

Level 7 Workbook
Confirmation Preparation Process – Year One

Living the Sacramental Commitment
Growing in Faith at Home, in the Parish, and in the World



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Dear Confirmation Candidates and Parents,

Welcome to Living the Sacramental Commitment, our parish's Confirmation preparation process, based on the model recommended by the Diocese of Rockville Centre's Office of Faith Formation.

Confirmation is an important step in your faith journey. As you prepare to receive this sacrament, you will be strengthened by the gifts of the Holy Spirit and sent forth to live each day as a joyful disciple of Jesus Christ. This preparation process is an opportunity to deepen your faith, strengthen your relationship with God, and embrace the lifelong mission of living as a witness to Christ.

One of our young adults recently reflected on the meaning of Confirmation by saying:

"Confirmation is more than completing requirements, putting on a red gown, and celebrating a milestone."

These words remind us that Confirmation is a beginning. Through the power of the Holy Spirit, you are invited to continue growing in faith, discovering God's plan for your life, and sharing Christ's love with the world around you.

Our Catholic faith is meant to be lived every day. The lessons of faith shape the way we think, the choices we make, the way we treat others, and the relationship we have with God. Faith becomes part of who we are as we pray, celebrate the sacraments, serve others, and seek to follow Jesus in our daily lives.

At the heart of our faith is a relationship with God. Like every meaningful relationship, it grows through communication. Prayer is our conversation with God. As we speak to Him, listen for His voice, read Sacred Scripture, participate in the life of the Church, and open our hearts to His guidance, we come to know Him more deeply and discover the purpose He has for our lives.

Faith is alive, and like all living things, it needs nourishment. It grows through prayer, learning, worship, service, and the support of a community of believers. Your family, the Domestic Church, is the first place where faith is nurtured, and your parish community walks alongside you as you continue to grow as a disciple of Christ.

The activities in this workbook are designed to help you learn about your faith while putting it into practice. They will encourage you to recognize the Holy Spirit at work in your daily life, discover Christ in the people you meet, and experience the Church as a community where you belong, grow, and serve.

These experiences are opportunities to encounter God, deepen your faith, and grow as a disciple of Jesus Christ. Each one is another step along a lifelong journey that continues long after your Confirmation day.

Know that your parents, sponsors, catechists, and the entire parish community are praying for you throughout this journey. May the Holy Spirit enlighten your mind, strengthen your faith, and open your heart to all that God is calling you to become. May the grace and peace of God our Father, the love of Jesus Christ, and the communion of the Holy Spirit remain with you always.

Monsignor James P. Lisante
Pastor

Mrs. Donna Kesselman
Director of Religious Education

Our Confirmation Journey Map

Growing in Faith at Home, in the Parish, and in the World

“Your word is a lamp for my feet, a light for my path.” – Psalm 119:105

Confirmation preparation is a journey of discovering who God has created us to be and how He is calling us to live as disciples of Jesus Christ.

Throughout this year, each activity will help you grow in your relationship with God, strengthen your faith, and prepare your heart to receive the Holy Spirit. As you move through this journey, remember that faith is something we live each day through prayer, worship, service, and the way we love others.

The Steps Along My Journey

1. My Baptism Story - The Beginning of My Faith Journey

God called me by name and welcomed me into His family. I reflect on the people, traditions, and experiences that helped begin my life of faith.

2. Discovering a Saint Who Inspires Me - Learning from Holy Examples

The saints show me what it means to follow Christ. I discover a saint whose life inspires me and whose example helps me grow in holiness.

3. My Confirmation Sponsor - Choosing Someone to Walk With Me in Faith

God does not ask me to walk this journey alone. I recognize the people who encourage, support, and guide me as I grow closer to Christ.

4. Reconciliation - Experiencing God’s Mercy and Forgiveness

God’s love is always greater than my mistakes. Through Reconciliation, I experience healing, forgiveness, and the grace to begin again.

5. Mass Reflections - Encountering Christ in the Word and Eucharist

Jesus meets me at Mass through Scripture and the Eucharist. I learn to listen to His Word and discover how He is calling me to live each week.

6. Christian Service - Living My Faith Through Service

Jesus calls me to serve others with love and generosity. Through service, I share Christ’s love and discover the joy of helping others.

