight: *St. Thérèse of Lisieux* – Found holiness in small things.
 - ⚡ Action Step: Say your name in prayer and ask God what He wants to do through you.

Week 2: Who Is the Holy Spirit?

📖 *"The Spirit helps us in our weakness." – Romans 8:26*

🙏 Prayer Prompts:

- Holy Spirit, come into my life and...
- I need Your help when I...
 - 🎨 Creative Challenge: Draw a flame and write what you hope the Spirit will ignite in you.
 - 👤 Saint Spotlight: *St. John Paul II* – Lived boldly in the Spirit.
 - ⚡ Action Step: Pray "Come, Holy Spirit" each morning this week.

Week 3: God's Love Is Personal

📖 *"We love because He first loved us." – 1 John 4:19*

🙏 Prayer Prompts:

- I feel God's love when...
- Help me receive Your love even when I...
 - 🎨 Creative Challenge: Write a love letter from God to you.
 - 👤 Saint Spotlight: *St. Clare of Assisi* – Trusted God's love deeply.
 - ⚡ Action Step: Do something kind for yourself this week.

Week 4: Created for a Purpose

📖 “You are God’s masterpiece.” – Ephesians 2:10

🙏 Prayer Prompts:

- Show me the gifts You’ve placed in me...
- Help me live with purpose when...
 - 🎨 Creative Challenge: Create a “purpose poster” with your talents and passions.
 - 👤 Saint Spotlight: *St. Catherine of Siena* – “Be who God meant you to be.”
 - ⚡ Action Step: Use one of your gifts to help someone this week.

Week 5: Fruits of the Spirit

📖 “The fruit of the Spirit is love, joy, peace...” – Galatians 5:22

🙏 Prayer Prompts:

- Grow patience in me when...
- Help me show kindness to...
 - 🎨 Creative Challenge: Create a fruit basket of virtues you want to grow.
 - 👤 Saint Spotlight: *Bl. Pier Giorgio Frassati* – Joyful and generous.
 - ⚡ Action Step: Choose one fruit to practice daily this week.

Week 6: Gifts of the Spirit

📖 “The Spirit of the Lord will rest on him...” – Isaiah 11:2

🙏 Prayer Prompts:



- Give me wisdom when I...
- Help me be brave in...
 - 🎨 Creative Challenge: Design a shield with symbols for the seven gifts.
 - 👤 Saint Spotlight: *St. Joan of Arc* – Courageous in faith.
 - ⚡ Action Step: Use one gift of the Spirit in a real-life situation this week.

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📖 “My grace is sufficient for you.” – 2 Corinthians 12:9

🙏 Prayer Prompts:




- I feel weak when...
- Help me rely on Your strength in...
 - 🎨 Creative Challenge: Draw a cracked jar with light pouring out—your strength in Christ.

-  Saint Spotlight: *St. Paul* – Found strength in surrender.
-  Action Step: Ask for help in something you usually try to do alone.


Week 8: Courage & Fortitude

 “Do not be afraid; I am with you.” – *Isaiah 41:10*




 Prayer Prompts:

- Help me be brave when...
- Give me courage to speak truth in...
 -  Creative Challenge: Write a battle cry prayer for moments of fear.
 -  Saint Spotlight: *St. Maximilian Kolbe* – Gave his life for another.
 -  Action Step: Do one brave thing this week that reflects your faith.


Week 9: Wisdom & Wonder

 “Teach me Your ways, O Lord.” – *Psalms 25:4*




 Prayer Prompts:

- Help me see the world through Your eyes...
- Teach me to seek truth in...
 -  Creative Challenge: Create a “wisdom tree” with branches of things you’ve learned.
 -  Saint Spotlight: *St. Thomas Aquinas* – Pursued truth and wonder.
 -  Action Step: Ask a deep question and seek a faithful answer.


Week 10: Choosing My Saint

 “Be imitators of me, as I am of Christ.” – *1 Corinthians 11:1*

 Prayer Prompts:

- Thank You for the example of...
- Help me live like...
 -  Creative Challenge: Create a tribute page for your Confirmation saint.
 -  Saint Spotlight: Your chosen saint
 -  Action Step: Share something about your saint with a friend or sponsor.

Week 11: What Is Prayer?

