

# Supporting Your Child's Confirmation Journey and Wellbeing

Diocese of Kildare & Leighlin – Confirmation 2026

Theme: *Loved, Necessary, Chosen – Faith, Not Fear*

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## 1. The Heart of This Year's Theme

“Each of us is the result of a thought of God; each is loved, each is necessary, each is chosen.”

— *Pope Benedict XVI, Easter Vigil Homily, St. Peter's Square, 2011*

This year's Confirmation theme reminds every young person — and every family — that:

- God knows us by name and loves us unconditionally.
- Each of us has a purpose and a role in God's plan.
- We are called to live with **faith, not fear** — trusting that we are never alone.

In a time when anxiety among children and young people is rising, this message offers a hope-filled reminder:

*You are not an accident. You are not forgotten. You are Loved, Necessary, and Chosen.*

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## 2. Understanding Anxiety and Faith as a Source of Strength

Research from Ireland and internationally (e.g. ESRI, 2023; DCU Wellbeing Studies; *Wellbeing in the Catholic School*, IEC 2025) highlights that many children experience:

- worry about school and social situations,

- pressure to be perfect or to fit in,
- difficulty relaxing or feeling confident.

Faith can be a powerful **protective factor** for children's mental health.

When children learn that they are *loved by God* and that their worth doesn't depend on grades or popularity, it builds:

- **Resilience** — "I can cope because I am not alone."
- **Hope** — "God has a plan for me."
- **Purpose** — "My life matters; I can make a difference."

"God did not give us a spirit of fear, but of power, love, and self-control." – 2 Timothy 1:7

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### 3. At Home – Simple Ways to Support Your Child's Journey

Confirmation is more than a day; it's a spiritual journey that involves heart, mind, and home. Here are a few gentle ways families can nurture faith and wellbeing together:

#### Rituals of Calm and Connection

- **Light a Family Candle**  
Once a week, light a candle together and pray:

"Holy Spirit, help us to be calm, loving, and full of hope."

- **Gratitude Prayer**  
Each evening, invite everyone to name one thing they are thankful for.
- **Sacred Space at Home**  
Place a small cross, candle, or prayer card in a corner — a reminder of God's love.

#### Faith-Filled Conversation Starters

- “How did you feel loved today?”
  - “What is something you did today that made someone else happy?”
  - “When did you need courage today?”
  - “Where do you see the Holy Spirit helping you?”
  - “What’s one thing you’re grateful for tonight?”
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## 4. Growing Faith and Calm at Home

Faith and wellbeing grow in simple, everyday moments — through kindness, prayer, laughter, and presence.

Here are small things that make a big difference:

- **Eat together** when possible — share joys and worries.
- **Encourage journaling** — writing helps children name and release feelings.
- **Pray short prayers together** before school, bedtime, or big events.
- **Model “Faith Not Fear.”** When life feels uncertain, pray aloud:

“Lord, we trust in you. Help us stay calm and hopeful.”

- **Notice the good.** Point out moments of joy or beauty — a sunset, a smile, a kind act.

The Holy Spirit is alive in the ordinary.

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## 5. Family Prayers

### Prayer for Parents

Loving God,  
Thank you for the gift of my child.

Give me patience, courage, and wisdom  
as I help them grow in faith and confidence.

When I feel tired or unsure,  
remind me that you chose me too —  
to be a guide, a comfort, and a witness of love.  
Amen.

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## **Prayer for the Whole Family**

Come, Holy Spirit,  
Fill our hearts with peace and joy.  
Help us to listen, forgive, and support one another.

May our home be a place of calm and kindness,  
where everyone knows they are loved, necessary, and chosen.  
Amen.

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## **Night Prayer for Children**

God of Love,  
Thank you for today.  
Thank you for my friends, my family, and for your love.

Help me to rest well and wake with joy.  
May your Spirit guide me tomorrow  
to be brave, kind, and full of faith.  
Amen.

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## **6. When Children Feel Anxious**

If your child feels anxious before Confirmation (or at any time):

- Listen first — reassure them that it's normal to feel nervous.
- Remind them that the Holy Spirit gives courage and peace.
- Pray with them:

“Holy Spirit, calm my heart and fill me with your peace.”

- Encourage small acts of faith — lighting a candle, writing a prayer, or saying “Jesus, I trust in you.”

If anxiety persists, reach out to your child’s teacher, chaplain, or a trusted support service (Jigsaw, Childline, or parish pastoral team).

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## 7. The Journey Continues After Confirmation

Confirmation is not an ending but a beginning.

It’s like **Christmas Morning** — the gifts are opened, but now they must be *used*.

Encourage your child to:

- Keep a small “**Faith Journal**” to record moments of gratitude or peace.
- Stay connected with parish life — through music, service, or prayer.
- Remember their Confirmation saint or sponsor in prayer.
- Reflect on how they can live out the **Fruits of the Spirit**:  
Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-control.

“Let the Spirit’s gifts grow in you — one day, one choice, one act of kindness at a time.”

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## Closing Blessing for Families

Heavenly Father,  
Thank you for our children and our families.  
Bless our home with peace, laughter, and love.  
May your Spirit guide us to live with faith, not fear.

Help us to remember every day  
that we are Loved, Necessary, and Chosen by you.  
Amen.\*

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**Footer:**

*Diocese of Kildare & Leighlin | Confirmation 2026 – Loved • Necessary • Chosen – Faith Not Fear*