7. Special Events - Growing Together in Faith

My faith grows through prayer, community, and shared experiences. Through retreats and special events, I am strengthened by my parish family.

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As you continue this journey toward Confirmation, remember:

Confirmation is more than completing requirements. It is an invitation to grow in friendship with Jesus, listen for the guidance of the Holy Spirit, and become the person God is calling you to be.

<i>Activities</i>	<i>Due Date</i>
Confirmation Covenant (Signed by candidate and parents. Make a copy for your records)	October 7, 2026
#1 My Baptism	December 2, 2026
#2 Saint Research	January 6, 2027
#3 Ideas for Confirmation Sponsor	January 6, 2027
#4 Reconciliation	February 10, 2027
#5 Christian Service	February 24, 2027
#6 Mass Reflections(6 reflections)	February 24, 2027
#7 Special Events	as scheduled

**Level 7 retreat is scheduled for Wednesday, November 18, 2026.
Attendance is required.**

Please return the activities in this workbook to our office as soon as it is complete.

The deadline for submitting your completed workbook is Wednesday, February 24th, 2027.

To resolve any potential discrepancies with our record keeping, please make a copy of all activities that you hand in. **Otherwise, if our records indicate that it was not received, and you cannot provide another copy, you will not get credit for completing the activity.**

Student's name _____ Teacher _____

Due: October 7, 2026

Confirmation Covenant

***"You will receive power when the Holy Spirit comes upon you.
You will be witnesses to all the world." – Acts 1:8***

Candidate Commitment

Through Baptism, I became a member of God's family and the Catholic Church. As I prepare to receive the Sacrament of Confirmation, I understand that the Holy Spirit will strengthen my relationship with God, unite me more closely with Christ, increase His gifts within me, and give me the grace and courage to live and share my Catholic faith.

As a Confirmation Candidate, I commit myself to:

- **Approach my Confirmation journey with an open heart and an open mind.**
- **Faithfully participate in Sunday Mass (or Saturday evening Mass) as an important part of my Catholic life.**
- **Attend all religious education sessions and participate with attention and respect.**
- **Take an active role in classes, projects, retreats, prayer experiences, and service opportunities.**
- **Show respect to my catechists, program leaders, and fellow candidates.**
- **Complete the responsibilities and requirements of this program to the best of my ability, understanding that my parents will support me, but I am responsible for my own faith journey.**
- **Use my gifts and talents in service to my family, parish, school, and community.**
- **Continue to grow in my relationship with God through daily prayer.**

As I make these commitments, I ask the Holy Spirit to guide me and help me discover God's plan for my life. By signing this covenant, I acknowledge my responsibility to God, my family, my parish community, and myself as I continue to grow as a disciple of Jesus Christ.

Student's Signature _____

For the Confirmation Parent(s):

At my child's Baptism, I accepted the responsibility to raise my child in the Catholic faith. I recognize that parents are the first teachers of faith and that the home is where faith is first nurtured and lived.

As my child prepares for Confirmation, I commit to supporting this journey by encouraging participation in Sunday Mass, prayer at home, involvement in our parish community, and completion of the Confirmation preparation requirements.

I understand that my example and encouragement are essential to my child's growth in faith, and I commit to remaining faithful to the promise I made at my child's Baptism.

Parent's Signature: _____

Parent's Signature: _____

Student's name_____

Teacher_____

Due: December 2, 2026

Activity 1: My Baptism

The Beginning of My Faith Journey

“I have called you by name; you are mine.” – Isaiah 43:1

Before you began preparing for Confirmation, God was already calling you into a relationship with Him. At your Baptism, you were welcomed into God’s family and began your lifelong journey of faith. The name you received at Baptism is an important part of your story. It connects you to your family, your faith, and the person God created you to be.

As you begin your Confirmation journey, take time to reflect on your Baptism, the people who helped begin your faith story, and the ways God has been present in your life.

My Name and My Faith Story

1. The Story Behind My Name

Ask your parents why they chose the name they gave you. Was your name chosen in honor of a family member, a favorite saint, or someone special in their lives? What story did they share with you?

2. The Virtues of My Name

What qualities, virtues, or character traits do you admire about the person or saint connected to your name? (Examples: kindness, courage, generosity, faithfulness, compassion, humility)

3. My Saint Connection

If you were not named after a family member or a saint, choose a saint that shares your first or middle name. What can you learn from this saint’s example?

