

HOME FORMATION ACTIVITIES

These activities should be done by the confirmandi with family members. After completing a formation activity ask a parent/guardian to certify it by marking initials in the space provided along with the date. Information for some activities can be found online or in the *Catechism of the Catholic Church*. They may be done in any order.

<u>Initials</u>	<u>Date</u>		<u>Initials</u>	<u>Date</u>	
_____	_____	Lead your family in a blessing before your evening meal for <i>at least</i> one week	_____	_____	Lead your family in a decade of the rosary for a week or 7 days total
_____	_____	Recite the Ten Commandments	_____	_____	Describe the 3 vocations of married, single and clergy
_____	_____	Recite the Seven Sacraments with types and their purpose	_____	_____	Spend 30 minutes of prayer and reading before the Blessed Sacrament
_____	_____	Recite from memory the Our Father, Hail Mary and Glory Be	_____	_____	Recite the names of the 20 mysteries of the four categories of the rosary
_____	_____	Recite from memory the Apostles' Creed	_____	_____	Recite the names of the stations of the cross
_____	_____	Recite the Act of Contrition	_____	_____	Give a 3-5 minute talk on the Catholic Church's position on abortion, euthanasia, suicide, poverty or the homeless
_____	_____	Recite the rules for fast and abstinence during Lent	_____	_____	Say a novena for a special intention
_____	_____	Recite the Holy Days of Obligation	_____	_____	Pray the Divine Mercy Chaplet with your family
_____	_____	Recite the requirements to receive communion	_____	_____	Give a 3 minute talk on one of the following Marian shrines: Lourdes, Fatima or Guadalupe
_____	_____	Organize a family charity project, such as donating food to a church food drive or items to a thrift shop or Goodwill	_____	_____	Collect money for the poor during Lent with Operation Rice Bowl
_____	_____	Plan a meatless meal for your family for a Friday during Lent	_____	_____	Pray a Litany of Mary with your family