

Lesson Plan

Your Journey of Faith

You are on a lifelong journey of faith, and Confirmation gives you strength for that journey.

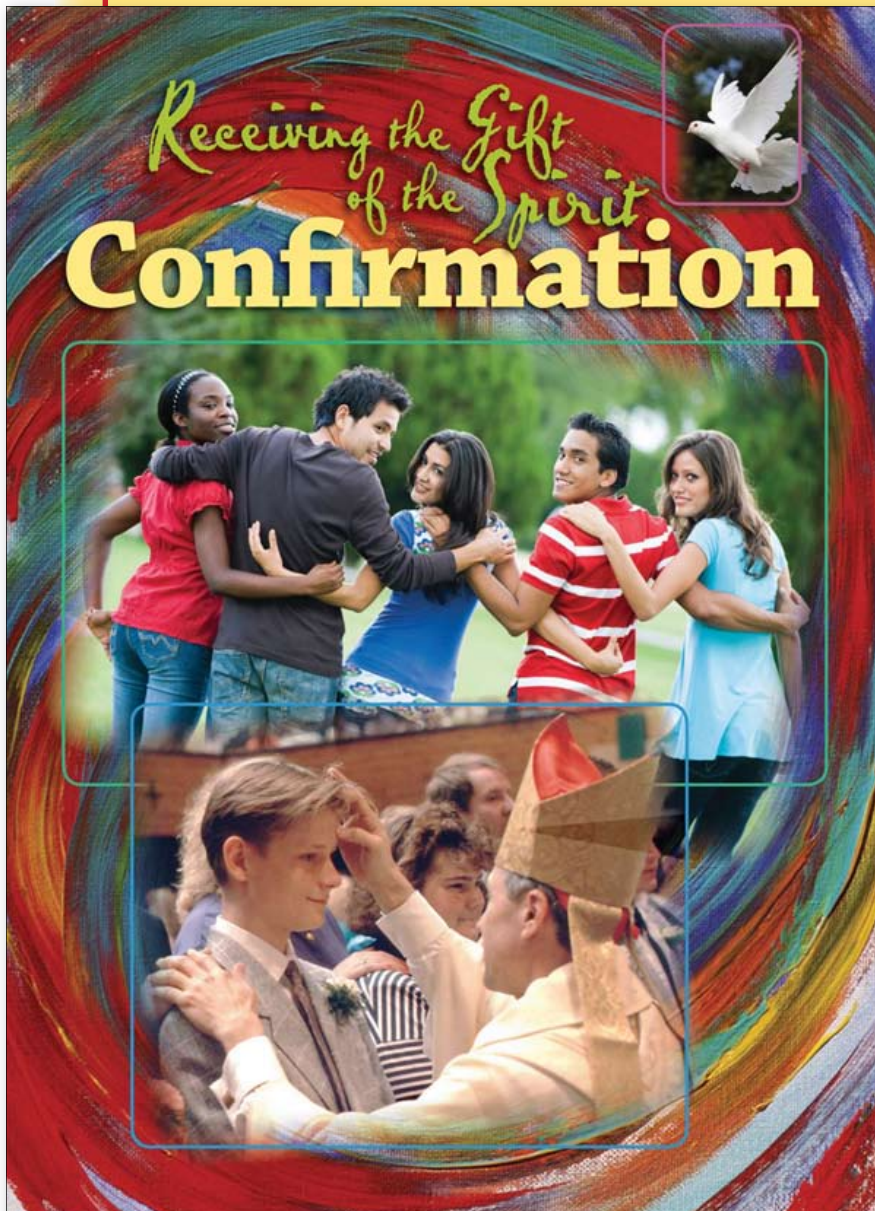
OBJECTIVES

Teens will:

- Understand that Confirmation is a part of the Church's call and welcome to a life in faith.
- Share stories of their faith journey up to this point, and name their hopes for this journey's future.
- Begin to understand how the three Sacraments of Initiation—Baptism, Confirmation, and Eucharist—are related.

KEY IDEAS

- Confirmation is one of the three Sacraments of Initiation in the Catholic Church.
- Initiation is a process that is initiated by God and conforms us to Christ.
- In Confirmation the Holy Spirit establishes us more deeply as daughters and sons of God and strengthens our union with the Church.
- Through the Holy Spirit and with the Church, we are initiated into a way of life that involves a lifetime of learning about faith, developing habits of good decision making, and building relationships with Jesus and the Church.