(turn over)

The People Who Support My Faith Journey

4. My Godparents

Who are your godparents? Why do you think your parents chose these people to have this special role in your life?

5. Growing in Faith Together

How can your godparents continue to support you as you grow in faith and prepare for Confirmation?

Connecting Baptism and Confirmation

6. Baptism is the beginning of our life with Christ. Confirmation strengthens us with the Holy Spirit and helps us live more fully as disciples of Jesus. What connection do you see between your Baptism and your preparation for Confirmation?

Family Faith Conversation

Ask your parents or godparents to share one memory from your Baptism day or one hope they had for you as you began your journey of faith. What did you learn from their story?

Reflection

My Baptism was the beginning of my journey with Christ. Through Confirmation, the Holy Spirit will strengthen me to continue growing in faith and sharing God's love with others.

Student's name _____

Teacher _____

Due: January 6, 2027

Activity 2: Saint Research and Reflection

Discovering a Saint Who Inspires Me

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

Throughout the history of the Church, saints have been examples of people who followed Jesus with faith, courage, and love. Although they lived in different times and places, each saint used their unique gifts to serve God and others.

One way to grow in faith is by developing a relationship with a particular saint. Your Confirmation patron saint is someone you admire, hope to imitate, and ask to pray for you as you continue your journey with Christ.

Your Confirmation saint should be someone whose life inspires you and whose virtues you hope to develop. You may choose a saint because of their example of faith, their service to others, a cause they represent, or a connection to your own family story.

The goal is not simply to choose a name you like. The goal is to discover a saint whose life can guide and inspire you as you grow closer to Christ.

Choosing a Confirmation saint name is a traditional practice in the Church. The name you choose represents your desire to grow in holiness and follow the example of that saint. Throughout Scripture, we see that names can reflect a person's mission and identity. Abram became Abraham, meaning “Father of Many Nations,” and Simon became Peter, meaning “Rock,” because Jesus called him to a special role to build His Church.

The final choice of your Confirmation name will take place during your Year Two preparation. For now, take time to explore **three saints**, learn about their lives, and prayerfully consider how their example can help you become the person God is calling you to be.

Complete the Saint Research and Reflection questions for each saint. Give thoughtful responses and reflect on why this saint may be a meaningful companion on your faith journey.

1. Saint's Name: _____

When and where did this saint live?

What is this saint known for?

What virtues or qualities did this saint demonstrate?

What inspires you about this saint's life?

How can you imitate this saint as you grow in faith?

Why might this saint be a good Confirmation patron for you?

2. Saint's Name: _____

When and where did this saint live?

What is this saint known for?

What virtues or qualities did this saint demonstrate?

What inspires you about this saint's life?

How can you imitate this saint as you grow in faith?

Why might this saint be a good Confirmation patron for you?

3. Saint's Name: _____

When and where did this saint live?

What is this saint known for?

What virtues or qualities did this saint demonstrate?

What inspires you about this saint's life?

How can you imitate this saint as you grow in faith?

Why might this saint be a good Confirmation patron for you?

Due: January 6, 2027

Activity 3: My Confirmation Sponsor

Choosing Someone to Walk With Me in Faith

“As iron sharpens iron, so one person sharpens another.” – Proverbs 27:17

As you prepare for the Sacrament of Confirmation, you will choose a sponsor who will support and encourage you in your journey of faith. A sponsor is more than someone who stands with you on the day of Confirmation. A sponsor is a person who serves as a role model, a guide, and a companion who helps you grow closer to Christ.

When choosing a sponsor, think about someone who:

- Lives as a witness to the Catholic faith.
- Listens, encourages, and offers guidance.
- Supports your growth as a disciple of Jesus.
- Is willing to continue growing in faith alongside you.

The Church has certain requirements for Confirmation sponsors. A sponsor must:

- Be at least 16 years old.
- Be a fully initiated Catholic who has received Baptism, Confirmation, and Eucharist.
- Live a life that reflects the Catholic faith and the role of a sponsor.
- Be free to fulfill this role according to the teachings of the Catholic Church.
- Not be the parent or step-parent of the candidate.

