

## Confirmation 2024



From the Catechism of the Catholic Church

Every baptized person not yet confirmed can and should receive the sacrament of Confirmation. Since Baptism, Confirmation, and Eucharist form a unity, it follows that "the faithful are obliged to receive this sacrament at the appropriate time," for without Confirmation and Eucharist, Baptism is certainly valid and efficacious, but Christian initiation remains incomplete.

For centuries, Latin custom has indicated "the age of discretion" as the reference point for receiving Confirmation. But in danger of death children should be confirmed even if they have not yet attained the age of discretion.

Although Confirmation is sometimes called the "sacrament of Christian maturity," we must not confuse adult faith with the adult age of natural growth, nor forget that the baptismal grace is a grace of free, unmerited election and does not need "ratification" to become effective. St. Thomas reminds us of this:

Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity: as the book of Wisdom says: "For old age is not honored for length of time, or measured by number of years. "Many children, through the strength of the Holy Spirit they have received, have bravely fought for Christ even to the shedding of their blood.

Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit - his actions, his gifts, and his biddings - in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.

[CCC §1306 - 1309](#)

[Why Are The Sacraments of Initiation in the Wrong Order?](#)

## Notes to the Catechist for Confirmation

If planning a retreat for Confirmation, it is important to make those plans earlier in the academic year. It is helpful when deaneries work together to plan a retreat. If the person(s) giving the event is not a member of the Diocese of Lubbock, permission must be given from the Chancellor's Office prior to the event being scheduled. [Deacon Adrian Jimenez: 806 – 792 3943 ext. 238.] A month prior to the event, a letter of good standing and a current safe environment clearance are to be turned in to Belinda Aguirre, Safe Environment Coordinator [806 – 792 3943 ext. 214].

At the beginning of the year, your PCL should have the parent/guardian fill out a medical release form for each of your students. If you take the students off parish grounds for a retreat, you should have a copy of the contact information with you. If you are transporting the students to another site, there are forms that must be filled out. See the bottom of the website:

<https://catholiclubbock.org/YACYM.html>

<h3>YOUTH MINISTRY STAFF</h3>			<b>Diocesan Retreat Dates</b> Pre-Con – January 20, Snyder April 27, Brownfield Confirmation – February 3, Lubbock February 17, Plainview March 2, Snyder March 23, Brownfield
<small><b>Peggy Klein</b> YACYM Director (806) 792-3943 x. 201</small>	<small><b>Sr. Peggy Szeljack, CV</b> Division Director (806) 792-3943 x. 230</small>	<small>Forms B- Driver Info C - Adult Liability Form D- Adult Code of Conduct E- Youth Liability &amp; Med Release F- Youth Code of Conduct Virtual Program Policy for Minors &amp; Virtual Program Consent Form</small>	

Any questions about a retreat should be directed to Peggy Klein, Director for Youth, Young Adult, and Campus Ministry [806 – 696 3506 or 806 – 792 3943 ext. 201].

I cannot stress enough to communicate with parents/guardians early, frequently, and often. Use all means possible at your disposal. All social media contact must include the parent/guardian.

### Social Networking with Minors

Be sure to have permission from a minor's parent or guardian before contacting the minor via social media or before posting pictures, videos, and other information that may identify that minor. [Diocese of Lubbock: part of Form E PARENTAL/GUARDIAN PERMISSION & LIABILITY WAIVER]

Parents must have access to everything provided to their children. For example, parents should be made aware of how social media are being used, be told how to access the sites, and be given the opportunity to be copied on all material sent to their children via social networking (including text messages). While parents should be provided with the same material as their children, it does not have to be via the same technology (that is, if children receive a reminder via Twitter, parents can receive it in a printed form or by an email list). <https://www.usccb.org/committees/communications/social-media-guidelines>

Word of Advice – include/copy the PCL on all messages sent to parents and minors.



Class preparation:

Each of the twenty classes has a theme that parallels the reading from Ephesians 4: 1b-7. You will find an emphasis on unity, community, and how to focus on being a missionary disciple.

Before class, take time to explore the topic, Scriptures, vocabulary, music, and links. All links are on YouTube or other easily accessible websites. These are in the blueprint. Discussion questions are to help in the assimilation process. Anticipate what concerns or questions your class may have. Be willing to walk the talk that you might be an authentic witness to these Sacred Mysteries. We can assess knowledge, but a faith journey is the work of the heart. A comfortable environment is more conducive to relationship building than a classroom setting.

In this packet, after the 20 lessons, you will find the Readings for Confirmations in 2024 (for those celebrations NOT occurring on Solemnities or Sundays (including Saturdays at 4:00 pm or later)).

You will find the Diocesan form for the Sponsor after the readings in this packet.

The structure of the classes is to include the following:

1. Prayer
2. Introduction of the topic
3. Probe for former knowledge and understanding.
  - a. If the answer is "Covenant" then what would be appropriate questions to support that answer?
4. Build on the known as you deepen knowledge and understanding.
5. Videos and music are integral to Gen Z
6. Encourage table discussion with summary feedback to the entire class.
7. Foster
  - a. What difference, if any, has this information made?
  - b. How can this information be put into action?
8. Tap into the lives of the saints.
9. Church has its own vocabulary that needs to be clearly defined.
10. You are the Church they are encountering; give them a sense of belonging.

As you begin class with prayer, it is good to review traditional Catholic prayers. Do not forget the 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 and they shall be created. And you shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations. Through the same Christ Our Lord. Amen.

Included are a variety of videos that could be used for the class. Please preview the videos to assess which one will work best for your students.

## Lesson Plan Outline

Preparation for teaching involves three things.

1. What are you going to teach?
2. How are you going to teach it?
3. How do you know you have taught it?

As you prepare for class know the following

1. What Prayer (words, song, Scripture) will you use to start the class?
2. How will you introduce the topic? Story telling? Video? Questions?
3. What is your objective? When the students walk out of the classroom, what did you make them reflect on? What information did you share? How will this affect their life?
4. What questions are you going to ask? It is better to explore their knowledge than to just feed them information. How will you make them think and reflect?
5. What outside information will you use? Video? Game? Activity? Music?
6. What will you do so the class is not lecture? Not like “regular” school? Not boring?
7. How will you encourage discussion with summary feedback to the entire class?
8. Plan: What difference, if any, has this information made?
9. Reflect: How can this information be put into action?
10. Tap into the lives of the saints.
11. Church has its own vocabulary that needs to be clearly defined.
  - a. [USCCB Glossary of Catholic Terms](#)
  - b. [Catholic Vocabulary](#) (simple)
  - c. [Catholic Religious Vocabulary](#)
  - d. [Catholic Dictionary](#) (advanced)
  - e. [DICTIONARY OF CATHOLIC TERMS](#)



Theme: Eph 4:1b – 6

“live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, striving to preserve the unity of the spirit through the bond of peace: one body and one Spirit, as you were also called to the one hope of your call;  
one Lord, one faith, one baptism;  
one God and Father of all, who is over all and through all and in all.”

Topics: Overview

1. Introduction
2. **Live in a manner worthy of THE call:** Wisdom, Understanding
3. Fruits of the Spirit Galatians 5:22-23
4. **Humility:** What is my self-worth? Knowledge
5. **Gentleness:** Piety
6. **Patience, bearing with one another:** God’s love, God’s mercy; Fear of the Lord
7. **Strive to preserve the unity of the Spirit:** My role in unity; Fortitude
8. **Bond of Peace:** What is peace?
9. **One body:** Call to service, Charity
10. **One spirit:** My role in building a community of faith
11. **One hope:** life is messy, How to handle setbacks
12. **Of your call:** What does a life-long commitment to Jesus look like? Vocations
13. **One Lord:** Assessing your relationship with Jesus.
14. **One faith:** the Good News of Jesus into every human situation
  - a. Writing a letter to the pastor requesting the Sacrament of Confirmation
15. **One baptism:** Sacraments of Initiation, Sacraments in my life: Reconciliation
16. **One God:** Discernment; Counsel
17. **Father of All:** Stewardship
18. **Overall:** Scripture, Liturgy of the Word
19. **Through all:** Liturgy of the Eucharist
20. **In all:** Missionary Discipleship

[HOW TO GET STUDENTS TO PARTICIPATE IN CLASS DISCUSSIONS](#)

[The RIGHT Way to Show Videos in Class](#)

[5 Reasons to use Group Discussions in the Classroom](#)

[Confirmation Preparation: Helping Kids Encounter the Holy Spirit \(Webinar\)](#)

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
1	<p><b>Introduction</b></p> <p>What is the purpose of this preparation for Confirmation?</p> <p>What are your expectations for the youth? Share your expectations with them.</p> <p>Faith is for a lifetime.</p> <p>Faith is a relationship with God: Father, Son, and Holy Spirit.</p> <p>If we do not “feed” our faith, the relationship will die.</p> <p>We grow in our relationships through community, experience, worship, and learning.</p> <p>“It is not "finished business" that we can simply take for granted. The life of faith has to be constantly renewed. And since faith is an act that comprehends all the dimensions of our existence, it also requires constantly renewed reflection and witness." Pope Benedict XVI in "Gospel, Catechesis, Catechism"</p> <p>Faith must be put into action. It cannot remain just in our heads or heart.</p> <p><a href="#">What is Lifelong Formation?</a></p> <p>Faith Formation is more than the handing on of religious instruction. We never stop learning about our Faith. Head knowledge without transformation is useless. Our call is to live the Gospel in community. Why did Jesus have apostles?</p> <p>Confirmation deepens our baptismal life that calls us to be missionary witnesses of Jesus Christ in our families, neighborhoods, society, and the world. ... We receive the message of faith in a deeper and more intensive manner with great emphasis given to the person of Jesus Christ, who asked the Father to give the Holy Spirit to the Church for</p>	<p>Article: <a href="#">100 words (give or take) on... Confirmation</a></p> <p>Which one best meets your needs?</p> <p><a href="#">Sacraments 101: Confirmation (why we're confirmed)</a> [includes directions on how to download video]</p> <p><a href="#">3MC - Episode 37 - What is Confirmation?</a></p> <p><a href="#">3MC - 3 Minute Catechism - Episodio 37 ¿Qué es la confirmación?</a></p> <p>Confirmation: Sometimes our affiliation with a group or organization may become stale and flat for us. Looking more deeply at why we choose to be associated with them in the first place might lead us to a deeper relationship or to sever the bond. Confirmation is the sacrament that leads us to decide to deepen our relationship with God.</p> <p><a href="https://bustedhalo.com/summer-school/summer-school-june-9">https://bustedhalo.com/summer-school/summer-school-june-9</a></p>	<p>Why are you here?</p> <p>What do you hope to accomplish by the end of these sessions?</p> <p>If we receive the Holy Spirit at baptism, why is Confirmation necessary?</p> <p>Why did Jesus pick the apostles?</p> <p>The word “confirmation” comes from the Latin con- "together, all together," and firmāre "make firm," or to make altogether firm. Firm = strength</p> <p>What things need to be made firmer in your life?</p> <p>What is life-long faith formation?</p> <p>How are you planning to live your Confirmation?</p> <p>Where do you find God?</p> <p>In Church?</p> <p>In Silence?</p> <p>In a friendship?</p> <p>In your family?</p> <p>In your own soul?</p> <p>What is a soul?</p> <p>3MC - Episode 02 - What is the Soul?</p> <p><a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>building up the community in loving service. <a href="#">USCCB Confirmation</a></p> <p><a href="#">CONFIRMATION: CONSECRATED FOR MISSION</a> p. 229 – 239</p> <p><a href="#">LA CONFIRMACIÓN: CONSAGRADOS PARA LA MISIÓN</a> p 239 – 250</p> <p>What is a soul? <a href="https://www.catholic.com/qa/what-exactly-is-a-soul">https://www.catholic.com/qa/what-exactly-is-a-soul</a></p>		<p><a href="#">com/watch?v=Gh3nsxCGmEM&amp;t=2s</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
2	<p><b>Live in a manner worthy of THE call</b></p> <p><b>Live</b> is an action word. It refers to what can be seen, measured, or modeled (copy). It reminds me of a quote from Ralph Waldo Emerson (1876): “Your actions speak so loudly, I cannot hear what you are saying.”</p> <p>This is not a free ticket to judge others. It is an invitation to assess our own actions. This might be a good jumping point to talk about a daily examen.</p> <p><a href="#">A daily examen for children and teens</a> Or a handout from the Diocese of San Jose: <a href="#">A Daily Examen for Children and Teens</a></p> <p>Put simply: to Live is to walk the talk.</p> <p><b>Worthy</b> What is it and whose standards are we using to evaluate what worthy means? There is nothing we can do to earn God’s love. However, the message is clear; God loves us first. [1 Jn 4:19] <a href="#">Love and Worthiness</a></p> <p><b>The Call</b> <a href="#">Call To Holiness</a> God’s grace is now -- do the next loving thing. We have this strange notion that we choose God. Quite the opposite is true; God chooses us. Our choice is to either accept or reject, respond or walk away. Reflection questions on the Our Father. <a href="#">Lesson Plan: Hearing Christ’s Call</a> – pdf: Life Teen</p>	<p>Song for opening or closing prayer: <a href="#">Hillsong Worship - Who You Say I Am (Lyrics)</a></p> <p><a href="#">The Amazing Truth About God's Love For You</a></p> <p>Gifts of the Spirit – Wisdom Understanding <a href="#">How to Unwrap the Gifts of the Spirit this Pentecost</a></p> <p><a href="#">What Does it Mean to be Catholic? (Instead of Protestant)</a></p> <p><a href="#">WHAT DOES IT MEAN TO BE CATHOLIC?</a></p> <p><a href="#">What's Catholic?   Catholic Central</a></p> <p><a href="#">The Advocate</a></p>	<p>Living in the Spirit received at Baptism What does it mean to be FULLY initiated in the Catholic Church?</p> <p>Why “Baptism is not enough” for Spiritual Life.</p> <p>How will you use your gifts to share the Good News?</p> <ol style="list-style-type: none"> <li>1."Our Father who art ...be thy name" Have I tuned into Christ...what other things take priority over Christ?</li> <li>2."Thy Kingdom ...it is in heaven" What decisions have I not invited God’s will into?</li> <li>3."Give us ...daily bread" What do I need from God to get me through my daily life?</li> <li>4."Forgive us ...as we forgive ...deliver us from evil" What baggage do I need God to forgive me for and who is God calling me to forgive?</li> <li>5."For thine ...now and forever" How can I declare with my actions, who I follow?</li> </ol>



Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
3	<p><b>Fruits of the Spirit</b>  “Beware of false prophets, who come to you in sheep’s clothing, but underneath are ravenous wolves. By their fruits you will know them. Do people pick grapes from thornbushes, or figs from thistles? Just so, every good tree bears good fruit, and a rotten tree bears bad fruit. A good tree cannot bear bad fruit, nor can a rotten tree bear good fruit. Every tree that does not bear good fruit will be cut down and thrown into the fire. So by their fruits you will know them.”  <a href="#">Matthew 7: 15 – 20</a></p> <p><a href="#">Rerun of Little Red Riding-Hood</a></p> <p>In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law.  <a href="#">Galatians 5: 22 – 23</a></p> <p><a href="#">The Fruits of the Holy Spirit</a></p> <p>Fruit (virtue) must be nurtured – pruning and care of ourselves  Growing in virtue is a life-long task</p> <p><a href="#">Transfiguration, conversion, and the fruits of the Spirit</a></p> <p><a href="#">The Fruits and Gifts From the Holy Spirit and Their Meanings</a></p> <p><a href="#">Choices have consequences – wolves in grandma’s clothing</a></p> <p>If we cannot see these virtues in others, we will never be able to identify them in ourselves.</p> <ul style="list-style-type: none"> <li>• Charity (love)</li> <li>• joy</li> <li>• peace</li> </ul>	<p>Matthew 7: 15 - 20  Galatians 5: 22 – 23</p> <p>“The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. The tradition of the Church lists twelve of them: "charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity." <a href="#">CCC §1832</a></p> <p>Pass out a piece of paper with the following words on it.</p> <p>charity (love)  joy  peace  patience  kindness  goodness  generosity  gentleness  faithfulness  modesty  self-control  chastity</p> <p>Have the students write the initials of the person they think best lives that virtue.</p> <p><a href="#">CHOSEN: Lesson13, Seg.3:The Twelve Fruits of the Holy Spirit Part1 or Virtues   Catholic Central</a></p>	<p>I wish I could be as helpful (or some other virtue) as _____. (name of person)</p> <p>What makes us admire that virtue in them?</p> <p>Fruit (virtue) must be nurtured – this requires pruning and care of ourselves.</p> <p>Growing in virtue is a life-long task.</p> <p>Think of one of the virtues you want to nurture in your life. What work will that require on your part?</p> <p>Appearances can be deceiving. Example: Is a person’s generosity covering up selfish motives?</p> <p>How do you know the difference between an authentic person and a fake?</p> <p>Different kinds of citrus fruits can be tough to tell apart until they’re ripe. Oranges, lemons, and limes are all in the citrus family. Because the trees all look so similar, it is necessary to wait for the fruit.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<ul style="list-style-type: none"> <li>• patience</li> <li>• kindness</li> <li>• goodness</li> <li>• generosity</li> <li>• gentleness</li> <li>• faithfulness</li> <li>• modesty</li> <li>• self-control</li> <li>• chastity</li> </ul>	<p>For younger students: The Fruit of the Spirit <a href="https://www.youtube.com/watch?v=TZrIDT3k84U">https://www.youtube.com/watch?v=TZrIDT3k84U</a> or <a href="https://www.youtube.com/watch?v=E2bhXAR1gCU">https://www.youtube.com/watch?v=E2bhXAR1gCU</a></p> <p><a href="#">Fruits to Fruit Game</a> This is one for the older kids—a variation on the game Apples to Apples.</p> <p>List the fruits of the Spirit on a piece of paper, with definitions if you like. For each characteristic, every player chooses a fruit that they think best represents that particular Fruit of the Spirit. Then the players try to convince the other players why their choice is the most fitting.</p> <p>For example: “I say watermelon represents generosity because it’s big.” “I say pomegranate for generosity because it has so many seeds to share.” You can either vote all together or rotate which player makes the final decision about which fruit is most fitting.</p>	<p>The avocado tree is another fruit plant notoriously hard to identify without the tasty part.</p> <p>Choices have consequences. It’s easy for most of us to take responsibility when things turn out successfully. But when there are problems, it’s just as easy to blame someone else and sidestep personal responsibility. Your choices have consequences.</p> <p><a href="#">Holy Spirit Worksheet (Cryptogram puzzle)</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
4	<p><b>Humility</b>            What is humility – self-knowledge; knowing who you are.            So who are you? Answer: A child of God.</p> <p>Talk about others instead of yourself in a good way, not in a gossipy way. Build other people up.            This does not reduce your importance to God.</p> <p>When someone gives you a compliment, accept it graciously. Don't minimize it. But also realize that your gifts and talents come from your heavenly Father. So also thank Him.</p> <p>Do the "behind the scenes" jobs or the things nobody else wants to do.            Volunteer to do something which needs to be done as an act of love for Jesus.            If you feel your mind focusing on how much better you are than somebody else, think of three things that person does well and thank God for him or her.</p> <p><a href="#">CCC §2779</a> "Before we make our own this first exclamation of the Lord's Prayer, we must humbly cleanse our hearts of certain false images drawn "from this world." Humility makes us recognize that "no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him," that is, "to little children."<sup>30</sup> The purification of our hearts has to do with paternal or maternal images, stemming from our personal and cultural history, and influencing our relationship with God. God our Father transcends the categories of the created world. To impose our own ideas in this area "upon him" would be to fabricate idols to adore or pull down. To pray to the Father is to enter into his mystery as he is and as the Son has revealed him to us.</p>	<p>What is my self-worth? Knowing my gifts and talents            Where does my self-concept come from?            How is it nourished?            Am I "better" than others?            Gift of the Spirit – Knowledge  <a href="#">Sophia SketchPad: Confirmation</a></p> <p><a href="#">Prideful? Here's How to Stop and Be Humble</a></p> <p><a href="#">Being Human   Catholic Central</a></p> <p><a href="#">Comparison, Self-Image, and Your True Worth</a></p> <p>St. Catherine of Siena said, "Be who God meant you to be, and you will set the world on fire."</p> <p><a href="#">The First thing Mother Teresa did every morning</a></p> <p>Prayer Song  <a href="#">Who Am I - Casting Crowns (w/ lyrics)</a></p> <p><a href="#">Biggest and Best List of Confirmation Saints (for Guys and Girls)</a></p> <p><a href="#">Saints</a></p>	<p>Identifying Truth, Talents, and Gifts</p> <p>Where do these gifts/talents come from?            Why do I have them?            How am I different than others?            How am I like others?            How does God see you?</p> <p>Humble Saints            Find out about            Sts. Jacinta and Francisco Marto            St. Gianna Beretta Molla            St. Augustine            St. Therese of Lisieux            St. Vincent de Paul            St. Teresa of Avila            St. Padre Pio of Pietrelcina            St. Joan of Arc            Blessed Miguel Agustín Pro, SJ            St. Maria Goretti            St. Francis de Sales            St. Faustina Kowalska            Saint Cristóbal Magallanes and Companions            St. Elizabeth Ann Seton            St. Francis of Assisi            St. Catherine of Siena            St. Benedict Nursia            St. Mary MacKillop            St. Maximilian Kolbe            St. Teresa of Calcutta            St. Andre Bessette</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>The expression God the Father had never been revealed to anyone. When Moses himself asked God who he was, he heard another name. The Father's name has been revealed to us in the Son, for the name "Son" implies the new name "Father."31”</p> <p><a href="#">10 Things Humility is Not</a> (Life Teen) Saints had to know themselves</p> <p>Humility is “simply the truth that we can do nothing without God.” It is complete dependence on God, not taking credit for our virtues, but acknowledging that they are gifts from God, and admitting our weakness and sinfulness and rejoicing in the gifts and talents that God has given us. <a href="#">The Way of Humility – Three Saints Who Practiced Spiritual Poverty</a></p> <p>Policy for selecting a Confirmation name is found in Canon Law §855 regarding the selecting of a name for the Sacrament of Baptism. “Parents, sponsors, and the pastor are to take care that a name foreign to Christian sensibility is not given.”</p> <p><a href="#">Do I have to take a saint’s name at my Confirmation?</a></p>	<p><a href="#">Saints &amp; Angels</a></p> <p><a href="#">About Confirmation Names How to Choose A Saints Name</a></p> <p><a href="#">Confirmation Name Worksheet</a></p>	<p>St. Teresa Benedicta of the Cross Blessed Stanley Rother St. Clare of Assisi St. Thomas More St. Rose of Lima Blessed Carlo Acutis St. Kateri Tekakwitha St. Juan Diego St. Cecilia St. Edmund Campion St. Bernadette Soubirous St. Joseph</p> <p><a href="#">Saint of the Day</a> <a href="#">Franciscan media</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
5	<p><b>Gentleness</b> – If you would describe yourself as a person who is self-centered, selfish, arrogant (proud), or quick to anger; you need to cultivate Gentleness.</p> <p><b>Piety</b> – gift of Holy Spirit A gift from God that allows us to change a burden into a desire.</p> <p>Paraphrasing the words of Pope St. Gregory, Piety is our relationship to God expressed through worship because we are God’s sons and daughters. As God is the Father of all, we reverence God and we respect all people as children of the same Father. How do we foster a childlike love of God? Are we willing to make sacrifices, to grow in obedience as an expression of our love for God? Is Mass, prayer, or reading Scripture a burden or an expression of seeking to grow in our relationship with God? Do we seek out the friends of God? Not only those declared saints in heaven, but those who support our choice to live a Christ-like life.</p> <p><a href="#">CCC §2784</a> “The free gift of adoption requires on our part continual conversion and new life. Praying to our Father should develop in us two fundamental dispositions:</p> <p>First, the desire to become like him: though created in his image, we are restored to his likeness by grace; and we must respond to this grace.</p> <p>We must remember . . . and know that when we call God "our Father" we ought to behave as sons of God. You cannot call the God of all kindness your Father if you preserve a cruel and inhuman heart; for in this case you no</p>	<p>How to listen to others, to God.</p> <p>How to be available to God, to others.</p> <p>Do I build walls or bridges?</p> <p>Piety inspires us to understand the Church as the family of God</p> <p>Piety inspires us to let go of anger and revenge for the sake of the unity of the family.</p> <p>What does it mean to be loyal to God?</p> <p>Are we drawn to superheroes because they appear to be self-reliant? Controlling?</p> <p>Would someone who doesn’t know you be able to tell you are a Christian from observing the way you treat others? Explain.</p> <p><a href="#">2Minutes2Virtue: Kindness Goes A Long Way</a> or</p> <p><a href="#">CHOSEN: Lesson13, Seg.2: Gifts of the Holy Spirit Part2</a></p>	<p>Piety – gift of Holy Spirit Give it a thought. Is it a burden for a parent to change their baby’s diaper or a desire to keep their baby healthy or both? Is it a burden to watch what a friend wants to watch on TV when you would rather watch something else?</p> <p>What is meant by no one is truly self-sufficient, everyone must rely on the company and comfort of others to thrive?</p> <p>Gentleness is not weakness, it is selflessness. “It is not all about me.” Piety and Gentleness can be active in your life. Give examples of Piety and Gentleness in Prayer In Presence How can you be Present to God, to members of your family, to others? In your Perspective What things do you need to see differently? How we judge someone or something often reveals our perspective about</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>longer have in you the marks of the heavenly Father's kindness.”</p> <p>Gifts of the Holy Spirit: Gift of Piety  <a href="https://fromtheabbey.com/gifts-of-the-holy-spirit-piety/">https://fromtheabbey.com/gifts-of-the-holy-spirit-piety/</a></p>	<p>Song for Prayer Run to the Father  <a href="https://www.youtube.com/watch?v=czkdvNK2m5Q">https://www.youtube.com/watch?v=czkdvNK2m5Q</a></p>	<p>God, our family, and others.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
6	<p><b>Patience, bearing with one another</b></p> <p>When do I most easily lose my patience? When I want to be in control and I realize I cannot control another person, action, or event.</p> <p>The word fear in the expression “fear of the Lord” means awe or profound respect. It does not mean literal fear of God's power but an awe and respect for the absolute majesty of God. We should “fear” offending God not because of his just punishment but because God is all good and deserving of our love.</p> <p><a href="#">Love is an Ability</a></p> <p><a href="#">Patience and the Spiritual Life</a> (Patience with yourself)</p> <p><a href="#">Letting God Take His Time</a></p> <p><a href="#">Fear of the Lord</a> The seventh and final gift of the Holy Spirit is the fear of the Lord, and perhaps no other gift of the Holy Spirit is so misunderstood. We think of fear and hope as opposites, but the fear of the Lord confirms the theological virtue of hope. This gift of the Holy Spirit gives us the desire not to offend God, as well as the certainty that God will supply us the grace that we need in order to keep from offending Him. Our desire not to offend God is more than simply a sense of duty; like piety, the fear of the Lord arises out of love.</p> <p><a href="#">The Amazing Gift: Fear of the Lord</a></p> <p>God’s love – God giving us what we don’t deserve 1 John 4: 19 God’s mercy – God not giving us what we deserve Psalms 103:10</p>	<p>God is not finished with me yet!</p> <p><a href="#">CHOSEN: Lesson 13, Seg.3: The Twelve Fruits of the Holy Spirit Part2</a> or <a href="#">Patience</a> or <a href="#">What is Love?   Catholic Central</a> Or <a href="#">Letting God Take His Time</a></p> <p>Truly, the LORD is waiting to be gracious to you, truly, he shall rise to show you mercy; For the LORD is a God of justice: happy are all who wait for him! Isaiah 30: 18</p> <p>Prayer: Act of Love O my God, I love You above all things with my whole heart and soul, because You are all-good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.</p> <p><a href="#">Catholic Virtues Series: Lessons in Patience</a></p>	<p>Would you rather open your cell phone with a 6 digit code or facial id? Why?</p> <p>Would you rather open a lock with a combination or a thumb print id? Why?</p> <p>Code and combination locks require a specific order. They must be entered exactly the correct way. They require attention. The same patience and attention needs to be applied to our relationships with God, family, and others. What happens if we misjudge a situation, do not pay attention to what someone is sharing or follow directions? Do you ever misjudge God? Family? Friends? Can we be in a rush when we are forming friendships or listening to God/others? Why is patience necessary in your life?</p> <p>Discuss some situations that would have ended up differently if you had</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p><a href="#">Do We Deserve God's Love ?</a></p>	<p><a href="#">JUNIOR HIGH MINISTRY LESSON ON PATIENCE</a> can be adapted to all levels from the above: SMALL GROUP DISCUSSION QUESTIONS</p> <p>What are some things that really make you impatient?</p> <p>Would your family say that you are a patient person?</p> <p>If you were to look up the word “patience” in the dictionary, whose picture would be next to the word? Name someone in your life who exemplifies patience and tell why.</p> <p>What is a prayer you have been waiting for God to answer?</p> <p>What feelings do you have when you become impatient with God?</p> <p>Are your feelings out of a desire for entitlement, if so why?</p> <p>How can you demonstrate patience to others in your life?</p>	<p>been patient. If you had talked to God first.</p> <p>How can you connect patience with the following? God’s love God’s mercy Fear of the Lord – gift of the Holy Spirit</p>



Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
7	<p><b>Strive to preserve the unity of the Spirit</b></p> <p><a href="#">The Power of Belonging</a></p> <p><a href="#">Ephesians Historical Background   Why was Ephesians written?</a></p> <p><a href="#">WHAT DOES IT MEAN TO BE CATHOLIC?</a></p> <p>This theme of unity through the Spirit is a regular theme in St. Paul’s epistles. To the Galatians, he wrote that “there is neither Jew nor Greek; there is neither slave nor free person; there is not male and female — for you are all one in Christ Jesus” (3:27-28). To the Romans, he repeated that, though we are many, we are “one body in Christ,” with many different gifts (Romans 12:4-5). To the Ephesians, he taught the same thing: “There is one body and one Spirit” (4:4-6).</p> <p>Unity was important for St. Paul, not merely in the sense of team building or corporate cohesion. In his theology, our unity in being is a central feature of who we are as Christians. In baptism, we die and rise with Christ so that we can live in him (Romans 6:3-5). We are no longer only ourselves, since Christ lives in us (Galatians 2:20). Our very souls are changed as we are incorporated into one Body enlivened by the one Spirit. And today we celebrate the descent of that Spirit, who works to foster and maintain our oneness.</p> <p>Though our society encourages us to consider our identities solely in terms of individualism, this Solemnity of Pentecost is an invitation to celebrate our truest identity in the one baptism</p>	<p>“I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. John 17: 20 – 21</p> <p>Have you ever thought that Jesus is praying for you? Why was it important for Jesus to be one (belong) with His Father? Why is “to be one” (unity) important to Jesus?</p> <p>Do you feel like you belong to yourself? Is belonging to yourself dependent on your ability to control your own life or your knowing the good and the bad about yourself and believing that God loves you? How do you share your true self with your family? Your friends? The different groups that are part of your life?</p> <p><a href="#">CCC §813—815</a> If God wants us united, why are there so many different</p>	<p><a href="#">I asked young adults why they are Catholic (This is what they said)</a></p> <p>Did you agree or disagree with what was said in the video? How would you answer the question?</p> <p>My role in unity When you belong to a family, as a member you also have responsibilities. How do carry out your responsibilities to: Continue the good name of your family? Love your parents? Take care of the members of your family? Contribute to the good order of your family? Provide for the needs of your family? [locking the door of the house? Not wasting water, electricity, etc.,] How can these be applied to your Church family? [Do you think of the Church as your family?]</p> <p>We encounter the presence of God every time we participate in the</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>that brought us into union with Christ. The gifts we receive from the Spirit all serve this unity. We also remember today how our unity is repaired through the sacrament of penance and reconciliation. We live and express our unity in the reception of the Eucharist. And we recall today our duty to spread the Good News, in order to bring the world into this unity under the one Spirit. <a href="#">National Catholic Register</a></p> <p><a href="#">THE HOLY SPIRIT – THE PRINCIPLE OF UNITY THROUGHOUT SCRIPTURE</a></p> <p><a href="#">The Spirit Of Unity</a></p> <p><a href="#">FORTITUDE</a></p> <p>“Fortitude or courage is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. ‘The Lord is my strength and my song.’ Jesus said, ‘In the world you have tribulation; but be of good cheer, I have overcome the world’” (CCC §1808).</p> <p><a href="#">The difference between Catholics and Christians</a></p> <p><a href="#">Aren't All Churches the Same?</a></p> <p><a href="#">What Protestants Get Terribly Wrong</a></p>	<p>Christians denominations?</p> <p>CCC §821 Certain things are required in order to respond adequately to this call: [to unity] - a permanent renewal of the Church in greater fidelity to her vocation; such renewal is the driving-force of the movement toward unity; - conversion of heart as the faithful "try to live holier lives according to the Gospel"; for it is the unfaithfulness of the members to Christ's gift which causes divisions; <a href="#">CCC §821</a></p> <p>Fortitude – gift of the Holy Spirit Fortitude is one of those words that we seldom see. If you recognize the FORT of Fortitude, it will be easier to remember that fortitude has to do with protection, strength, and courage.</p>	<p>sacramental worship of the Church. We have access to the unifying power of the Holy Spirit in every sacrament. For example, at Mass, in the Eucharistic Prayer, after the consecration, we ask to be made one with Christ and each other by the power of the Holy Spirit, “grant that we, who are nourished by the Body and Blood of your Son and filled with His Holy Spirit, may become one body, one spirit in Christ.” (Eucharistic Prayer III).</p> <p>Knowing your faith, trusting your faith, living your faith, and sharing your faith require responding to the Gift of the Holy Spirit: Fortitude. How are unity and fortitude connected?</p> <p>Fortitude can be described by words as persistence, staying power, determination, hanging in there over the long haul, and a firmness of mind or spirit in the daily challenges of life.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
8	<p><b>Bond of Peace</b></p> <p><a href="#">Under the Bond of Peace: A Pentecost Homily by Fr. Ryan Lerner</a></p> <p>When a group shares a common love, a bond is formed among them that corresponds in strength to the depth of that shared love. We often join societies or clubs based on the common love of hobbies or interests, and even cities or nations are formed by a love that the people in them have for the common good that they share. The Church is also united by one love.</p> <p>“Blessed Carlo was known among his friends and family as being incredibly humble and kind. He was approachable and friendly—not proud and distant. He wanted to reach people where they were in their journey of faith. Rajesh Mohur, an employee of the Acutis family, said, “When [Carlo] started to explain to me the Word of God, the Bible, he did so with sweetness. It was as if we had already gone up to Heaven.” Blessed Carlo’s witness to Mohur prompted him to be baptized. Carlo had a special love for the homeless. In fact, he asked his parents to give them sleeping bags, and he would often spend his own money. He would also bring food to them—not leftovers, but the hot meals that his family was eating for dinner. He also loved his friends and family. Most importantly, he would tell them about the faith and the love of God. As one example, he frequently went to Mass on First Fridays—and he told his friends about the importance of participating in this devotion. He also encouraged his mother and father to attend church, and due to his example, they became more fervent in their faith. Prayer: Blessed Carlo, please intercede that I might love</p>	<p>What is peace? What does it sound like? What does it feel like? What does it look like?</p> <p>What things challenge your personal peace? What things challenge the peace of your family? What things challenge the peace of your neighborhood? What things challenge the peace of your Church?</p> <p>A peaceful world would be free from hate, prejudice, and violence. What are the opposite of hate, prejudice, violence, name-calling, bullying, acting out of anger, selfishness, ridiculing someone, isolation, divisions?</p> <p>How can I nurture peace within myself? Is it necessary?</p> <p>If you desire peace, you must work for it.</p> <p>Strive for peace with everyone, and for that holiness without which no one will see the Lord.</p>	<p>Ever heard of the <a href="#">Nobel Peace Prize</a>? “The prize should go to the person "who has done the most or best to advance fellowship among nations, ... according to the will of Swedish industrialist Alfred Nobel, the inventor of dynamite, who founded the awards.” It was first awarded in 1901 and now includes contributions that have conferred the greatest benefit to humankind in the areas of Physics, Chemistry, Physiology or Medicine, Literature, Economics and Peace.</p> <p>The first American to receive the Prize was Theodore Roosevelt (1906) (4 presidents are on the list.) Other winners you might recognize: Red Cross (1917, 1944, 1963) Martin Luther King Jr. (1964) Mother Teresa (1979) “If you want to make peace, you don’t talk to your friends. You talk to your enemies.” – St. Teresa of Calcutta; Malala Yousafzai (2014) of Pakistan.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>others more—and that I might lead them to Christ in the Eucharist.”</p> <p><a href="#">7 Lessons in Holiness from Blessed Carlo Acutis – Loving Others</a></p> <p><a href="#">Blessed Carlo Acutis an example to be emulated</a></p> <p>“We all need heroes in life; heroes not only to inspire us but also to challenge us to live out our faith. We know what we need to do in life, but we need to be inspired. ... I encourage you to be guided by your faith like Blessed Carlo Acutis. Stay close to our Lord in your daily prayer, especially before the Blessed Sacrament. Receive him as often as you can in holy Communion so that you may be strengthened in your faith. Make Carlo’s prayer your own: “Jesus, come right in! Make yourself at home!” --<a href="#">Archbishop Gregory J. Hartmayer, OFM Conv.</a></p> <p>PRAYER O God, you gave our youth of the new millennium, a powerful youth icon, the Blessed Carlo Acutis, Cyber Apostle, who lived venerating the Holy Eucharist, and dedicated his life to benefit the universal Church, by making computers his medium of evangelization building his website as a shrine to list miracles performed in various parts of the world. As we celebrate his feast today, may our youth find and draw inspiration from this dynamic lad, to worship and venerate the celebration of the Holy Eucharist. May we seek the grace to encounter Christ through the Eucharist and live in him, attentively listening to your Holy Word, discerning and accomplishing our true calling, in Jesus’ Name. Amen</p>	<p>–Hebrews 12:14</p> <p>Prayer for Unity in Christ Make us one in you, Christ Jesus, as you are one with the Father. Guide us towards deeper understanding, especially when we insist on having our own way. Broaden our appreciation of the gifts others have to share and rid our hearts of jealousy and fear. Heal the rifts that divide us so that we become agents of reconciliation and peace. In your sacred name, we pray. Amen. –Sadlier Religion</p> <p><a href="#">Carlo Acutis resource pack for post-primary schools / youth groups</a></p>	<p>If you were to nominate someone you knew for the Nobel Peace Prize, who would you select and why?</p> <p>Blessed Carlo Acutis (1991 – 2006) “All people are born as originals but many die as photocopies”</p> <p><a href="#">The Life of Blessed Carlo Acutis</a></p> <p><a href="#">Carlo Acutis Animation</a></p> <p>Blessed Carlo Acutis, you used your creative genius in computers, by turning it into a tool for evangelization, because of your fidelity to the Holy Eucharist and your integrity as a member of the universal Church, Christ’s Body. Pray that we too use modern technology in the service of God and, as you said that we are born originals, but sadly, die as copies, pray that we use wisely the original talents given by God, for the better use of humanity. Pray for us, Blessed Carlo Acutis.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
9	<p><b>One body</b></p> <p>Oneness, Unity, Love your neighbor as yourself, Who is my neighbor?</p> <p><a href="#">1 Corinthians 12</a></p> <p><a href="#">The Meaning of Body of Christ</a></p> <p>Options: <a href="#">Corporal Works of Mercy</a> or The <a href="#">Catholic Social Teachings</a> Or <a href="#">Catholic Social Teaching in 3 Minutes</a> <a href="#">Magisterium</a></p> <p><a href="#">Concrete and actionable ideas for practicing each of the Corporal Works of Mercy.</a></p> <p><a href="#">Fox and Chickens Tag</a> Or <a href="#">Small group game: The Body of Christ</a></p> <p><a href="#">Catholic social teaching: Family, community and participation</a> Family Activities</p> <p><a href="#">The Body of Christ and Your Responsibility</a></p> <p>Additional Resources – from USCCB <a href="#">Two Feet of Love in Action Session for Teens</a></p>	<p>Recognizing Christ in others, caring for the poor</p> <p>For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For by one Spirit we were all baptized into one body — Jews or Greeks, slaves or free — and all were made to drink of one Spirit. 1 Corinthians 12: 12-13</p> <p><a href="#">An Animated 1 Corinthians 12   We are the Body of Christ</a> or <a href="#">Call to service The Seven Themes of Catholic Social Teaching</a> or <a href="#">The One Thing Connecting All of Catholic Social Teaching</a> or <a href="#">What Are the Pillars of Catholic Social Teaching?</a> or <a href="#">What exactly is the Common Good?</a> or <a href="#">Corporal Works of Mercy</a></p> <p>Prayer <a href="#">The Cry of the Poor by John Michael Talbot</a></p>	<p>What are your goals in life By the time you are 20? 25? 33? Do your goals involve other people? Who are they?</p> <p>What makes you happiest in life?</p> <p>How do you feel when you are able to help another person?</p> <p>“If one person is being hurt, everyone is being hurt.” What does that mean?</p> <p>What is the difference between a need and a want? What are some things you want right now in your life? How will they make you happy?</p> <p>How could you concretely practice the Corporal Works of Mercy and/or the Catholic Social Teaching?</p> <p><a href="#">The Legacy of Frederic Ozanam</a> (Founder of St. Vincent de Paul Society)</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
10	<p><b>One spirit</b></p> <p>Uniforms – Identity, Belonging, Pride, Strength, Teamwork, Focus, Harmony, Spirit Various ways we, as Catholics, live out our Baptismal promise in prayer and in action! Our spirit is to be in tune with the Holy Spirit.</p> <p>Sports teams are a great example of how team spirit feeds into their overall success. The team members all wear the same uniform to differentiate themselves from their competitors. A team uniform also helps the players to orient themselves within the game. Not only that, but their unity is so contagious that fans are ready to show their own support and appreciation for the team. They do this by spending money on branded team clothing.</p> <p>If the <a href="#">choir feels empowered</a> and validated and unified by robes, they will sing better because they feel good about their place in the world and the contribution they can make to it.</p> <p>For personal understanding or to use as options with the students <a href="#">I Am With You – A Lesson Plan on the Holy Spirit</a></p> <p><a href="#">Who the heck is the Holy Spirit? Power – session 18</a></p>	<p>With attitude – what should community look like? <a href="#">What happens at Confirmation?</a></p> <p><a href="#">The Power of #Catholic #Spiritual Practices and #Sacraments</a></p> <p><a href="#">Emily Wilson - Belonging to the Body of Christ (2019 Steubenville NYC)</a></p> <p><a href="#">What moves you?</a> (Discussion and reflection Questions)</p> <p>Our spirit is to be in sync with the Holy Spirit.</p> <p><a href="#">CCC §688</a> The Church, a communion living in the faith of the apostles which she transmits, is the place where we know the Holy Spirit: - in the Scriptures he inspired; - in the Tradition, to which the Church Fathers are always timely witnesses; - in the Church's Magisterium, which he assists; - in the sacramental liturgy, through its words and symbols, in which the Holy</p>	<p>Why do sports teams wear uniforms? Nurses? Judges? Fire? or Graduation Caps and Gowns?</p> <p>Spirit comes from rituals. A “red-out” at a Texas Tech athletic event, Mascots, mottoes, and school fight song.</p> <p>During Covid, plays, sports events, and musical performances, missed their audiences, fans. How did the lack of support affect you? Since our lockdowns, what gatherings have meant the most to you?</p> <p>What do you need to do to interact more with your parish? What does your parish need to do to make you feel like you belong to the parish?</p> <p>Faith – would I know it if I saw it? What is my role in building a community of faith</p> <p>What words/symbols/ rituals put us into communion with Christ?</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
		<p>Spirit puts us into communion with Christ;</p> <ul style="list-style-type: none"> <li>- in prayer, wherein he intercedes for us;</li> <li>- in the charisms and ministries by which the Church is built up;</li> <li>- in the signs of apostolic and missionary life;</li> <li>- in the witness of saints through whom he manifests his holiness and continues the work of salvation.</li> </ul>	<p>How can you better live in His Spirit?</p> <p>“-in the witness of saints through whom he manifests his holiness and continues the work of salvation.”</p> <p>What saints inspire you? Confirmation name?</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
11	<p><b>One hope</b> Our youth have been confronted with suicide among friends, classmates, and family. How do we teach hope? Encounter hope? Share hope?</p> <p><a href="#">What Is Hope and Why Do You Need It?</a></p> <p><a href="#">10 Ways to Share Hope with Children</a></p> <p>John the Baptist: looking how Jesus handled loss.</p> <p><a href="#">“When Jesus heard of the death of John the Baptist, he withdrew in a boat to a deserted place by himself.”</a></p> <p><a href="#">There’s a mental crisis among teens. The Catholic Church needs to respond.</a></p> <p><a href="#">Ask Father Mike: What Does the Catholic Church Teach About Suicide?</a></p> <p><a href="#">Children, Teens and Suicide Loss</a></p> <p><a href="#">Suicide Prevention Guide</a> Catholic Charities: Pittsburgh</p> <p>"The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity. I see the church as a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol and about the level of his blood sugars! You have to heal his wounds. Then we can talk about everything else. Heal the wounds, heal the wounds. ... And you have to start from the ground up." <a href="#">INTERVIEW WITH POPE FRANCIS by Fr Antonio Spadaro</a></p> <p><a href="#">Why Do Bad Things Happen to Good People?</a></p> <p><a href="#">Let’s talk about suicide</a></p>	<p>Life is messy</p> <p>How to handle setbacks</p> <p>How to be rooted in Hope</p> <p><a href="#">13 reasons for our hope</a></p> <ol style="list-style-type: none"> <li>1. Christ is victorious (1 Corinthians 15: 54-58).</li> <li>2. The Lord will fight for you (Joshua 10:25).</li> <li>3. God has a plan and purpose for your life (Jeremiah 29:11).</li> <li>4. Jesus is the healer and wants to heal you (Luke 18:35-43).</li> <li>5. God says you’re not alone (Isaiah 43:1-3).</li> <li>6. God will always help you (Psalm 121:1-8).</li> <li>7. God’s grace is enough (2 Corinthians 12:9-10).</li> <li>8. He will give you hope (Romans 5:3-4, 8).</li> <li>9. God will comfort you (2 Corinthians 1: 3-4).</li> <li>10. God will carry your burdens (Psalms 55:22).</li> <li>11. He will forgive. God says he gave his only Son for our sins (Isaiah 53:3-5).</li> <li>12. God loves you (John 3:16).</li> </ol>	<p>Hope</p> <p>In a group, describe the following words: emptiness, loneliness, non-acceptance, ignored. Feel free to give examples.</p> <p>How does the character Madeline Matlock use her seeming ability to be “invisible” to her advantage? What is the main idea from this CBS <a href="#">Matlock Trailer?</a></p> <p>If we had access to social media during the pandemic, why were people still lonely? <a href="#">It was reported this month</a> (May, 2023) that nearly half of US adults are experiencing loneliness, and that number is even higher for teenagers and young adults. Recognize that what has caused this feeling of emptiness is a lack of in-person connection in the age of technology. How do you let yourself need other people?</p> <p>Make sure your basic needs are met Have you eaten today?</p>



Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p><a href="#">Information for Persons Who Have Experienced A Loved One's Suicide</a></p> <p><a href="#">The Spiritual Challenges of Suicide</a></p> <p><a href="#">Resources for Suicide Survivors</a></p> <p><a href="#">Coping With A Suicide</a> (2008 Catholic Teaching and Pastoral Response)</p> <p><a href="#">IF SOMEONE COMMITS SUICIDE, WILL THEY STILL GO TO HEAVEN?</a></p> <p><a href="#">Keeping the Faith After Loss: Catholic Resources for Those Affected by Suicide</a></p> <p><a href="#">Gun Violence and the Deep Sadness of Our Teens</a></p> <p><a href="#">Crisis Text Line</a></p> <p><a href="#">Why Should Bullying Matter to Catholics?</a></p> <p><a href="#">Helping Faith Flourish: Catholic Counselors</a></p> <p>Handout <a href="#">Information for Catholic Survivors of Death from Suicide.</a></p> <p><a href="#">Talking to Your Kids about Mental Illness</a></p>	<p>13. God is with you forever (2 Corinthians 4:7, 16-18).</p> <p>Sr. Miriam James Heidland, S.O.L.T.   <a href="#">It Is Good That You Exist</a></p> <p><a href="#">Partners in Hope</a></p> <p><a href="#">Hope in the Face of Suicide</a></p> <p><a href="#">7 Things to Know about Suicide</a></p> <p>Who are the trusted adults in your life?</p> <p><a href="#">How To Ask An Adult For Help</a></p> <p><a href="#">How to Talk with Parents and Other Trusted Adults</a></p> <p><a href="#">How to Master the Art of Conversation</a></p> <p>How can I be a sign of hope to others?</p> <p>Prayer: <a href="#">New Beginnings</a> or <a href="#">Let Your Faith Be Bigger Than Your Fear</a></p>	<p>Have you had a glass of water? Have you showered or brushed your teeth?</p> <p>Use your senses to create space between yourself and your feelings Name 5 things you can see Name 4 things you can touch Name 3 things you can hear Name 2 things you can smell Name 1 thing you can taste</p> <p><a href="#">Meditation: Body Scan led by Tianna Soto</a></p> <p>Self-harm, suicide, Do you know the National Suicide Prevention Line (phone # 988)</p> <p><a href="#">Talking about Suicide</a></p> <p>Hope – to God everything matters.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
12	<p><b>Of your call</b>  <a href="#">The Meaning of the Sacrament of Confirmation</a></p> <p>First, teens want competence — the ability to navigate the world on their own. That’s Wisdom.  Second, young people want to enter the “adult” world’s concerns and conversations. That takes Understanding.  Third, young people crave authenticity while simultaneously being inauthentic. They need Knowledge.  Fourth, young people want to change the world, and they are anxious to know how. Counsel tells them.  Fifth, young people want autonomy. They want to be in control of their own lives. They need Fortitude.  Sixth, young people want to belong. They want to find a home they can rest in. That’s Piety.  Seventh, young people want to know their limits. They need Fear of the Lord.  <a href="#">The 7 Gifts of the Holy Spirit answer our teens’ 7 needs</a></p> <p>Confirmation should be a strengthening and the start of renewed zeal for discipleship. Too often, the sacrament is the end instead of the beginning. People who encounter Jesus are changed forever.  This is what discipleship is all about – following Jesus, learning Jesus, and allowing our lives to be fashioned to reflect the face of Christ to the world. When the preparation process is too big and has too many requirements, youth often feel a sense of “graduation” from participation which is the opposite of what we hope for.  <a href="#">Christ is Alive in Confirmation Ministries</a> read more</p>	<p>What is your hobby? Why do you have that hobby? What do you do to “feed” “nurture” that hobby?</p> <p>If a younger student came to you asking for advice on friendship, what would you tell them? Together write some “rules” for friendship.</p> <p>How could these “rules” be applied to our friendship with Jesus?</p> <p>“Let the risen Jesus enter your life, welcome him as a friend, with trust: he is life! If up till now you have kept him at a distance, step forward. He will receive you with open arms. If you have been indifferent, take a risk: you won’t be disappointed. If following him seems difficult, don’t be afraid, trust him, be confident that he is close to you, he is with you and he will give you the peace you are looking for and the strength to live as he would have you do.” - HOMILY OF POPE FRANCIS</p>	<p>A FAITHFUL FRIEND IS A STURDY SHELTER: HE THAT HAS FOUND ONE HAS FOUND A TREASURE.  Sirach 6:14</p> <p>Friendships that build up not destroy our relationship with Jesus</p> <p>What does a life-long commitment to Jesus look like?</p> <p>Once you choose Jesus in faith, you have to do it again and again. It isn’t a one-and-done faith. This relationship is lived out primarily in prayer, participating in the Sacraments, growing in virtue (primarily love of God and others), living in community, shunning sin in our lives (repenting as well), service to God and others, and to help others come to know, love, serve, and follow God.</p> <p>A fun thing to do is to have students take a personality test.  <a href="#">7 Fun Printable Personality Tests for Students</a>  or</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>...it happens that young people are helped to have a powerful experience of God, an encounter with Jesus that touched their hearts. But the only follow-up to this is a series of “formation” meetings featuring talks about doctrinal and moral issues, the evils of today’s world, the Church, her social doctrine, chastity, marriage, birth control and so on. As a result, many young people get bored, they lose the fire of their encounter with Christ and the joy of following him; many give up and others become downcast or negative. Rather than being too concerned with communicating a great deal of doctrine, let us first try to awaken and consolidate the great experiences that sustain the Christian life.</p> <p># 212- <a href="#">Christ is Alive – Christus Vivit</a>, April 2, 2019</p> <p><a href="#">3 Ways to Deepen Your Relationship with Christ</a></p> <p><a href="#">Fellowship: Virtuous Friendships</a></p> <p><a href="#">Transforming and renewing relationships!</a></p> <p><a href="#">Friendships, choices and soul-saving</a></p>	<p>Vatican Basilica Holy Saturday, 30 March 2013</p> <p><a href="#">Ten Ways to deepen our relationship with God</a></p> <p>Video: <a href="#">Why It’s Important to Have Good Friendships</a></p> <p>Or <a href="#">Don’t Have Any Friends?</a></p> <p>Or <a href="#">Cultivating holy and authentic friendships</a></p> <p><a href="#">Who Is Influencing You? And Why?</a></p> <p><a href="#">True Friendship vs. Toxic Friendship</a></p> <p><a href="#">A Personal Relationship With Jesus AND The Catholic Church</a></p>	<p><a href="#">Printable Personality Quiz for Teen Students</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
13	<p><b>One Lord</b></p> <p><a href="#">Catechist handout</a></p> <p><a href="#">Gifts of the Holy Spirit</a></p> <p>Although Confirmation is sometimes called the "sacrament of Christian maturity," we must not confuse adult faith with the adult age of natural growth, nor forget that the baptismal grace is a grace of free, unmerited election and does not need "ratification" to become effective.</p> <p><a href="#">CCC §1308</a></p> <p>Claiming that we make an adult choice for faith is a bit of heresy. Faith is a gift of the Holy Spirit. The initiative for "choosing faith" comes from God. God first chooses us and then calls us to faith. We can accept or reject God's gift, but our "choice" makes no difference as far as God's acceptance of us is concerned. As the Catechism says, "unmerited election and does not need 'ratification' to become effective."</p> <p><a href="#">Misunderstandings</a></p> <p>The more you know and love the gift-giver, the more meaningful the gift. Humans have an innate longing and desire for this relationship with God. St. Augustine said it best when we said, "My soul will not be at rest, until it rests in God." The gift of faith is a gift of a relationship based on trust. Who better to trust than a God who knows everything, is all powerful, and knows you inside and out, the good and the bad, and still willingly chooses to love you? Through this relationship of faith, the Holy Spirit speaks. He knows you and gives you more gifts that help you further your purpose on this earth. This</p>	<p><a href="#">Prayer</a> or <a href="#">Rebuild My Church ~ St. Francis of Assisi</a></p> <p>How do you really feel about Confirmation? Is it goal to accomplish or a strength to live your relationship with the Lord?</p> <p>Where are you in your spiritual journey -- Jumping through hoops to be Confirmed or finding your place at the Table of the Lord?</p> <p><a href="#">Is Confirmation a graduation from our faith?</a></p> <p>Assessing your relationship with Jesus.</p> <p>The word Confirmation means with firmness or with strength. How can these free gifts strengthen your relationship with Jesus?</p> <p><b>Wisdom</b> - Ability to know the heart. Make complex things simple enough for children to understand. <i>Do I believe that God knows everything? What does God see in</i></p>	<p><b>Courage/ Fortitude</b> – Bravery and endurance. Helps us face danger, stand up for what we know is right and act on our convictions. <i>Courage comes from the conviction that God is with me. How ready am I to live out my life convinced that God is with me?</i></p> <p>Knowing the right thing doesn't necessarily lead to doing the right thing.</p> <p><b>Right judgment/ counsel</b> – Ability to look at a situation, discern what is the correct thing to do, and then have courage to play it out. This gift depends on the ones before it (wisdom, understanding, knowledge, and courage). This allows us to give ourselves and others good, sound advice. We could have right judgment if we pray, seek the guidance of the Holy Spirit through the Bible and through Mass, and consult others in the faith community.</p> <p><b>Reverence/ piety</b> – Deep sense of love that leads to seeking out ways to please</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>relationship with God is worth the pursuit. The Catechism of the Catholic Church (CCC, 166) states that faith is a personal act but not an isolated one. We cannot believe alone because we are made for community. “No one is an island” Genesis 2:18 – It is not good for man to be alone. God, in himself, is not alone. God is always in community because he is Triune. We are called to receive faith and to pass it on the others.</p> <p><a href="#">Prayer 101: How to Start Talking to God</a></p> <p><a href="#">How do we know if we are listening to God’s voice, or our own? This author has some advice</a></p> <p><a href="#">How to talk to kids about God</a></p> <p><a href="#">The Catechesis of Teens: They Need to Learn to Pray!</a></p> <p><a href="#">Ask, Listen, Respond   Hearing God's Voice for Kids</a></p> <ol style="list-style-type: none"> <li>1. God, What’s something You love about the way You made me?</li> <li>2. God, What’s one thing you want to talk with me about?</li> </ol>	<p><i>my heart right now? What are my strengths?</i></p> <p><b>Understanding</b> – Similar to wisdom. Allows us to see reality and know the heart. Understanding helps us grasp reality by seeing how things are connected. It is looking at both the inside and the outside of a person, event, goal, desire.</p> <p><i>Am I a take charge person or am I willing to trust God that God know what is best for me?</i></p> <p>Both wisdom and understanding help us make good decisions</p> <p><b>Knowledge</b> – Helps distinguish truth and falsehood. Helps us sort through what we’ve learned and experienced to find what is true. Helps make good judgments. Works alongside wisdom and understanding to help us see through eyes of faith. <i>How do you go about seeking God’s truth in a situation?</i></p>	<p>God. Through reverence, you long to give honor and praise. This gift allows us to place God as priority in our lives. <i>Am I truly grateful for all that God has come from God (family, health, community, grace)?</i></p> <p><b>Wonder and awe of God’s presence/fear of the Lord</b> – Being awestruck when looking at the beauty and vastness of God’s creation and His love for us. This gift allows us to see who God is and all that He’s done, all He’s capable of, and know that He has a plan for each of us. <i>How do I go about asking God to let me know God’s plan for my life?</i></p> <p><a href="#">St. Francis of Assisi</a> or <a href="#">St. Francis of Assisi: Go and Rebuild my Church</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
14	<p><b>One faith</b> We walk by faith and not by sight (song) <b>Writing a letter to the pastor requesting the Sacrament of Confirmation</b></p> <p>Do not be deceived, my beloved brothers: all good giving and every perfect gift is from above, coming down from the Father of lights, with whom there is no alteration or shadow caused by change. He willed to give us birth by the word of truth that we may be a kind of firstfruits of his creatures. James 1: 16 – 18</p> <p>Be doers of the word and not hearers only, deluding yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his own face in a mirror. He sees himself, then goes off and promptly forgets what he looked like. James 1: 22 – 24</p> <p>What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? James 2: 14</p> <p>So also faith of itself, if it does not have works, is dead. Indeed someone may say, “You have faith and I have works.” Demonstrate your faith to me without works, and I will demonstrate my faith to you from my works. James 2: 17 – 18</p> <p><a href="#">CCC §714</a></p> <p>736 By this power of the Spirit, God's children can bear much fruit. He who has grafted us onto the true vine will make us bear "the fruit of the Spirit: . . . love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." "We live by the Spirit"; the more we renounce ourselves, the more we "walk by the Spirit."</p> <p>Through the Holy Spirit we are restored to paradise, led back to the</p>	<p>Our Nicene Creed is the essence of what we believe as Catholics. It can be divided into three main parts: The Father, the Son, and the Holy Spirit. Every Mass contains a profession of Faith. Yet, the Apostle James says that Faith is dead if it is not visible in our works. (James 2: 17) Our works are the talents that God has given us that we must cultivate. Just as we identify a tree by its fruits, we must be able to identify our faith by its fruits – the Fruits of the Holy Spirit. [charity (love), joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity.]</p> <p>What we have has been given to us to give to others.</p> <p><a href="#">CONFIRMATION - WHAT YOU NEED TO KNOW!</a></p> <p>What does belief and the fruits of the Spirit have in common?</p> <p>The Fruits of the Spirit are the result of</p>	<p>Evangelization – bringing the Good News of Jesus into every human situation</p> <p><a href="#">The Creed</a></p> <p>Fostering the Fruits of the Spirit through living our Creed.</p> <p>Writing your letter to your pastor requesting the Sacrament of Confirmation.</p> <p>This may help... Sample Letter Dear Father (Monsignor) Name,</p> <p>Paragraph 1: Introduce yourself. Say something about your family or your background.</p> <p>Paragraph 2: Request the sacrament. Give several reasons why you would like to be confirmed.</p> <p>Paragraph 3: Explain how you have prepared for the sacrament. It is important that you tell about specific parts of your preparation: for example, your prayer life, your celebration</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>Kingdom of heaven, and adopted as children, given confidence to call God "Father" and to share in Christ's grace, called children of light and given a share in eternal glory. <a href="#">CCC §736</a></p> <p>901 "Hence the laity, dedicated as they are to Christ and anointed by the Holy Spirit, are marvelously called and prepared so that even richer fruits of the Spirit may be produced in them. For all their works, prayers, and apostolic undertakings, family and married life, daily work, relaxation of mind and body, if they are accomplished in the Spirit - indeed even the hardships of life if patiently born - all these become spiritual sacrifices acceptable to God through Jesus Christ. In the celebration of the Eucharist these may most fittingly be offered to the Father along with the body of the Lord. And so, worshipping everywhere by their holy actions, the laity consecrate the world itself to God, everywhere offering worship by the holiness of their lives." <a href="#">CCC §901</a></p> <p><a href="#">Understanding five key purposes of the creed</a></p>	<p>a life transformed by our faith in God: Father, Son, and Holy Spirit.</p> <p><a href="#">What Are the 12 Fruits of the Holy Spirit?</a></p> <p><a href="#">The Fruit of the Spirit: Love, Joy, Peace</a></p> <p><a href="#">The Fruit of the Spirit Part II: Patience, Kindness, Generosity</a></p> <p><a href="#">The Fruit of the Spirit Part III: Faithfulness, Gentleness, Self-Control</a></p> <p>Be careful how you live; you will be the only Bible some people ever read. -- William Thoms</p>	<p>of the other sacraments, your faith in action in your home and community. You may discuss your saint name, how you chose your sponsor, and/or a part of the confirmation preparation process that meant a lot to you.</p> <p>Paragraph 4: Tell how you will continue to carry out your life of service to God and others through the power of the Holy Spirit. Tell how you plan to make your Confirmation in the Faith real and alive in your life.</p> <p>Sincerely,</p> <p>Your full name</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
15	<p><b>One baptism</b></p> <p>At baptism, we receive Sanctifying Grace. However, sin destroys our relationship with God. God never stops loving us. By our thoughts, words, or deeds we choose to damage or break off our relationship with God. By a grave and deliberate act of disobedience against God (mortal sin), we close off our receptivity to God's grace. The sacrament of Reconciliation reunites our soul to God and sanctifying grace is restored.</p> <p>From the Catechism of the Catholic Church 1857 For a sin to be mortal, three conditions must together be met: "Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent."</p> <p>1858 Grave matter is specified by the Ten Commandments, corresponding to the answer of Jesus to the rich young man: "Do not kill, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and your mother." The gravity of sins is more or less great: murder is graver than theft. One must also take into account who is wronged: violence against parents is in itself graver than violence against a stranger.</p> <p>1859 Mortal sin requires full knowledge and complete consent. It presupposes knowledge of the sinful character of the act, of its opposition to God's law.</p> <p>1863 Venial sin weakens charity; it manifests a disordered affection for created goods; it impedes the soul's progress in the exercise of the virtues and the practice of the moral good; it</p>	<p>Sacraments of Initiation</p> <p>Live in such a way that others will want to know Jesus.</p> <p>Have you ever asked your folks why they had you baptized? If not, put that on your to do list.</p> <p>Baptism is the sacrament of belonging, welcoming. It marks you as belonging to God. We never stop belonging to God, we may choose to "disown" God, but God never stops loving us and wanting to share God life and love with us.</p> <p>Confirmation strengthens the grace of God within us. While Eucharist nourishes us.</p> <p>What does it mean to be a fully initiated Catholic?</p> <p>Attend Sunday Mass and Holy Days faithfully. Go to Confession regularly. Visit the Blessed Sacrament frequently. Set aside time for daily prayer. Take time to Listen to God as well as talk to</p>	<p><a href="#">A Call to Shine in Holiness, Not Greatness</a></p> <p>Sacraments in my life Reconciliation <a href="#">Mistakes You Need to Let Go of</a></p> <p>Reasons to go to Confession <a href="#">Top Ten Reasons To Go To Confession</a></p> <p>Baptism takes away all sin, Reconciliation reconnects us with Sanctifying Grace. "The whole power of the sacrament of Penance consists in restoring us to God's grace and joining us with him in an intimate friendship." Reconciliation with God is thus the purpose and effect of this sacrament." "the sacrament of Reconciliation with God brings about a true "spiritual resurrection," restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God." CCC §1468</p> <p>We experience Divine Forgiveness</p>



Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>merits temporal punishment. Deliberate and unrepented venial sin disposes us little by little to commit mortal sin. However venial sin does not break the covenant with God. With God's grace it is humanly reparable. "Venial sin does not deprive the sinner of sanctifying grace, friendship with God, charity, and consequently eternal happiness."  <a href="#">CCC §1846 - 1876</a></p> <p><a href="#">Baptism and Our Belonging to God</a> -- good discussion questions included</p> <p><a href="#">Belonging to God's family</a></p> <p><a href="#">Sacraments of Initiation</a></p> <p><a href="#">Sacraments of Initiation Learning Stations</a></p> <p><a href="#">What You Should Do (and Read) to Grow in Holiness</a></p> <p><a href="#">CCC §1422 – 1498 THE SACRAMENT OF PENANCE AND RECONCILIATION</a></p> <p><a href="#">Going to Confession for the First Time in a Long Time</a></p> <p><a href="#">Celebrating Reconciliation with kids: 9 ways to get into the habit</a></p> <p><a href="#">Do I Need to Go to Confession?</a></p>	<p>God. Inspire people by being prayerful and loving. Evangelize by telling people about Jesus. Participate in works of charity. Pick a Virtue you need to work on ... and work on it.</p> <p>"All of us can attain to Christian virtue and holiness, no matter in what condition of life we live and no matter what our life work may be." (St Francis de Sales)</p> <p>Your condition of life right now is that of a son/daughter, a brother/sister, a friend, a student, and perhaps an employee. In each of these roles, what one virtue would help you to grow closer to God and live as a better son/daughter, sibling, student, friend, employee?</p> <p>Think about the virtue, Ask God for help, Let every day (or hour) be a new day (hour) to grow closer to God and those the Lord has put into your life.</p>	<p>and helps us get rid of the guilt we tend to carry around with us.</p> <p><a href="#">How To Make A Good Confession</a></p> <p><a href="#">Catholic Confession - "Four Reasons To Confess to a priest"</a></p> <p><a href="#">Do I Need to Go to Confession?</a></p> <p>See attached examination of conscience for teens</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
16	<p><b>One God</b></p> <p>In this section we will look at Trinity – 3 persons in one God and how to be one with God through the gift of Counsel as expressed by Discernment.</p> <p>The mystery of the Most Holy Trinity tells us that we do not have a solitary God up there in heaven, far away; no, He is the Father who gave us his Son, who became man like us, and who sends his own Spirit to be even closer to us. -- Pope Francis</p> <p><a href="#">What Is the Holy Trinity?</a></p> <p>While there is only one God, God exists as three persons. They are called Father, Spirit, and Son. The three persons of God are separate, but the same, kind of like the three separate points on a fidget spinner. One fidget spinner has three points. But when you spin the fidget spinner, it all looks like one solid piece of plastic. God as three persons in one is called the Trinity. <a href="#">How To Explain the Holy Spirit To A Child</a></p> <p>The Trinity is like water (H<sub>2</sub>O) which can exist in three different states: a liquid, a gas, and a solid. The Trinity is like an egg. Just as ONE egg has THREE different parts – the shell, the white, the yoke – ONE God has THREE different Persons – Father, Son, and Holy Spirit. Similarly, we often hear the Trinity compared to an Apple. ONE apple has three different parts – the skin, the flesh, and the seed. The Trinity is like a three-leaf clover which has THREE different cloves coming together to make ONE leaf.</p>	<p>Trinity <a href="#">C4: Ignite Your Catholic Faith - What is the Holy Trinity?</a> Or <a href="#">What is the Trinity? Fr. John Parks Explains</a></p> <p>When other people or things vie for first place in my life do I seek to keep God in first place? How do I accomplish that challenge? What do I do when I fail the challenge? Do I select my friends on popularity or shared values? Do my friends support my decision to place God first in my life?</p> <p>Discernment <a href="#">4 Helpful Rules for Discernment</a> Or <a href="#">The Key to Discernment</a></p> <p>Bishop Coerver’s handout from Confirmation 2019: Discernment Christian decision-making under the guidance and inspiration of the Holy Spirit Steps 1. Situation requiring a decision</p>	<p>Counsel – gift of the Holy Spirit Counsel in Practice: Counsel builds on both wisdom, which allows us to judge the things of the world in light of our final end, and understanding, which helps us to penetrate to the very core of the mysteries of our faith. "With the gift of counsel, the Holy Spirit speaks, as it were, to the heart and in an instant enlightens a person what to do," writes Father Hardon. It is the gift that allows us as Christians to be assured that we will act correctly in times of trouble and trial.</p> <p><a href="#">Gifts of the Holy Spirit: Counsel</a> Or <a href="#">Bishop Boyea &amp; The Gifts of the Holy Spirit: Counsel</a></p> <p><a href="#">Give Me Discerning Eyes – Discernment Prayer</a> Almighty God, author of my life, help me learn to read what you have written on my heart. Give me discerning eyes and an untiring spirit to look within me in order to</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p><a href="#">Teaching the Trinity</a></p> <p><a href="#">A clever way to explain the Holy Trinity to children</a></p> <p><a href="#">5 Ancient Symbols of the Trinity</a></p> <p>Counsel, the third gift of the Holy Spirit, is the perfection of the cardinal virtue of prudence. Prudence can be practiced by anyone, but counsel is supernatural. Through this gift of the Holy Spirit, we are able to judge how best to act almost by intuition. Because of the gift of counsel, Christians need not fear to stand up for the truths of the Faith, because the Holy Spirit will guide us in defending those truths.</p> <p><a href="#">The Seven Gifts of the Holy Spirit</a></p> <p>Discernment:  <a href="#">Following Christ in the Holy Spirit: Discernment of the Holy Spirit</a>  <a href="#">Seguir a Cristo en el Espíritu Santo: El discernimiento del Espíritu Santo</a></p> <p><a href="#">How I Use Ignatian Discernment to Help Make Decisions Big and Small</a></p>	<ol style="list-style-type: none"> <li>2. Facts surrounding the decision</li> <li>3. Seek advice</li> <li>4. What do you want to do?</li> <li>5. Consciously set aside your desire</li> <li>6. Pray, pray, pray</li> <li>7. Make a preliminary decision</li> <li>8. Play out the decision in your imagination</li> <li>9. Make the decision – looking for signs that it is correct</li> </ol>	<p>understand how to reach outside of me. And once I have begun to read you aright, give me the generosity to help others to read you, to sound you out one letter, one word of radical giving at a time. Amen.</p> <p><a href="#">True Friendship vs. Toxic Friendship</a></p> <p>Or</p> <p><a href="#">What is friendship? // Real answers. Real people.</a></p> <p>Or</p> <p><a href="#">Identifying Bad Friendships</a></p> <p>Or</p> <p><a href="#">What Does True Friendship Look Like?</a></p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
17	<p><b>Father of All</b></p> <p>If we believe that God is the Father of All, then we believe that ALL of creation belongs to God.</p> <p><a href="#">Stewardship in your Life</a></p> <p><a href="#">10 Free Care for God’s Creation (printables for Catholics)</a></p> <p><a href="#">ENCYCLICAL LETTER LAUDATO SI’ OF THE HOLY FATHER FRANCIS ON CARE FOR OUR COMMON HOME May 2015</a></p> <p><a href="#">Summary of Laudato Si’</a></p> <p><a href="#">Laudato Si Summary Teachers</a></p> <p><a href="#">USCCB Laudato Si: On Care for our Common Home</a></p> <p><a href="#">Laudato Si’ Activity Packet</a></p> <p><a href="#">Laudato Si' for young people</a></p> <p><a href="#">Care for our Common Home Secondary</a></p> <p><a href="#">Laudato Si' and environment resources</a> click the images to download each one</p>	<p>Daily Prayer for the Care of Creation By Pope Francis</p> <p>“O God of the poor, help us to rescue the abandoned and forgotten of this earth, who are so precious in your eyes... God of love, show us our place in this world as channels of Your love for all the creatures of this earth God of mercy, may we receive Your forgiveness and convey Your mercy throughout our common home. Praise be to you! Amen.” (Pope Francis 2016)</p> <p>How do I take care of the earth? How do I take care of the less fortunate? How do I share the Peace of Christ in my relationships with others?</p> <p>Pope Francis asked the following questions. How would you respond to them? When we talk about the environment, about creation, my thoughts turn to the first pages of the Bible, the Book of</p>	<p>Stewardship -- all that we have is not our own. Our earth comes from God. Our country, city, neighborhood, house, family, our very life come from God to be take care of, to be shared.</p> <p><a href="#">Why Care for the Environment? (Laudato Si Explained)</a></p> <p>“True wisdom, as the fruit of self-examination, dialogue and generous encounter between persons, is not acquired by a mere accumulation of data which eventually leads to overload and confusion, a sort of mental pollution. Real relationships with others, with all the challenges they entail, now tend to be replaced by a type of internet communication which enables us to choose or eliminate relationships at whim, thus giving rise to a new type of contrived emotion which has more to do with devices and displays than with other people and with nature. Today’s</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
		<p>Genesis, which states that God placed man and woman on earth to cultivate and care for it. And the question comes to my mind: What does cultivating and caring for the earth mean? Are we truly cultivating and caring for creation? Or are we exploiting and neglecting it?</p> <p>How can you make a difference?</p> <p>How do you care for your home? How do you care for your school? How do you care for your neighborhood? How do you care for your Church?</p> <p>Everything is related, and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love God has for each of his creatures and which also unites us in fond affection with brother sun, sister moon, brother river and mother earth. LAUDATO SI' §92</p>	<p>media do enable us to communicate and to share our knowledge and affections. Yet at times they also shield us from direct contact with the pain, the fears and the joys of others and the complexity of their personal experiences. For this reason, we should be concerned that, alongside the exciting possibilities offered by these media, a deep and melancholic dissatisfaction with interpersonal relations, or a harmful sense of isolation, can also arise.” LAUDATO SI' §47</p> <p>Do you control social media or does social media control you?</p> <p>What have you done in person to foster relationships with friends? Family members?</p> <p>What fruit of the Spirit do you need to develop to take care of the people and things God has given you?</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
18	<p>Overall</p> <p><a href="#">Be holy. You were not created to fit, you were born to stand out!</a></p> <p><a href="#">Liturgy of the Word USCCB</a></p> <p><a href="#">The Mass Explained   Liturgy of the Word (4K)</a></p> <p><a href="#">Sunday Connection</a> The Sunday Connection provides useful background and activities to better understand the upcoming Sunday's Scripture readings, helping you to connect the Scripture to daily life in a meaningful way. Loyola Press</p> <p><a href="#">THE LITURGY OF THE WORD LESSON PLAN</a></p> <p><a href="#">God, Help Me: Getting Teens Excited about Mass</a></p> <p><a href="#">7 Tips for Teens (and Everyone Else) to Get the Most Out of Mass</a></p> <p>“With older children and teens (or just with your spouse), read and reflect on the Scripture readings in advance (the day before Mass, for instance). Note that, except during special liturgical feasts and seasons, the readings from the Old Testament and the Gospel will share a common theme; you can begin your reflection by looking for what that theme is. You can also ask family members to comment on the readings: What was interesting? Surprising? Challenging? Enrich your understanding of the readings by using a missal with a commentary, by looking at the notes in your Bible, or by finding a commentary online. <a href="#">Mass with kids: 25+ strategies for a better experience</a></p>	<p>The God of the Word – How to read/pray Scripture</p> <p><a href="#">Catholic Liturgy of the Word Explained</a> Or <a href="#">The Liturgy of the Word / Understanding the Mass</a></p> <p><a href="#">The Liturgical Year   Catholic Central</a></p> <p>How do you prepare for a sports event? By putting on a “team” shirt or wearing the team colors? How do you prepare for school? Gathering your supplies, packing a lunch, setting an alarm clock, taking a shower? How do you prepare for Mass?</p> <p>One of the most important things to do in order to prepare for Mass is to plan your schedule around Mass, and not Mass around your schedule. By planning your day around spending time worshipping God, you automatically put God in the place of highest priority. Instead of trying to</p>	<p>A second way to prepare is to look at the Scripture readings ahead of time. If you read the readings before you go to Church, when you hear them proclaimed, the Word of God will be fresh in your memory, and God will be able to use the Scriptures to speak to you more easily. Daily Mass and Sunday Mass readings are available online at <a href="http://www.usccb.org">www.usccb.org</a>. Click on the tab at the top that says “Bible” and then “Today’s Readings.” There are also a number of apps available for download so that you can access the readings on your smartphone.</p> <p><a href="#">Preparation Before Mass</a></p> <p>Liturgy of the Word <b>Steps for lectio divina</b></p> <ol style="list-style-type: none"> <li>1. Sitting upright; body relaxed and comfortable</li> <li>2. slow your metabolism and empty your mind of distracting thoughts.</li> <li>3. Recite a short prayer: “Come Lord Jesus”; or “Speak to me, Word of God”;</li> </ol>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p><a href="#">BEST PRACTICES FOR YOUTH FRIENDLY MASSES/LITURGIES...</a></p> <p><a href="#">Give me five good reasons why going to Mass every Sunday is absolutely necessary.</a></p> <p><a href="#">Plugging teens into the faith: A how-to guide</a></p> <p><a href="#">Lectio Divina for Young People</a></p>	<p>find a Mass time that fits your schedule or jumping from parish to parish, you are able to worship with your local parish community weekly. Being rooted in one parish helps build a regular community of believers, a family of faith. If we do not plan our day around receiving the Eucharist, however, our day can easily become so filled that we do not have time to “Keep Holy the Sabbath” (Exodus 20:8). When traveling, this takes on an even greater significance. Times and locations of Masses around the world are available online at <a href="http://www.masstimes.org">www.masstimes.org</a>.</p>	<p>“Speak Lord, I am listening”; or one of your own.</p> <p>4. Listen to, or read a chosen text from the Sacred Scriptures. This should not be long - a short paragraph is best.</p> <p>5. Slowly, listen for a word or phrase that stands out for you today.</p> <p>6. Pause, listen to or read the passage again, listen for the story or teaching.</p> <p>7. Is the reading saying something to you? Is there something you need to do or change or consider? Listen to what the passage is saying to your heart.</p> <p>8. Listen to the passage again, and at the end of the reading respond to what it may be saying to you. Ask for God’s help and the courage of the Holy Spirit to do what is best. You might like to spend a few minutes journaling whatever comes to mind, You may wish to write a prayer.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
19	<p><b>Through all</b> Immediately after the Consecration, we are asked to proclaim the Mystery of our faith. The celebrant then says a prayer that ends in “an expression of glory or praise” This is called a Doxology. We are familiar with the “Glory Be” which is also known as a Doxology. There are two doxologies said at Mass. “For the Kingdom, the power and the glory are Yours...” (<a href="#">CCC §2855</a>) We also respond a resounding AMEN to another Doxology: Through Him, with Him, and in Him. <a href="#">CCC §1361</a> The Eucharist is also the sacrifice of praise by which the Church sings the glory of God in the name of all creation. This sacrifice of praise is possible only through Christ: he unites the faithful to his person, to his praise, and to his intercession, so that the sacrifice of praise to the Father is offered through Christ and with him, to be accepted in him. Also see <a href="#">CCC §1063 - 1065</a></p> <p><a href="#">Helping Young People Fall In Love with Jesus in the Eucharist</a></p> <p><a href="#">Is the Eucharist a symbol?</a></p> <p>The Eucharist is key. St. Theresa of Calcutta says, “Once you understand the Eucharist, you can never leave the Church. Not because the Church won’t let you, but because your heart won’t let you.” In our history, there have been young individuals (who later became saints) who have testified to the power of the Eucharist in their lives. Intimate union with Jesus in Holy Communion and frequent prayer before the Blessed Sacrament have nourished and strengthened them in their journey to heaven.</p>	<p>Through Him, With Him, and In Him</p> <p>Read Matthew 8: 5 – 13 (Healing of a Centurion’s Servant) Why would a Roman Centurion even ask a favor from a Jewish Rabbi? Why would Jesus talk to a Gentile, a Roman soldier? If Jesus said He was coming to your house, would you object to his coming? The Israelites were known for their faith in God. Why did Jesus praise the faith of a Gentile? The centurion took Jesus at His word. What things are easy to believe about Jesus and His teachings? What things are difficult to believe?</p> <p><a href="#">The beauty of ‘Lord, I am not worthy’ in the Mass</a> (article)</p> <p><a href="#">Eucharistic Prayer and Communion   Understanding the Mass</a> or <a href="#">Is Holy Communion a Right?</a> Or <a href="#">The Shocking Reality of the Eucharist</a> Or</p>	<p>Liturgy of the Eucharist Why should I be a man/women of the Eucharist?</p> <p>As Catholics, we believe the Eucharist truly is the Body and Blood, Soul and Divinity of Jesus. We believe this because Jesus said so, Himself. "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." He then says, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.” — John 6:53</p> <p>The disciples had a hard time believing this and some of his followers walked away. Jesus did not stop them to say that they took Him too literally, nor did He say they misunderstood Him. He repeated it again.</p> <p>This is a reminder that we need to ask Jesus to increase our</p>



Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>Blessed Carlo Acutis, a young Italian teenager, who died at the age of fifteen and was beatified in 2020, attained sanctity at such a young age because the Eucharist was at the center of his life. He attended mass daily and prayed each day before the Blessed Sacrament in adoration. He used to say, “The Eucharist is my highway to heaven.” He discovered the joy of friendship with Jesus and brought that joy, the joy of the Gospel to others. He was an apostle of the Eucharist through the internet. He said: “To always be united with Christ: This is my life’s program.”</p> <p>Likewise, St. José Sánchez del Río, a Mexican teenager who was martyred at the age of fourteen and canonized in 2016, was so filled with love of Christ and his Church that he was willing to give up his life rather than renounce Christ and his Kingship. While imprisoned, St. José Sánchez del Río was able to receive the Blessed Sacrament when it was smuggled into his cell along with a basket of food. Strengthened by this viaticum, he was able to endure torture and to remain faithful to Christ when his captors told him he must renounce his faith or be executed. He replied to his persecutors: “My faith is not for sale.”</p> <p><a href="#"><u>THE IMPORTANCE OF EUCHARIST TO YOUNG PEOPLE</u></a></p> <p><a href="#"><u>BIBLE STUDY NOTES FOR TEENS</u></a> Luke 7: 1 – 10 on healing of the centurion’s servant. Not a Catholic resource but has a good cultural understanding of this healing. <a href="#"><u>The Centurion’s Servant: Matthew 8:5-13 Lesson Plans</u></a></p> <p>Or <a href="#"><u>Lord, I Am Not Worthy</u></a></p>	<p><a href="#"><u>What is the Real Presence? (Transubstantiation)</u></a> Or <a href="#"><u>The Disciples Doubted the Eucharist. Do You?</u></a> Or <a href="#"><u>The Eucharist - Fr. Mike Schmitz</u></a></p> <p><a href="#"><u>Hey, Father! When we say at Mass: “Lord, I am not worthy</u></a></p> <p><a href="#"><u>Behold what you are, become what you receive.</u></a></p>	<p>faith. “I do believe, help my unbelief!” Mark 9: 24</p> <p>St. Irenaeus, (3rd century) put it like this: “When we drink the cup at the Eucharist, in which wine has become Christ’s blood, his blood mixes with our blood, and they become one. Equally when we eat the bread, which has become the body of Christ, his body mixes with our body, and they become one.” “His body, His blood mixes with ours”.</p> <p>We are the ones that need to stop and rethink what we are doing, what we are receiving, every time we go to Communion. How do you stop? Perhaps it can be by rethinking this prayer: Lord, I am not worthy that you should come under my roof. Say but the word and my soul will be healed.</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
20	<p><b>In all</b> The meaning of the word “disciple” from Latin is “student” or “learner”. A learner never arrives and is always wanting to gain more. The word “missionary” comes from the Latin meaning “one who is sent” Matthew 18: 19-20 says it this way: “Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.” In the Gospel of Matthew, these are the last words recorded. Truly the final command of Jesus: Go, make, disciples, all.</p> <p>"A true missionary, who never ceases to be a disciple, knows that Jesus walks with him, speaks to him, breathes with him, works with him." – Pope Francis</p> <p>Two things are for certain. None of us are finished products and the only constant is change.</p> <p>May we love God more today than we did yesterday. Keep going deeper. Encounter Jesus anew everyday. If you find yourself putting up a roadblock, talk to God about it.</p> <p>A Missionary Disciple loves their neighbor as themselves. They encounter God in Personal Prayer, Sacraments (especially Eucharist and Reconciliation), Scripture, and Service. They want that for others. They help others to encounter Jesus. They recognize that God is not finished with them yet. They are diamonds in the rough as are the people we encounter. Missionary Disciples teach by example. They are gentle with themselves and</p>	<p>Can I see Jesus in myself?</p> <p>Can I see Jesus in others?</p> <p>Are some characteristics easier to see than other virtues?</p> <p>God knows us. God created us and we belong to God. We are not perfect. We have and will make mistakes. It is a process of learning how to forgive yourself and how to embrace God’s love and mercy.</p> <p>We will change. We are not the same person we were in September. We will not be the same person next September.</p> <p>Take stock of how you have changed.</p> <p>What things are more important to you now than last summer?</p> <p>What things did you realize were not as important as you once thought they were?</p> <p>The thing that does not change is that</p>	<p>Missionary Discipleship "A true missionary, who never ceases to be a disciple, knows that Jesus walks with him, speaks to him, breathes with him, works with him." – Pope Francis</p> <p>Jesus says to us like He said to the Apostles “Come follow me.” Discipleship is my response to that call of Jesus to me as an individual. When you were baptized, you were called by name. When you are confirmed, you will be sealed by name. "He appointed twelve [whom He also names apostles]" - or disciples - "that they might be with Him and He might send them forth to preach . . . ." (Mark 3:14)</p> <p>Our call to follow Jesus is to preach with our life. We will make mistakes and fall short. We will preach ourselves instead of Jesus. But the call is always the same. “Come, follow me.” Look up the following 1. John 1: 35 – 42</p>