INSIGHTS

Understanding Church

As teens prepare for Confirmation, it will be important for them to come to an enriched understanding of the Church and of the core beliefs that are shared by all members of the Church. Central to these core beliefs is the mystery of the Trinity. God has revealed himself as Trinity—Father, Son, and Holy Spirit—one God in three persons. Each of the Persons is God, whole and entire. The Three Persons are distinct, yet related to one another. Equal and one in action, each demonstrates what is proper in relationship to one another. (For a more complete presentation of this central mystery of our faith, see Candidate Unit 3, **The Truth**, pages 40-41 of this Catechist Edition.)

Teens will also need to understand the moral teachings that direct the actions of the Church. The Ten Commandments and the Beatitudes are the foundations of the Church's law. However, the fullest interpretation of the Church's moral teaching can be found in Jesus' statement of the Great Commandment and in his life.

It will also be important for teens to review and enrich their understanding of the sacraments, especially of the Sacraments of Initiation—Baptism, Confirmation, and Eucharist. Together these sacraments initiate Catholics into growing relationships with Christ and his Church.

In **The Truth**, page 3, of this first unit of the Candidate Edition, teens learn how Baptism and Confirmation are connected and lead to the Eucharist, the heart of the Church's life. The importance of prayer, both public and private, is the topic of Unit 2.

A review of the other sacraments is found in Unit 6.

Confirmation—Preparing for a Lifelong Journey

In the early Church, the rituals of Baptism, Confirmation, and Eucharist were celebrated as a single ceremony that was preceded by a lengthy period of inquiry and preparation. Even today, for those entering the Church as adults

through the Rite of Christian Initiation for Adults (RCIA), all three Sacraments of Initiation are celebrated in a single liturgy, typically the Easter Vigil.

Over the complex history of the Church, the rituals of Baptism, Confirmation, and Eucharist became separated and are now celebrated at different points in Catholics' lives. Because of this separation, our young people risk viewing Confirmation as standing apart from Baptism and the Eucharist. It is of utmost importance for us, as catechists, to work against this notion. Confirmation is really one part of a journey that begins with Baptism and continues through a lifetime of participating in the celebration of the Eucharist.

Practically speaking young people who are preparing to receive the Sacrament of Confirmation are not expected to be perfect in their understanding of Catholic beliefs and of the Church's moral teaching. Preparing for this sacrament is

just one stage in a lifelong journey of growth and conversion. On the other hand, by the end of the preparation process, young people should have a real openness and a genuine desire to continue growing in their understanding of Catholic beliefs and moral teachings, and in their prayerful participation in the sacraments.

Confirmation, like any sacrament, is a gift freely given from God. We can do nothing to earn or deserve this gift. As religious educators, we must be careful to communicate this ideal to young people. While every Confirmation preparation program has requirements, it is important for candidates to understand that they are not somehow earning the right to be confirmed by meeting these requirements. We need to make sure that young people are able to see the sacrament as the experience of God's loving nature. Our goal is to assist young people being prepared for Confirmation to be open to the fullness of God's gift.

In the celebration of the sacrament, those to be confirmed make a proclamation of their openness by affirming their personal belief in God—Father, Son, and Holy Spirit—in the Catholic Church, one Baptism for the forgiveness of sins, the resurrection of the dead, and the life of the world to come. The gift of Confirmation is then received through the anointing with chrism on the forehead, which is done by the laying on of the hand and through the words, "Be sealed with the Gift of the Holy Spirit." With that gift comes an empowerment and responsibility to participate ever more fully in the work and life of the Church community that teaches, sanctifies, and serves.

Before You Begin

You'll want to keep parents—their teens' primary educators in the faith—informed about the Confirmation preparation process. Here are some suggestions for keeping parents "in the loop."

- Hold an extended first session so you can set aside some time to introduce yourself to teens' parents. This is a good time to outline what will be expected of candidates during their preparation for Confirmation. See **Handout 1** in this Catechist Edition. The handout provides a basic outline. Have teens write in the expectations that are specific to your parish's Confirmation preparation program.
Make sure parents know how to contact you with any questions or concerns that may arise during the Confirmation preparation process.
- Provide suggestions for participation to parents and sponsors. See **Notes For Parents**, pages 6–7 of this Catechist Edition, and **Notes For Sponsors**, pages 8–10.
- Ask parents, sponsors, and other adults in the parish to write letters of invitation to encourage teens to listen to God's call and to grow as members of the Church community. Present these letters to teens during the **Prayer** for this first session. See page 19 of this Catechist Edition.