The person you choose should be willing to participate in your Confirmation journey. Inviting your sponsor to attend Mass with you, join you in service opportunities, and sharing conversations about faith allows your sponsor to walk beside you rather than simply check on your progress.

Your final choice of a Confirmation sponsor will take place during your Year Two preparation. For now, take time to prayerfully consider three people who may be a good fit, and fill out the form on the back of this page.

Student's name_____ Teacher_____

Due: January 7, 2026

NAME:_____RELATION:_____

Inspirational qualities or faith-filled characteristics of this person:

How do you think this person could support you as you continue growing closer to Christ?

NAME:_____RELATION:_____

Inspirational qualities or faith-filled characteristics of this person:

How do you think this person could support you as you continue growing closer to Christ?

NAME:_____RELATION:_____

Inspirational qualities or faith-filled characteristics of this person:

How do you think this person could support you as you continue growing closer to Christ?

Student's name _____ Teacher _____

Due: February 10, 2027

Activity 4: Reconciliation

Experiencing God's Mercy and Forgiveness

"If we acknowledge our sins, He is faithful and just and will forgive our sins and cleanse us from every wrongdoing." – 1 John 1:9

The Sacrament of Reconciliation, also known as Penance or Confession, is a beautiful gift of God's mercy and love. Through this sacrament, we experience God's forgiveness and are reminded that His love for us is greater than our mistakes.

Reconciliation is a sacrament we can receive many times throughout our lives. Each time we celebrate this sacrament, Jesus invites us to bring Him our sins, receive His healing grace, and begin again with a renewed heart.

When Jesus gave His apostles the power to forgive sins, He established the ministry of forgiveness that continues today through priests. When we celebrate Reconciliation, we encounter Christ's mercy through the words and presence of the priest.

Many people describe the Sacrament of Reconciliation as a moment of peace and freedom because they experience the joy of being forgiven and the relief of placing their burdens in God's hands. Remember that priests are bound by the seal of Confession. What is shared during the sacrament remains completely confidential and is never revealed.

As part of your Confirmation preparation, each Level 7 candidate is expected to celebrate the Sacrament of Reconciliation at least once during the school year and reflect on the healing power of God's forgiveness.

**Level 7 students will celebrate the Sacrament of Reconciliation on:
Wednesday, February 10, 2027 during regular class time
Attendance is required.**

If a student is unable to attend on this date,
contact the Religious Education Office to arrange a make-up opportunity.

Reflection After Reconciliation – to be done in class

- 1. How did you experience God's mercy and forgiveness?**
- 2. How can you continue to grow closer to Christ after receiving Reconciliation?**

BEFORE CONFESSION, EXAMINE YOUR CONSCIENCE

How Much Do I Love God?

- *Do I pray to God? How Often?
- *Do I thank God for His goodness to me?
- *Do I use God's name with love? Have I used His name in the wrong way? Do I curse or swear?
- *Do I celebrate Sunday by participating at Mass EVERY Saturday evening or Sunday? Have I missed weekly Mass for any reason other something serious, such as illness?
- *Do I listen well to God's Word?
- *Do I tell God I am sorry when I have failed to love?
- *Do I ask God to help me?
- *Have I truly been the person God expects me to be?

How Much Do I Love Others?

- *Do I listen to and obey those who care for me?
- *Am I kind and loving to my family and others?
- *Have I hurt anyone? Do I make up with those I hurt? Do I call others bad names or make fun of them?
- *Was I too selfish to share things with others or to help them? Do I show respect for myself and others?
- *Have I been pure in thoughts, words and actions? Do I choose good friends? Am I faithful to them?
- *Am I careful not to waste God's gifts so that other people can enjoy them? Am I satisfied with what I have? Do I share with people in need?
- *Am I honest? Have I taken something that was not mine? Did I return it? Did I damage anyone's property?
- *Did I lie to anyone? Did I talk about others in an unkind way? Did I gossip or spread rumors?

PROCEDURE FOR CONFESSION

1. Make the sign of the cross and say: "BLESS ME FATHER, FOR I HAVE SINNED – This is my first confession."
2. Confess your sins – Say what you did wrong, and how many times.
3. Listen to what the priest tells you.
4. Say the ACT OF CONTRITION loud enough for the priest to hear you.
5. Say "THANK YOU FATHER"
6. Return to a quiet place and say the penance (prayers) the priest gave you.

