

Due Date: Sunday Nov 21, 2021

Our Lady of Mt. Carmel Parish
Sacramental Preparation
Confirmation 2021-2022

Spiritual Experiences Proposals

Candidate's Name: _____ Today's Date: _____

For my Spiritual Experiences, I am planning to...

(Please list or discuss the three spiritual experiences you plan to participate in.)

1. _____

2. _____

3. _____

Candidate's Signature: _____

Parent's Signature: _____

The purpose of the Spiritual Experiences invites the candidates to dive deeper into a more personal relationship with God and reminds them that there are many ways to "talk to God". We encourage you not to look at this requirement as a hurdle, but instead to look at it as an invitation to grow in your faith.

Spiritual Experiences: 3 separate experiences with 3 separate written reflections

Feel free to call Stephanie at the Youth Ministry Office at the 630-852-3303 ext. 6 or email her at stephanie.snyder@ourladyofmtcarmel.org for questions or concerns.

SPIRITUAL/PRAYER EXPERIENCES –

Growing as a Disciple of Christ through Prayer

Spiritual Experiences invite you to delve deeper into your faith. There are many ways to “spend time with our God” which can enhance one’s prayer life, one’s understanding of the Scriptures and prepare the Candidate for their role as a Christian disciple. The following is a list of possible Spiritual Exercises that can help enhance your faith growth and deepen your relationship with God if you allow yourself to be open to the Spirit.

You are asked to pick **three** experiences to complete and to do a written or typed reflections of each one (**a total of 3 written reflections**). The reflection sheets must be signed by parents/guardians or Sponsors and turned in by **Spring of 8th Grade**. *****Don’t wait until the last minute to do all three!** You can turn your reflection in as soon as you have finished one. The earlier, the better...

1. **THE ROSARY** – Say a rosary. Invite your family or Sponsor to join you if you want. On a separate sheet of paper write a paragraph on each of the mysteries that you meditated on while praying the rosary. In this paragraph, explain your thoughts on the life of Mary or Jesus, what was happening in this mystery, how might Mary and/or Jesus might have felt, who were the other people involved in the mystery and finally, how can this mystery be related to your life today? How can this mystery bring you closer to Jesus and Mary?
2. **DAILY MASS** – Attend a daily Mass on a day you have off of school or on a Saturday. Record the date of the Mass you attended on a separate sheet of paper along with the along with the Gospel reading for that day. Write a 3-5 paragraph reflection on what you think the Gospel was about and the message God had for you that day. Write about how that message will bring you closer to God? Add any other reflection on how the daily Mass touched you.
3. **SACRAMENT OF RECONCILIATION** – The Sacrament of Reconciliation is offered every Saturday and once for the Parish during Advent and Lent. Attend the Sacrament of Reconciliation. Write a 3-5 paragraph reflection on the Sacrament of Reconciliation and why it is an important part of our Church. How might this Sacrament be a gift to us? Include your own personal thoughts about forgiveness.
4. **HOLY HOUR** – At OLMC (and perhaps other parishes) the first Friday of the month we have **Eucharistic Adoration**. Talk to your family or sponsor about what this means. Sign up and attend a Holy Hour. Record some information about this tradition and how you felt spending time with Jesus in a 3-5 paragraph reflection.
5. **DIVINE MERCY CHAPLET** – Research the Divine Mercy Chaplet. Pray the chaplet with your family or your Sponsor. Write a 3-5 paragraph reflection on the life of St. Sister Faustina.
6. **SCRIPTURE** – Pick 3 passages from the New Testament. For each of the passages explain their meaning and how the message can be applied to your life today. The explanation of all three passages should be 3-5 paragraphs long.
7. **JUNIOR HIGH FAITH DAYS (RALLY)** – Attend the Holy Fire event in Chicago or the Junior High Faith Day. Recall the keynote talks given and other activities that happened that day. Write your thoughts and feelings about what was said and experienced and how you can grow spiritually and as a person from the event. Your reflection should be 3-5 paragraphs in length.

8. **NATURE WALK** – Find a good spot in nature where you feel it is easy to connect with God. Sit or walk in silence and open your heart to God without using a phone or ipad. Write a 3-5 paragraph reflection on your nature experience sharing how nature affects your spirituality, and how you feel God's presence in nature.
9. **LABYRINTH** – Labyrinths can be found in many old cathedrals in Europe and are an ancient way of praying. Research what a labyrinth is and visit a local labyrinth to experience this prayer walk. As you walk the labyrinth you can choose to do several different options: Go into the labyrinth with a prayer about a situation or a person you care about asking God to hear and answer you; think of something in your life that you would like to change for the better and place that desire before God, or simply be open to listen to the message that God has for you as you walk. Write a 3-5 reflection on what a labyrinth is and what the experience is like for you. Here are a few labyrinths you may want to check out: The Franciscan Sister Retreat Center in Frankfort (Portiuncula Center) contact 815 464-3880 for directions; Naperville Riverwalk on the corner of Eagle and Jackson; or at the Marian Joy Rehabilitation Institute in Wheaton.
10. **MOVIES** – Watch a movie with a faith theme such as “Bella”, “Song of Bernadette”, “Joan of Arc”, “Miracle at Fatima”, “Jesus of Nazareth”, etc. Write a 3-5 paragraph synopsis of the movie and what your personal feelings are regarding what you saw. How did this movie affect your own spirituality? Our parish hosts movies such as these throughout the year. Look in the bulletin for more information.
11. **EUCCHARISTIC ADORATION** - Several times throughout the year there is Eucharistic Adoration time in the Chapel. Eucharistic Adoration is a type of prayer where one meditates in front of the Eucharist. Often there are “prayers, songs, and readings to direct the attention of the faithful to the Worship of Christ the Lord.” (USCCB) The readings are helpful in better understanding the Eucharistic mystery. Write a 3-5 paragraph reflection of what Eucharistic Adoration is and of your experience of praying with the Eucharist Adoration.
12. **ADVENT/LENT NIGHT OF REFLECTION OR PARISH MISSION** – Attend one of the nights of reflection or a parish mission. Write a 3-5 paragraph reflection on your experience and why it is helpful to attend parish events such as these.
13. **STATIONS OF THE CROSS**- We have both indoor Stations in the chapel or the outdoor Stations of the Cross in the field. Either print up Station of the Cross reflections from online or borrow a station reflection book from the Youth Ministry Office and reflect on the events that led up to the death of Jesus. Write a 3-5 paragraphs about how you can relate what Jesus went through to your life today. Write how you felt reflecting on Jesus' journey to the cross.
14. **HOLY WEEK** – Attend Holy Thursday or Good Friday Services. Even better, if you are interested in participating in the Good Friday Station of the Cross contact the Youth Ministry Office. Write 3-5 paragraphs about the Holy week service you attended and what it means for your life today.
15. **OTHER OPTIONS** – There are so many ways to nurture your spirituality. If you have other ideas, call the Youth Ministry Office at (630) 852-3303 ext. 6 to discuss.