PROCEDURE

Step 1

Begin the session with an icebreaker.

Option 1: Interviews (15 minutes)

Use this icebreaker if most of the teens do not know one another. Have teens form pairs. Explain to the pairs that they will have 3 minutes to interview each other, and that, at the end of the interviews, they will introduce each other to the entire group. In their interviews, they may ask questions about family, personal interests, hobbies and activities, and future plans.

While they are introducing each other, you may want to encourage some sign of affirmation as each teen is introduced. Simply applauding may be enough. As group leader, you may also take a turn. But instead of introducing another group member, you may want to introduce Jesus to the group.

After all pairs have introduced each other to the group, tell teens that helping them get to know one another—forming new relationships and strengthening existing relationships—is one of the goals of this program. Strengthening a personal relationship with Jesus and increasing self-awareness are important in the preparation for Confirmation.

Planning Unit 1

The Catechist Edition of *Confirmation: Receiving the Gift of the Spirit* offers a rich variety of strategies for effectively presenting the themes of the lessons. Catechists are able to choose approaches first to capture and hold their students' attention and then to focus on abilities and interests that surface within their groups.

The ten steps that follow provide approximately 2 hours of activities to present the themes of Unit 1.

For a 60-minute session

- Step 1
- Step 2
- Step 3
- Step 4 or 6
- Step 9 (take-home activity)
- Step 10

For a 90-minute session

- Add Step 5, Step 7, and Step 8.

For a longer session, see

Additional Activities, pages 20-21 of this Catechist Edition.

- **Did you know? Requirements for Confirmation**
- **Journaling**
- **Selecting Sponsors**
- **Selecting Confirmation Names**
- **Considering Opportunities for Service**
- **Experiencing a Catholic Tradition—Liturgy of the Hours**
- **Using Video—*The Lion King***

Option 2: The Web (10 minutes)

Use this icebreaker if teens in the group already know one another. You will need several balls of yarn of various colors. The group is going to pass around and through the circle various colors of yarn to connect teens with similar characteristics. For example, you could start with a blue ball of yarn and ask the group to pass it from boy to boy, and do the same with pink yarn for girls. Then use, perhaps, green yarn to connect all those who like asparagus and gold to connect all those who have gold as a school color. Be creative. The categories you use are dependent on what you know of your group. In the end it is likely that some teens will be connected to several pieces of yarn, but ideally each teen should be connected to at least one. The result should be a large and colorful web.

Finally use a ball of white yarn and go around the outside of the circle connecting all the participants. After you have connected the group with white yarn, discuss these or similar questions.

- What do you think is the significance of the yarn connections?
- What do you think the white yarn signifies? (You may want to point out that Baptism connects the entire Christian community.)

After the discussion give the teens a few moments to untangle and roll up the yarn.

Step 2 (5 minutes)

Ask teens to read and discuss the Scripture passage in **The Way**. In this passage, Jesus says he is the way, the truth, and the life. Point out how this relates to the structure of each unit of the Candidate Edition. Share with teens the explanations of **The Way**, **The Truth**, and **The Life** on page 4 of this Catechist Edition.

Unit

Your Journey of Faith

You are on a lifelong journey of faith, and Confirmation gives you strength for that journey.

The Way



"Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going."

Thomas said to him, "Lord, we do not know where you are going. How can we know the way?"

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father."

John 14:1-6

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*Your journey of faith
will lead you closer to
Jesus, his Church, and
the Kingdom of God.*

The Truth

Receiving the Power of the Spirit

The Sacrament of Confirmation is one of the three Sacraments of Initiation—Baptism, Confirmation, and Eucharist. The word *initiation* refers to the formal process of joining a club, an organization, or a chosen way of life. Together these three sacraments initiate Catholics into an ever-growing relationship with Christ and his Church.

Through Baptism, we are reborn as we receive the grace of the Holy Spirit for the first time. We are born to a new life of faith. The Holy Spirit frees us from sin and recreates us as sons and daughters of God and members of Christ and his Church. We share in the mission of Christ and the Church. The grace of Baptism introduces us into the very life of God—Father, Son, and Holy Spirit. It's not hard to see that Baptism is necessary for our salvation.