ACT OF CONTRITION

O my God I am heartily sorry for having offended You, and I detest all my sins, because of your just punishment, but most of all because they offend You, my God, who is all good and deserving of all my love. I firmly resolve with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Due: February 24, 2027

Activity 5: Christian Community Service

Living My Faith Through Service

“The Son of Man did not come to be served but to serve.” – Matthew 20:28

At Baptism, we became members of God’s family and were called to follow the example of Jesus. Throughout His life, Jesus showed His love for others through kindness, compassion, and service. As we prepare for Confirmation, we are reminded that faith is lived through our actions. When we serve others, we share Christ’s love and live out our call as His disciples.

As part of the Confirmation Preparation Process, each Level 7 student will complete 10 hours of Christian Service between July 2026 and February 2027.

Christian Service is a gift of time and talent offered freely to help others. Service should be unpaid and done with a spirit of kindness and generosity. This service should benefit our parish community, local community, or school community. While helping your family is important and expected, family responsibilities do not count toward your Christian Service hours.

Parish Outreach (through our office):

- donations to the Thanksgiving Food drive (1 hour for a full bag of food and 2 hours for a complete basket – Maximum 2 hours total)
- Greeting cards for nursing home residents: (1 hour for every 4 cards made, up to a maximum of 3 hours). The cards can contain any message to let these seniors know that he or she is loved and valued, and not forgotten. Themes can be a general “Happy Summer”, “Thinking of You”, or “God Bless You” or can they be for any holiday such as Veteran’s Day, Thanksgiving, Christmas, Valentine’s Day, Easter, etc.

Knights of Columbus (through our office):

- Participate in the Keep Christ in Christmas poster contest! **Everyone is asked to do this – the Knights are requesting a lot of posters!** (2 hours)

Other:

- Serve as an altar server or youth lector at Mass (1 hour for each Mass served)
- Assist in our Religious Education program – classroom or office
- Hand-make a painted rock for our program’s Kindness Rock Garden (3 rocks = 1 hour. Maximum 2 hours)
- Donation to our Christmas toy drive (1 hour)
- Clean your room, or another room in your house, with the goal of gathering items to donate to the poor.
- Assist a teacher at school with making photocopies, organizing the classroom, etc.
- Help a classmate or younger child (not in your family) with homework or studying (without pay)
- Help a classmate or younger child (not in your family) work on their sports skills (without pay)
- Volunteer for service activities offered through your public library or boy/girl scout troop
- Participate in a Walk to raise money for Breast Cancer or other illness (5 hours)
- Do yard work (rake leaves, shovel snow, gardening, etc), for an elderly or disabled neighbor (without pay)
- Volunteer time to clean up a local playground or park.

**You are welcome to complete service activities beyond this list.
If you have another service idea, please contact the Religious Education Office for approval.**

**Remember: Christian Service is an opportunity to discover the joy of serving others
and recognizing Christ in the people around you.**

Student's name _____ Teacher _____

Due: February 24, 2027

Christian Community Service

Where did you perform this service? _____

Date: _____ Number of Hours: _____

Give a brief description of the service you performed:

Signature of Adult Supervisor: _____

Where did you perform this service? _____

Date: _____ Number of Hours: _____

Give a brief description of the service you performed:

Signature of Adult Supervisor: _____

Where did you perform this service? _____

Date: _____ Number of Hours: _____

Give a brief description of the service you performed:

Signature of Adult Supervisor: _____

Student's name _____ Teacher _____

Due: February 24, 2027

Christian Community Service

Where did you perform this service? _____

Date: _____ Number of Hours: _____

Give a brief description of the service you performed:

Signature of Adult Supervisor: _____

Where did you perform this service? _____

Date: _____ Number of Hours: _____

Give a brief description of the service you performed:

Signature of Adult Supervisor: _____

Where did you perform this service? _____

Date: _____ Number of Hours: _____

Give a brief description of the service you performed:

Signature of Adult Supervisor: _____

Student's name _____

Teacher _____

Due: February 24, 2027

Activity 6: Mass Reflections

Encountering Christ in the Word and Eucharist

“They recognized Him in the breaking of the bread.” – Luke 24:35

When you were baptized, your parents made a promise before God to raise you in the Catholic faith. They promised to be your first and most important teachers of faith by bringing you to Mass, teaching you to pray, and helping you grow in your relationship with Jesus.

