

Name: _____

Mid-Point Check-In

Athletes training for the Olympics treat their sport like their job. They train hard year round and are committed day in and day out to what it takes to be successful. St. Paul relates the spiritual and Christian life to athletics in his first letter to the Corinthians:

“24 Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. 25 Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. 26 Thus I do not run aimlessly; I do not fight as if I were shadowboxing. 27 No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.”

1 Corinthians 9:24-27

Olympians especially dial in their training right before the Olympics start. They cut out all junk food from their diet. They start to spend more hours in the gym, court, or track to help them prepare for what they have been training for over the course of four years. We can apply this same mindset as we progress towards Confirmation this May. Let us take time to reflect on our training thus far:

Spiritual Growth

1. I attend Mass regularly on the weekends

3 or More Absences

2 or Less Absences

No Absences

2. I spend more time in prayer than I did at the beginning of the year

Strongly Disagree

Disagree

Agree

Strongly Agree

3. I've been to Confession since the beginning of the year

Yes

No

4. I am more aware of when I hurt God and am sorry for it

Strongly Disagree

Disagree

Agree

Strongly Agree

5. I am more aware of when I hurt others and am sorry for it

Strongly Disagree

Disagree

Agree

Strongly Agree

Commitment to Others

1. I've worked towards my service hours and am on track to complete them

Strongly Disagree Disagree Agree Strongly Agree

2. I've notice God's presence in other people

Strongly Disagree Disagree Agree Strongly Agree

3. I've forgiven others when they have wronged me

Strongly Disagree Disagree Agree Strongly Agree

4. I've gossiped less about other than at the beginning of the year

Strongly Disagree Disagree Agree Strongly Agree

5. I've complained less about others and life than at the beginning of the year

Strongly Disagree Disagree Agree Strongly Agree

Sharing with Others

1. Can people at school tell that I am a Catholic-Christian without telling them?

Strongly Disagree Disagree Agree Strongly Agree

2. Do I talk with friends and family about God and our faith?

Strongly Disagree Disagree Agree Strongly Agree

Confirmation has to be something that you enter into and want to receive through the Holy Spirit. Attending Mass every Sunday, completing service hours, praying regularly are the practice we undertake for the Sacrament of Confirmation. If an athlete does not train hard, he or she might not make the Olympics. If you've noticed that you could be training harder, don't worry because there is still time to get down to business. Let's all strive to attend Mass every Sunday, complete our service hours, and grow closer to God. Please sign below to say yes I am ready to commitment myself to preparing harder for Confirmation, that I want to be confirmed by my own choice. Have you parents or sponsor sign also so that you can have a training partners as we come down the home stretch.

Signature

Date

Signature

Date