The Sacrament of Confirmation completes the grace of Baptism. In Confirmation we receive a special strengthening of the Holy Spirit, which seals or perfects the grace of Baptism. The grace of the Holy Spirit in Confirmation, as it is in Baptism, is so powerful that it imprints us with a special spiritual mark, or character. That's why Confirmation, like Baptism, can be received only once.

In Confirmation the Holy Spirit is given to us to establish us more deeply as sons and daughters of God. We are more firmly joined to Christ. Our union with the Church is strengthened and we share more intimately in its mission. Confirmation helps us live as Catholics, witnessing to our faith in Christ through word and deed.

The *Catechism of the Catholic Church* describes the Eucharist as the heart and summit

of the Church's life (paragraph 1407). In the Eucharist, we participate with the whole Church in the sacrifice that Jesus, our Savior and Lord, made for our salvation. We also celebrate his Resurrection. We do this through the power of the Holy Spirit, who renews our holiness and our unity with Christ and one another. In receiving the Eucharist, bread and wine transformed into the real Body and Blood of Christ, we continue to

be strengthened in spiritual nourishment for our journey of faith.

Since your Baptism, you have been cooperating with God's grace in living out your Catholic faith. And now, as you begin your preparation for the Sacrament of Confirmation, you bring with you all these experiences of learning about and living out your faith.



Confirmation: Receiving the Gift of the Spirit

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Step 3 (10 minutes)

Ask teens to read and highlight **The Truth**. See **Tips for Presenting The Truth** (below.) Ask teens to share the points they highlighted on each sacrament. Before moving on, write on a sheet of newsprint, *Three Sacraments of Initiation—Baptism, Confirmation, and Eucharist*.

Tips for Presenting The Truth

Provide a highlighter marker for each teen. Invite teens, as the text is read aloud or as they read silently, to highlight familiar concepts, new ideas, and any phrases that raise questions or objections. This technique can help teens to read carefully and grasp the key ideas of the lesson. As you summarize, ask teens what statements they highlighted and why they consider these statements important. You can also use these highlighted items as starting points for meeting with individual teens or small groups. In small groups, you may want to pay attention to portions of the text that more than one teen has highlighted and ask members of the group to share with you and with one another why they highlighted these statements.

Step 4 (15 minutes)


Give teens 5 to 10 minutes to complete “Your Life Line” according to the written directions in **Activity 1**. Offer additional questions or personal examples to help teens identify key moments in their lives.

Then ask teens to label each of their entries with the appropriate symbols.

Ask teens to form groups of three or four to discuss their time lines, using the questions at end of the activity. To help teens develop relationships of trust, the composition of these small groups should, as much as possible, remain the same for all small-group activities.

Step 5 (10 minutes)

Ask teens to brainstorm in their small groups for definitions of these words and phrases: *Church, Church member, Confirmation, Confirmation candidate*. While the groups work, write the words and phrases on newsprint. Display the newsprint where everyone can see it. After five minutes, ask each group to share the definition for one of the words or phrases. Write each definition on the newsprint as it is given. Save these definitions for use with later units. Also have teens record the definitions for later use. See **Handout 2** in this Catechist Edition.



The Life Activity

Your Life Line

Think about your life from the date of your birth to the present. Fill in the important dates and experiences in your life. Some of these might include your first athletic competition, your first time away from home, or your first part-time job.

Be sure to list important religious events or religious experiences, including experiences that caused you to ask questions or to grow in your understanding of Jesus and the Church. These experiences might include your First Communion, a retreat, the death of someone close to you, and a relationship with a friend or teacher who helped you understand your faith.

Date of my birth **Present date**

Use these symbols to show how you felt at each important time and event.

- ? – I had some questions about my faith.
- ★ – This was especially important for my faith growth.
- – This may influence my future.

Share your life line with one other person in your group. These questions can help you begin your sharing.

- How has your faith life changed and developed since you first received God's grace in the Sacrament of Baptism?
- How are the faith experiences of your life up to this point a preparation for celebrating the Sacrament of Confirmation?
- For the rest of your life, you will be growing in knowledge of your faith, celebrating it sacramentally and in personal prayer, and living out your faith. What are some ways you hope to put your Catholic faith into practice in the future?

4 Unit 1



The Life

Activity

The Case of Li Ming

Many groups have requirements that prospective members have to meet before being fully initiated into the group. For example, scholarship, leadership, character, and service are prerequisites for being inducted into the National Honor Society. A social or professional organization may also require new members to learn about the history, goals, and responsibilities of the organization. These questions will help you think about the requirements for becoming a citizen of the United States. When you have answered all the questions for yourself, discuss Question 5 with one other person from your group.