As you prepare for Confirmation, you are beginning to take greater responsibility for your own faith journey. Sunday Mass is at the heart of Catholic life. It is where we gather as God's family to praise Him, listen to His Word, receive Jesus in the Eucharist, and receive the grace we need to live as His disciples.

The celebration of Mass does not end when we leave the church. The Word of God and the message of the homily are meant to remain with us throughout the week and help us recognize God's presence in our daily lives. Talking about the Gospel with your family, reflecting on the homily, praying together, and looking for ways to live out Jesus' teachings are ways that your family continues to grow as a domestic church.

One way to deepen your understanding of God's Word is to spend time reflecting on the Gospel and homily each week.

For this activity, each Level 7 candidate must complete SIX Mass Reflections based on Sunday Mass (or Saturday evening Mass) that you personally attend.

Online Masses or Masses attended by family members without you do not fulfill this requirement. The purpose of this reflection is not to record that you attended Mass. It is an opportunity to listen more closely to God's Word and consider how Jesus is speaking to you.

Suggestions for Writing Your Mass Reflection

- Bring a notebook or paper with you to Mass and write down words, phrases, or ideas that stand out to you.
- Record the Gospel reading reference (example: Luke 5:1-5). Remember that the Gospel readings come from Matthew, Mark, Luke, or John.
- Listen carefully to the homily and write down something that connects with the Gospel message.
- Talk with your family after Mass. Share what you heard and discuss how God's Word applies to your lives.
- Complete your reflection while the Gospel and homily are still fresh in your mind.
- Your reflection should be written by you and should express your own thoughts and understanding.

Remember that Jesus continues to speak to us through His Word. Each Sunday is an opportunity to grow closer to Him and discover how He is calling you to live as His disciple.

Activity 7: Special Faith Experiences

Growing Together in Faith

“For where two or three are gathered together in my name, there am I in the midst of them.” – Matthew 18:20

Our journey toward Confirmation is strengthened through prayer, learning, and experiences shared with our faith community.

Throughout the year, special faith experiences will be offered to help you grow closer to Christ, deepen your understanding of our Catholic faith, and recognize the presence of God working in your life.

These experiences may include special presentations, prayer services, guest speakers, and other opportunities for faith formation. Some events may also include opportunities for parents and families to participate.

Confirmation Retreat - Encountering Christ Through Prayer and Reflection

The Confirmation Retreat is an important part of preparing to receive the Sacrament of Confirmation. This special time provides an opportunity to step away from everyday distractions, spend time in prayer and reflection, and grow closer to Christ.

Level 7 Retreat Wednesday, November 18, 2026 During regular class time

Attendance at the Confirmation Retreat is mandatory. Please avoid absences, late arrivals, or early dismissals. If a student is unable to attend, an excused absence will be considered on a case-by-case basis by the Religious Education Office.

Special Faith Experiences - Encountering Christ Together as a Faith Community

Save the Dates:

Wednesday, October 28, 2026 - Special Faith Experience: All Saints

Wednesday, February 24, 2027 - Special Faith Experience: The Blessed Mother

Additional opportunities may be added throughout the year. Advance notice will be provided for all special faith experiences.

Because these experiences are an important part of Confirmation preparation, attendance is required for all Level 7 and Level 8 students. These gatherings provide opportunities for prayer, reflection, and community that cannot be replaced by a regular class lesson.

If a student is unable to attend, an excused absence will be considered on a case-by-case basis by the Religious Education Office.

My Confirmation Journey

GROWING IN FAITH • FOLLOWING CHRIST • PREPARING MY HEART

*Trust in the Lord with all your heart
and lean not on your own understanding.*

PROVERBS 3:5



Prayer



Scripture



Sacraments



Community



Service



**PREPARING FOR
CONFIRMATION**

Opening my heart
to the Holy Spirit



**LEARNING TO
SERVE OTHERS**

Living the Gospel
through kindness and service



ENCOUNTERING CHRIST

Through Mass, Reconciliation,
Scripture, and prayer



GROWING IN FAITH

Learning, praying,
and discovering God's love



BAPTISM

Called by name
as a child of God



Every step brings me closer to Christ.