Class	Theme, teacher information, preparation helps, and resources,	Class resources: Scripture, videos, music	In the class Discussion Questions
	<p>with others. “The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity. I see the church as a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol and about the level of his blood sugars! You have to heal his wounds. Then we can talk about everything else. Heal the wounds, heal the wounds. ... And you have to start from the ground up.</p> <p><a href="#">The Church as a Field Hospital Part 1</a></p> <p><a href="#">Jesus calls us to follow him, change our lives</a></p> <p><a href="#">Sacred Space John 21:15-19</a></p>	<p>God loves us no matter what we do. You can choose to stop loving God, but you cannot make God stop loving you.</p> <p>Confirmation strengthens us through the gifts of Right Judgement, Piety and Fear of the Lord to keep coming back to God. The Gifts of Wisdom, Understanding, and Knowledge strengthen us to want to grow in our love for God. And finally, the gift of Fortitude (Courage) bridges our heart and our head to act. This is what it means to be a Missionary Disciple.</p> <p><a href="#">CHOSEN What Happens at Confirmation</a></p>	<p>2. Luke 5: 1 – 11  3. Matthew 10: 1 - 15, or Mark 3: 13 - 19 or Luke 6: 12 – 16  4. John 21: 19 or John 21: 1 – 19</p> <p>Why are the words of John 21: 19 so important?</p>