Then read "Did you know?" to learn what the Church requires of Confirmation candidates.

Li Ming Chen was born in China. She came to the United States with her family when she was 13. Now 18, Li Ming wants to become a citizen.

1. What would you expect Li Ming to know before she becomes a citizen?

- basics of the United States Constitution
- governmental system of the United States
- rights and responsibilities of United States citizens
- the English language
- the Pledge of Allegiance
- the national anthem of the United States
- the names of great persons in United States history
- how to function in United States society: for example, how to write a check from a United States bank
- other _____

2. What would you expect Li Ming to do before she becomes a citizen?

- hold a part-time job
- hold a full-time job
- contribute voluntarily to her community
- pay taxes
- buy a television
- listen to the news every day
- listen to major presidential addresses
- learn about candidates for national elections
- other _____

3. What would be the best way for Li Ming to gain knowledge and understanding about the United States and the rights and responsibilities of citizens?

- by living with a United States family
- by going through a formal program of study on United States history and government
- by reading books
- other _____

4. Is it important to have requirements for United States citizenship? Why or why not?

5. Is it important to have requirements for membership in other groups, including the Church? Why or why not?



Did you know?

A Confirmation candidate must:

- have reached the age of reason—defined by the Church as between 7 and about 16 years of age.
- profess the Catholic faith—belief in God and in the truth God reveals.
- be in the state of grace—be free of sin and capable of communion with God.
- be personally ready to assume the role of disciple and witness of Christ, both in the Church and in the world.

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Step 6 (20 minutes)

Ask teens to work on their own to complete **Activity 2**. Then ask them to share examples from their own experience of friends, neighbors, parents, or grandparents who have become citizens. Encourage them to share their understanding of belonging and membership. Begin by asking: What are some of the requirements and responsibilities of membership?

Ask teens to share their responses to Questions 4 and 5 in **Activity 2**. What are the similarities between requirements for citizenship and requirements for membership in the Catholic Church? What are the differences?

Help teens to see some of the similarities in membership requirements. For example, citizenship and membership in the Catholic Church both require a statement of belief or loyalty, knowledge of history and function of the organization, active participation, and acceptance of rights and responsibilities. Also, lead teens to see some of the distinctive characteristics of the Catholic community. Examples include openness, a sense of welcome, acceptance, forgiveness, and the spirit of love.

Step 7 (10 minutes)

Ask teens to read and highlight **The Truth**. Ask teens to share points they have highlighted in each paragraph. When all have had a chance to contribute, write on newsprint:

- Through the Church, Christ calls us continually to deepen our relations with him.
- Through the Sacraments of Initiation, we become members of the Church and enter into an evergrowing relationship with Christ and the Church.

Step 8 (15 minutes)

Have teens work in their small groups to read and write brief summaries of the passages in **The Word**. Then have them discuss each passage using the question or questions given for each passage. When all the small groups have had a chance to finish, ask them to share their answers in their large group.

The Truth

The Church, Called Together by Christ

While initiation into the Church through the Sacraments of Baptism, Confirmation, and Eucharist can be compared to becoming a member of another group or organization, it is also very different. That's because the Church is not simply another human organization. The Church is the community that has been called together by God's only Son to form the People of God.

In his eternal plan of salvation, God established the Church to carry his revelation of himself down through the ages, both in Sacred Scripture and Tradition. The fullness of God's revelation was first given to us in Jesus Christ. God sent his only Son among us as both God and man to achieve our salvation. From the Resurrection and Ascension of Jesus, into the present, and until the end of time, the Church continues God's revelation in her teachings and in her sacraments. The Church continues to reflect prayerfully on the message of salvation found in the life of Christ—in his teachings, miracles, prayers, and in his Death and Resurrection. The Church continues to live out within herself and in the world the Good News of Christ—the message of our salvation.

The Church is the Body of Christ, with Christ as the Head and his people the members. This image shows us the bond between Christ and the Church. Christ lives in the Church. The Church lives from, for, and in Christ. All salvation won by Christ comes to us through his Body, the Church.