 “Pray without ceasing.” – *1 Thessalonians 5:17*

 Prayer Prompts:

- Teach me how to talk to You when...

- *Help me pray even when I feel...*
 - 🎨 *Creative Challenge: Write a short prayer in your own words, like a letter to God.*
 - 👤 *Saint Spotlight: St. Teresa of Ávila – Taught deep personal prayer.*
 - ⚡ *Action Step: Try praying at three different times today—morning, noon, and night.*

Week 12: Listening for God

📖 *“Speak, Lord, Your servant is listening.” – 1 Samuel 3:10*

🙏 *Prayer Prompts:*

- *Help me hear You in...*
- *I want to listen better when...*
 - 🎨 *Creative Challenge: Create a “quiet zone” drawing or collage that helps you listen to God.*
 - 👤 *Saint Spotlight: St. Benedict – Lived in silence and listening.*
 - ⚡ *Action Step: Spend 5 minutes in silence each day this week.*

Week 13: Silence & Stillness

📖 *“Be still and know that I am God.” – Psalm 46:10*

🙏 *Prayer Prompts:*

- *I struggle to be still when...*
- *Help me find peace in...*
 - 🎨 *Creative Challenge: Draw a peaceful scene that helps you feel close to God.*
 - 👤 *Saint Spotlight: St. Joseph – Silent strength and trust.*
 - ⚡ *Action Step: Turn off your phone for 30 minutes and just be.*

Week 14: Scripture Speaks

📖 *“Your word is a lamp to my feet.” – Psalm 119:105*

🙏 *Prayer Prompts:*

- *Speak to me through Your Word when...*
- *I feel guided by scripture when...*
 - 🎨 *Creative Challenge: Choose a favorite Bible verse and illustrate it.*
 - 👤 *Saint Spotlight: St. Jerome – Translated the Bible with love.*
 - ⚡ *Action Step: Read one Gospel passage this week and journal about it.*

Week 15: Praying with the Saints

📖 *“We are surrounded by a great cloud of witnesses.” – Hebrews 12:1*

🙏 *Prayer Prompts:*

- *Thank You for the example of...*

- *Help me live like...*
 - 🎨 *Creative Challenge: Create a “saint squad” collage of holy role models.*
 - 👤 *Saint Spotlight: St. Dominic – Loved praying the Rosary.*
 - ⚡ *Action Step: Pray one decade of the Rosary this week.*

Week 16: Forgiveness & Reconciliation

📖 *“Be merciful, just as your Father is merciful.” – Luke 6:36*

🙏 *Prayer Prompts:*

- *Help me forgive...*
- *I need Your mercy for...*
 - 🎨 *Creative Challenge: Write a letter to God asking for healing or forgiveness.*
 - 👤 *Saint Spotlight: St. Maria Goretti – Forgave her attacker.*
 - ⚡ *Action Step: Make peace with someone or pray for someone who’s hurt you.*

Week 17: God’s Mercy Is Bigger

📖 *“His mercy endures forever.” – Psalm 136:1*

🙏 *Prayer Prompts:*

- *I feel unworthy when...*
- *Help me accept Your mercy in...*
 - 🎨 *Creative Challenge: Draw a waterfall labeled “God’s mercy” washing over you.*
 - 👤 *Saint Spotlight: St. Faustina – Messenger of Divine Mercy.*
 - ⚡ *Action Step: Say the Divine Mercy prayer this week.*

Week 18: Healing from Hurt

📖 *“He heals the brokenhearted.” – Psalm 147:3*

🙏 *Prayer Prompts:*

- *Heal me from...*
- *Help me trust You with my pain...*
 - 🎨 *Creative Challenge: Create a “healing heart” image with cracks and light.*
 - 👤 *Saint Spotlight: St. Kateri Tekakwitha – Suffered with grace.*
 - ⚡ *Action Step: Reach out to someone who’s hurting.*

Week 19: Letting Go

📖 *“Cast all your anxiety on Him.” – 1 Peter 5:7*

🙏 *Prayer Prompts:*

- *I’m holding on to...*

- *Help me surrender...*
 - 🎨 *Creative Challenge: Write down what you need to let go of and tear it up as a prayer.*
 - 👤 *Saint Spotlight: St. Ignatius of Loyola – Let go to follow God’s will.*
 - ⚡ *Action Step: Let go of one habit or distraction this week.*

Week 20: What Is a Disciple?

