



Adult Confirmation Guidelines

Where to Start

Enrollment Form

Gather basic information about the candidates when they present themselves to prevent the discovery of impediments shortly before the sacrament is due to be celebrated.

- There is a sample enrollment form at the end of this guide that asks all the essential questions.
- Request a copy of the Baptismal Certificate that has been issued within the last three months. A current certificate will list all sacraments received.
- If the candidate is married, it is vital to assure that their marriage is valid; an invalid marriage needs to be regularised before the sacrament of Confirmation can be conferred.

Adult Confirmation is for Whom?

Adult Confirmation in this document refers to baptised Roman Catholics who seek to receive the sacrament of Confirmation.

Christians validly baptised in other denominations are not the subject of this guideline. Those Christians would be prepared to celebrate the Rite of Reception into Full Communion followed by Confirmation, for which there are separate guidelines.

Context of Catholic Adults for Confirmation

When preparing adult Catholics for Confirmation, consider the varied experiences and understandings that have formed them up to this point. Candidates for adult Confirmation can be categorized broadly into four groups:

1. Practicing Catholics who are well-catechised but may have missed the sacrament of Confirmation due to circumstances beyond their control, e.g. moved from a different place in which the sacraments were celebrated in a different order or at a different age.
2. Baptised Catholics with a limited understanding of the faith.

3. Baptised Catholics motivated to receive Confirmation as a requirement for some other purpose (Catholic marriage in some countries or to serve as a godparent); they may attend Mass infrequently and have little or no parish involvement.
4. Baptised Catholics returning to the Church after a prolonged absence.

Preparation Process

Goal of the Process

The goal of the preparation process is to guide candidates towards a stronger relationship with God and the community, highlighting the missionary aspect of the faith. A well-rounded preparation process should include:

- Catechesis that fosters a personal relationship with God and a deeper understanding of the Catholic faith.
- Formation, which transforms knowledge into lived experience, emphasising integration into the faith community.
- Specific catechesis on the Sacrament of Confirmation, its significance, and how it relates to other initiation sacraments.

Tools to Use in the Process

- Reading and reflecting upon Sacred Scripture
- Active participation in and understanding of liturgical celebrations
- Instruction in the Church's moral teachings
- Engagement with the community, both parish and beyond
- Development of a personal prayer life

Tailor the preparation and catechesis in a way that will be most effective for the unique situation of your candidate(s). Be attentive if someone has been away from the Church for a while and may wish to receive confidential pastoral support.

Resources

Scripture

- God's Word: Daily Reflections
[St Pauls Online Store God's Word 2025: Daily Reflections Liturgical Diary | Books, Gift Items, Religious articles](#)
- Liturgy Help: a paid online resource for parishes
liturgyhelp.com
- Hallow: Prayer App
[Hallow - #1 App for Christian & Catholic Prayer, Meditation, Bible + Sleep](#)

Catechesis

Dedicated catechetical resources for preparing adult Catholics is hard to find. Material commonly used for the RCIA process to prepare adults for baptism or reception into the Catholic Church, can be profitably adapted for adult Catholics preparing for Confirmation:

- Journey of Faith for Adults – Ligouri Publications
[Journey of Faith for Adults Complete Set New Revised Edition 48 lesson pack | Garratt Publishing](#)
- At Home with God's People, B. O'Shea and P. Gagen
[Pauline Books & Media Online](#)