Christ, through the Holy Spirit, gives the Church her essential characteristics—she is *one, holy, catholic, and apostolic*. The Church is one because of her source, the unity of the Trinity—one God, the Father and the Son in the Holy

Spirit. In the Church the faithful are one with Christ and with one another in faith, hope, and love. She is holy because of her source—the will of the Father, the sacrifice of Christ, and the life given her by the Spirit. The Church is catholic because she proclaims the fullness of faith to all people of all times. She is the complete means of salvation. Finally, the Church is apostolic because she is founded on Peter and the other eleven Apostles who witnessed to the life, Death, and Resurrection of Christ. The Church continues to be taught, made holy, and guided by the

Apostles through their successors—the pope and the bishops, assisted by priests.

It is through the Church that Christ calls us continually to deepen our relationship with him. And it is through the Sacraments of Initiation that we become members of the Church and enter into an ever-growing relationship with Christ and his Church.

The grace of Baptism introduces us into the very life of God. In

Confirmation we receive a special strengthening of the Holy Spirit. In receiving the Eucharist, we continue to be strengthened in spiritual nourishment as we continue our journey of faith. As long as we live, we will be cooperating with the grace of the Holy Spirit to accept the responsibilities and challenges that come with being a fully initiated member of the Church.

In proclaiming the Good News, Jesus tells us, "The time is fulfilled, and the kingdom of God has come near" (Mark 1:14). In the Our Father, we pray, "Thy kingdom come; thy will be done on earth as it is in heaven." Beginning with the Apostles, Jesus gathers all people around him in the Church, the beginning of the Kingdom. Our lifelong journey of faith will lead toward the fulfillment of the Kingdom of God in this life and in the life to come.



The Word

What does it mean to follow Jesus? These Scripture passages provide answers to this question. Form small groups to read and discuss each passage.

Matthew 16:24-26

- According to this passage, what is required of a follower of Jesus?

Matthew 19:16-22

- In this story, what prevented the young man from following Jesus?

- What do you think prevents people from following Jesus today?

Luke 6:46-49

- According to this passage, what are two responses to Jesus' words?

- What do you think it means to hear and act on Jesus' words? Give examples of how you think a person's life can be affected by following Jesus.

Luke 12:22-31

- According to this passage, what attitude should followers of Jesus have toward life?



Confirmation: Receiving the Gift of the Spirit

Step 9 (take-home activity)

Ask students to do **Activity 3** on their own and be ready to share the results of their interviews with the large group at the next meeting.

Step 10 (10 minutes)

Close with the **Prayer**. Select a leader and three readers, or ask for volunteers to take these roles. Begin by lighting a candle and inviting teens to reflect for a minute or two on how Jesus is present to us.

Pause briefly after the second Leader's part. Trace the Sign of the Cross on each teen's forehead, saying, "(Name), God has called you by name. Listen to God's Voice."

This would be a good time to present the letters of invitation mentioned in **Before You Begin**, page 12 of this Catechist Edition. Allow time for teens to read and reflect on these letters before continuing the prayer.

Remind teens to reread and reflect on these letters periodically throughout their Confirmation preparation.

Prayer

Prepare for prayer by focusing on the lighted candle and reflecting on this week's theme—preparing for a lifelong journey of faith.

Leader: We remember that God called Moses to lead his people out of Egypt. God didn't promise Moses that leading the people out of Egypt would be easy, but God promised that he would be with Moses.

First Reader: Reads Exodus 3:10-12

Leader: Now God is calling us to prepare for discipleship—to follow Jesus. Jesus does not promise us that it will be easy to follow him.

Second Reader: Reads Mark 8:34-35

Leader: But Jesus promises to be with us—in the Church and in the sacraments.

Third Reader: Reads Matthew 18:20

All: Jesus, we want to answer your call to share the Good News in our words and in our actions. But we know this will not always be easy. Strengthen us through the sacraments, especially our weekly celebration of the Eucharist and our celebration of the Sacrament of Confirmation. We ask this in the name of the Father, and of the Son, and of the Holy Spirit. Amen

The Life

Activity

On Your Own

Interview three confirmed members of your parish about their Confirmation. What do they recall about their Confirmation? In what ways do they think their Confirmation has influenced their lives? Ask them to give examples. In what ways are they trying to live out the responsibilities and challenges of being members of the Church?

Without using the names of those you interviewed, share what you learned.



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Unit 1

ADDITIONAL ACTIVITIES

Did you know?

Review the requirements for Confirmation on page 5 of Candidate Unit 1. Be sure to allow time for teens' questions and concerns.