📖 *“Come, follow me.” – Matthew 4:19*

🙏 *Prayer Prompts:*

- *Jesus, show me how to follow You in...*
- *Help me be a light when...*
 - 🎨 *Creative Challenge: Draw footprints and write inside them how you want to walk with Jesus.*
 - 👤 *Saint Spotlight: St. Andrew – First to follow Christ.*
 - ⚡ *Action Step: Do one act of service this week without being asked.*

Week 21: Following Jesus Daily

📖 *“Take up your cross daily and follow me.” – Luke 9:23*

🙏 *Prayer Prompts:*

- *Help me stay close to You when...*
- *I want to follow You even when...*
 - 🎨 *Creative Challenge: Create a “faith calendar” with ways to follow Jesus each day.*
 - 👤 *Saint Spotlight: St. Bernadette – Faithful in suffering and simplicity.*
 - ⚡ *Action Step: Choose one daily habit to strengthen your faith.*

Week 22: Serving Others

📖 *“Whatever you did for the least of these, you did for me.” – Matthew 25:40*

🙏 *Prayer Prompts:*

- *Show me how to serve You today in...*
- *Help me be generous with...*
 - 🎨 *Creative Challenge: Make a “service shield” with symbols of how you can help others.*
 - 👤 *Saint Spotlight: St. Vincent de Paul – Dedicated to serving the poor.*
 - ⚡ *Action Step: Volunteer or help someone without expecting anything in return.*

Week 23: Evangelization

📖 *“Go and make disciples of all nations.” – Matthew 28:19*

🙏 *Prayer Prompts:*

- Give me courage to share my faith when...
- Help me be a witness in...
 - 🎨 Creative Challenge: Create a "mission map" showing where and how you can share God's love.
 - 👤 Saint Spotlight: Bl. Carlo Acutis – Evangelized through technology.
 - ⚡ Action Step: Invite someone to Mass or share a prayer with them.

Week 24: Living the Gospel

📖 "Let your light shine before others." – Matthew 5:16

🙏 Prayer Prompts:

- Help me live Your Word in...
- Teach me to be a light when...
 - 🎨 Creative Challenge: Write a short skit or comic strip showing someone living the Gospel.
 - 👤 Saint Spotlight: St. Francis of Assisi – Preached with his life.
 - ⚡ Action Step: Do something that reflects Jesus without using words.

Week 25: The Body of Christ

📖 "You are the Body of Christ." – 1 Corinthians 12:27

🙏 Prayer Prompts:

- Help me find my place in Your Church...
- Teach me to honor others' gifts...
 - 🎨 Creative Challenge: Draw a puzzle with each piece representing a person in the Church.
 - 👤 Saint Spotlight: St. Teresa of Calcutta – Saw Christ in every person.
 - ⚡ Action Step: Affirm someone's gifts in your parish or group.

Week 26: The Eucharist

📖 "This is my body, given for you." – Luke 22:19

🙏 Prayer Prompts:

- Thank You for the gift of Your presence...
- Help me receive You with reverence...
 - 🎨 Creative Challenge: Design a Eucharistic symbol (chalice, host, rays of light).
 - 👤 Saint Spotlight: St. Tarcisus – Died protecting the Eucharist.
 - ⚡ Action Step: Spend time in Adoration or reflect quietly after Communion.

Week 27: Baptism & Belonging

📖 "You are God's child." – Galatians 3:26

🙏 Prayer Prompts:

- *Remind me of my baptismal promises...*
- *Help me live as Your child when...*
 - 🎨 *Creative Challenge: Create a “faith family tree” showing your spiritual influences.*
 - 👤 *Saint Spotlight: St. John the Baptist – Prepared the way for Jesus.*
 - ⚡ *Action Step: Renew your baptismal promises in prayer.*

Week 28: Confirmation

📖 *“You will receive power when the Holy Spirit comes upon you.” – Acts 1:8*

🙏 *Prayer Prompts:*

- *Prepare my heart for Confirmation by...*
- *Help me say “yes” to You in...*
 - 🎨 *Creative Challenge: Write a prayer asking the Holy Spirit to guide your life.*
 - 👤 *Saint Spotlight: St. Philip Neri – Joyful and Spirit-filled.*
 - ⚡ *Action Step: Share with someone why you’re choosing to be confirmed.*