Journaling

Provide notebooks that can be used as journals throughout the Confirmation preparation process. It will be important for teens to know that they will not be asked to share what they write in their journals. Emphasize that their journals will be private places for them to explore their feelings. Explain that many people keep personal journals, writing on a regular basis, as a way to understand and deal with their feelings.

Allow a few minutes in each session for journal writing. During this time, play reflective background music and ask teens to respect one another's need for quiet and privacy. As a journal starter for this session, suggest that teens write a letter about how they feel about beginning Confirmation preparation. They can address the letter to God, their parents, a close friend, or to themselves. In their letters, they may want to answer these questions.

- How do I feel about my belief in God right now?
- How do I feel about belonging to the Church?
- What are my hopes for my preparation for Confirmation? What are my fears and hesitations?

Encourage teens to continue journaling on their own, especially when they are trying to work out a problem.

Selecting Sponsors

If they have not already done so, encourage teens to choose sponsors. Explain the guidelines for sponsors that are given in *The Code of Canon Law*, Canons 892 and 893.

- A sponsor sees that the person to be confirmed acts as a true witness to Christ, faithfully fulfilling the obligations connected with Confirmation.
- A Confirmation sponsor is preferably one of the baptismal sponsors.
- A sponsor should be at least 16 years of age and a confirmed Catholic who has received Eucharist and who leads a faith-filled life.
- Parents may not be sponsors.

In making their choices, teens will want to consider these questions.

- Who do you respect and trust?
- Who do you think could help you as you prepare for Confirmation?
- Who do you think could help you as you continue to grow as a Catholic after your Confirmation?

Suggest that teens discuss this important decision with their parents. Once they have selected sponsors, urge teens to stay in close touch with their sponsors during their preparation for Confirmation. Let teens know that sponsors will be receiving information about the process. You may want to give teens their own copies of **Notes for Sponsors**, pages 8-10 of this Catechist Edition.

Selecting Confirmation Names

It is never too early in the process to have teens begin thinking about the names they will take at Confirmation. Provide books that offer good summaries of the lives of the saints for teens to browse through at the end of this session. A computer with Internet access would also be helpful. Ask teens to look for saints that they feel connected to, share an experience with, or want to be like.

Considering Opportunities for Service

Service is an integral part of the Christian life. Your Confirmation preparation program likely requires an experience of service for teens. Brainstorm with them to compile a list of possible service ideas. Using a sheet of newsprint, have them formulate a list of suggestions for ways to serve. Ask teens to select two or three of the ideas that look most appealing to them. Then ask teens to spend time with the members of their small group researching these possibilities, including information on training or preparation, time requirements, needs for transportation, and financial considerations. Each small group should be prepared to report their findings to the large group.

At a future meeting, lead teens in a process of discerning which of these projects is attainable, interesting to the group, and beneficial. Work with teens to lay out a step-by-step process that will eventually lead them to completion of this project during their Confirmation preparation.

Experiencing a Catholic Tradition—Liturgy of the Hours

Research and give a presentation on the Liturgy of the Hours. Priests and religious in your area can be a good source of information, and maybe even guest speakers,

on this topic. Help teens to understand the meaning, origin, and celebration of this prayer. This prayer then can become something with which you can begin or end your group meetings.

These resources may be helpful to you in your research.

Brook, John, *A Shorter Morning and Evening Prayer: The Psalter of the Liturgy of the Hours*. Liturgical Press, Collegeville, MN (800-858-5450) www.litpress.org

Christian Prayer: The Liturgy of the Hours. Catholic Book Publishing Corp., Totawa, NJ (973-890-2400) www.catholicbookpublishing.com

Liturgy Documentary Series, Volume 5: General Instruction of the Liturgy of the Hours. United States Catholic Conference, Washington, DC (800-235-8722) www.usccb.org

Using Video—*The Lion King*

Use the video *The Lion King* to illustrate how important the process of initiation is to the community. Show the segment of the film in which Simba is presented to the community. Before showing this clip, point out that what teens will be seeing is much like what happens in Baptism, when we are introduced to the community as we begin the process of initiation. Each of us is anointed “priest, prophet, and king.” These roles, as does the role of Simba, come with responsibilities.

Allow time after the video clip for teens to discuss how what they have seen compares with their experiences of Baptism. End by pointing out that during their preparation for Confirmation, teens will be learning more about the connection between Baptism and Confirmation and about their responsibilities to their faith community.

RESOURCES

Catechism of the Catholic Church, Second Edition. Our Sunday Visitor, Huntington, IN (800-348-2440) www.osv.com

Ciernick, Bernard, and Louise Santiago, *The All-Purpose, Hands-On Confirmation Director’s Manual*. Pflaum Publishing Group, Dayton, OH (800-543-4383) pflaum.com
This manual includes models for parent and sponsor meetings, as well as many other resources for Confirmation preparation. A companion CD provides downloadable files for handouts and forms.

FAQs About Confirmation: What You Want to Know. Pflaum Publishing Group. Teens and parents can refer to the concise information in this helpful book throughout Confirmation preparation. Reflection pages are included to provide journaling opportunities for teens.

Prayers and Guidelines for Catholics. Pflaum Publishing Group. This collection of common Catholic prayers and practices is a good companion for Confirmation candidates during their preparation process.

New Revised Standard Version Bible, Catholic Edition. HarperCollins Publishers, New York, NY (212-207-7000) www.harpercollins.com

Renewing the Vision: A Framework for Catholic Youth Ministry. United States Catholic Conference, Washington, DC (800-235-8722) www.usccb.org

Music

“City of God” by Dan Schutte, from the CD *Here I Am, Lord*. OCP Publications (800-548-8749) www.ocp.org

“Gather Us In” by Marty Haugen, from the CD of the same name. GIA Publications (800-422-1358) www.giamusic.com

“God Has Chosen Me” by Bernadette Farrell, from the CD *God, Beyond All Names*. OCP Publications

“I Rejoiced” by Trevor Thomson, from the CD *In This Place*. OCP Publications

“Lead Us to Your Table” by Steve Angrisano and Tom Tomaszek, from the CD *Spirit and Song, Volume 2*. OCP Publications

“You Are Mine” by David Haas, from the CD *You Are Mine—The Best of David Haas, Volume II*. GIA Publications

Video

The Lion King, Walt Disney Home Video

Web Sites

Online resources for saints’ lives
www.americancatholic.org (St. Anthony Messenger Press)

www.usccb.org (United States Conference of Catholic Bishops)



Handout 1

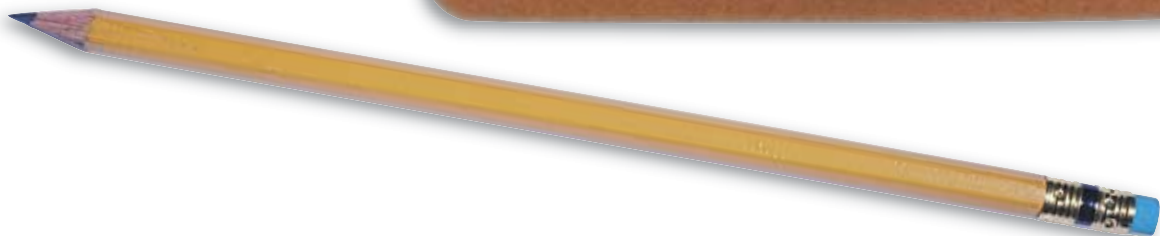
Confirmation

Steps for Candidates

- Making a time commitment
- Seeking the assistance of a sponsor
- Learning about Jesus and his presence in the community
- Serving the needs of the community
- Recognizing the gifts of the Holy Spirit
- Listening to God's word
- Accepting the guidance of other members of the Church

Dates to Remember

Sample Handout (See page 2.)





Handout 2

Confirmation

Defining Important Terms

Please record the definitions your group worked out for these terms.

Confirmation _____

Church _____

Church member _____

Confirmation candidate _____

Sample Handout (See page 6.)

Receiving the Gift
of the Spirit



Confirmation

Handout 3

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful,
and kindle in them the fire of your love.

Send forth your Spirit, O Lord, and our hearts shall be created.

And you shall renew the face of the earth.

Let us pray:

O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant us by the same spirit to delight in what is right and always to rejoice in your consolation. Through Jesus Christ our Lord. Amen.



Sample Handout (See page 9.)

Prayer of St. Francis

Most high, glorious God,
Bring light to the darkness of my heart.

Give me, Lord,
True faith,
Certain hope,
And perfect charity,
Insight and wisdom,
That I may follow
Your holy and true will.

Receiving the Gift
of the Spirit



Confirmation

Handout 3

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