Week 29: The Church’s Mission

📖 *“Go into the whole world and proclaim the Gospel.” – Mark 16:15*

🙏 *Prayer Prompts:*

- *Help me be part of Your mission by...*
- *Show me where I’m needed in...*
 - 🎨 *Creative Challenge: Create a poster or flyer for a faith-based cause you care about.*
 - 👤 *Saint Spotlight: St. Paul – Tireless missionary.*
 - ⚡ *Action Step: Support a ministry or outreach effort in your parish.*

Week 30: Faith & Doubt

📖 *“Lord, I believe; help my unbelief.” – Mark 9:24*

🙏 *Prayer Prompts:*

- *I struggle to believe when...*
- *Help me trust You in...*
 - 🎨 *Creative Challenge: Write a psalm of your own—honest, raw, and hopeful.*
 - 👤 *Saint Spotlight: St. Thomas the Apostle – Honest about doubt.*
 - ⚡ *Action Step: Ask a question in small group or write it in your journal.*

Week 31: Hope in Hard Times

📖 *“The Lord is close to the brokenhearted.” – Psalm 34:18*

🙏 *Prayer Prompts:*

- *Be near me when I feel...*

- *Help me bring hope to...*
 - 🎨 *Creative Challenge: Create a “hope board” with images or words that lift your spirit.*
 - 👤 *Saint Spotlight: St. Monica – Prayed with hope for years.*
 - ⚡ *Action Step: Encourage someone who’s going through a tough time.*

Week 32: Joy & Gratitude

📖 *“Rejoice in the Lord always.” – Philippians 4:4*

🙏 *Prayer Prompts:*

- *Thank You for the joy of...*
- *Help me be grateful even when...*
 - 🎨 *Creative Challenge: Make a gratitude list or decorate a “joy jar.”*
 - 👤 *Saint Spotlight: St. Philip Neri – Known for holy joy.*
 - ⚡ *Action Step: Share something that made you smile this week.*

Week 33: Humility & Obedience

📖 *“He humbled Himself... even to death on a cross.” – Philippians 2:8*

🙏 *Prayer Prompts:*

- *Teach me to be humble in...*
- *Help me obey You when...*
 - 🎨 *Creative Challenge: Write a prayer of surrender to God’s will.*
 - 👤 *Saint Spotlight: St. Joseph – Obedient and quiet strength.*
 - ⚡ *Action Step: Do a task this week without seeking recognition.*

Week 34: Purity & Integrity

📖 *“Blessed are the pure in heart.” – Matthew 5:8*

🙏 *Prayer Prompts:*

- *Help me live with integrity in...*
- *Teach me to guard my heart when...*
 - 🎨 *Creative Challenge: Create a “heart shield” with values you want to protect.*
 - 👤 *Saint Spotlight: St. Agnes – Chose purity and courage.*
 - ⚡ *Action Step: Make one choice this week that reflects your values.*

Week 35: My Faith Story

📖 *“Always be ready to give a reason for your hope.” – 1 Peter 3:15*

🙏 *Prayer Prompts:*

- *My faith grew when...*

- *I felt close to God during...*
 - 🎨 *Creative Challenge: Write or draw your faith journey so far.*
 - 👤 *Saint Spotlight: St. Augustine – A powerful conversion story.*
 - ⚡ *Action Step: Share part of your story with someone you trust.*

Week 36: Writing My Letter to Jesus

📖 *“Draw near to God, and He will draw near to you.” – James 4:8*

🙏 *Prayer Prompts:*

- *Jesus, I want You to know...*
- *I hope You will guide me in...*
 - 🎨 *Creative Challenge: Write a heartfelt letter to Jesus about your Confirmation journey.*
 - 👤 *Saint Spotlight: St. John the Evangelist – Wrote with love and truth.*
 - ⚡ *Action Step: Read your letter aloud in prayer.*

Week 37: Sealed in the Spirit

📖 *“It is no longer I who live, but Christ who lives in me.” – Galatians 2:20*

🙏 *Prayer Prompts:*

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