## **A READING FROM THE BOOK OF THE PROPHET ISAIAH:**

**Thus says the Lord:**

**Here is my servant whom I uphold,  
my chosen one with whom I am pleased.**

**Upon whom I have put my Spirit;  
he shall bring forth justice to the nations.**

**Not crying out, not shouting,  
Not making his voice heard in the street.**

**A bruised reed he shall not break,  
and a smoldering wick he shall not quench.**

**THE WORD OF THE LORD**

Responsorial Psalm

Lord, send out your Spirit, and renew the face of the earth.

**R. Lord, send out your Spirit, and renew the face of the earth.**

Bless the Lord, O my soul!

O Lord, my God, you are great indeed!

How manifold are your works, O Lord!

In wisdom you have wrought them all –

The earth is full of your creatures.

**R. Lord, send out your Spirit, and renew the face of the earth.**

They all look to you,

To give them food in due time.

When you give it to them, they gather it;

When you open your hand, they are filled with good things.

**R. Lord, send out your Spirit, and renew the face of the earth.**

When you send forth your spirit, they are created,

And you renew the face of the earth.

May the glory of the Lord endure forever;

May the Lord be glad in his works!

**R. Lord, send out your Spirit, and renew the face of the earth.**

I will sing to the Lord all my life;

I will sing praise to my God while I live.

Pleasing to him be my theme;

I will be glad in the Lord.

**R. Lord, send out your Spirit, and renew the face of the earth.**

## **A READING FROM THE LETTER OF SAINT PAUL TO THE EPHESIANS:**

**Brothers and sisters:**

**I, a prisoner for the Lord,  
urge you to live in a manner worthy of the call you  
have received,  
with all humility and gentleness, with patience,  
bearing with one another through love,  
striving to preserve the unity of the Spirit  
through the bond of peace:  
one Body and one Spirit,  
as you were also called to the one hope of your  
call;  
one Lord, one faith, one baptism;  
one God and Father of all,  
who is over all and through all and in all.**

## **THE WORD OF THE LORD**

## **A READING FROM THE HOLY GOSPEL ACCORDING TO LUKE:**

**When a large crowd gathered, with people from one town after another**

**journeying to Jesus, he spoke in a parable.**

**“A sower went out to sow his seed.**

**And as he sowed, some seed fell on the path and was trampled,**

**and the birds of the sky ate it up.**

**Some seed fell on rocky ground,**

**and when it grew, it withered for lack of moisture.**

**Some seed fell among thorns,**

**and the thorns grew with it and choked it.**

**And some seed fell on good soil, and when it grew, it produced fruit a hundredfold.”**

**After saying this, he called out, “Whoever has ears to hear ought to hear.”**

**Then his disciples asked him**

**what the meaning of this parable might be.**

**He answered,**

**“The seed is the word of God.**

**Those on the path are the ones who have heard,  
but the Devil comes and takes away the word from  
their hearts**

**that they may not believe and be saved.**

**Those on rocky ground are the ones who, when they  
hear,**

**receive the word with joy, but they have no root;  
they believe only for a time and fall away in time of  
temptation.**

**As for the seed that fell among thorns,**

**they are the ones who have heard,**

**but as they go along,**

**they are choked by the anxieties and riches and  
pleasures of life,**

**and they fail to produce mature fruit.**

**But as for the seed that fell on rich soil,**

**they are the ones who, when they have heard the word,**

**embrace it with a generous and good heart,**

**and bear fruit through perseverance.”**

## **THE GOSPEL OF THE LORD**



## Guidelines for Sponsors

Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents. [CCC §1311](#)

### [Canon 874](#)

§1. To be permitted to take on the function of sponsor a person must:

1. be designated by the one to be baptized, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;
2. have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause;
3. be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;
4. not be bound by any canonical penalty legitimately imposed or declared;
5. not be the father or mother of the one to be baptized.

§2. It is desirable to choose as sponsor the one who undertook the same function in baptism.

Prior to the Confirmation ceremony, Bishop Robert Coerver (pronounced Curve -er) meets with the Confirmands.

BISHOP'S QUESTION: GALATIANS 5:22-23 – Which Fruit of the Spirit do you most want people to see in you?

Introducing the Candidates to the Bishop.

Do not stress studies or service. This is not the purpose of Confirmation.

They are seeking the anointing of the Holy Spirit to be strengthened in their relationship with Christ and His Church.

It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed." [CCC §1285](#)

From this fact, Confirmation brings an increase and deepening of baptismal grace:

- it roots us more deeply in the divine filiation which makes us cry, "Abba! Father!";
- it unites us more firmly to Christ;
- it increases the gifts of the Holy Spirit in us;
- it renders our bond with the Church more perfect;
- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross:

Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts.

Like Baptism which it completes, Confirmation is given only once, for it too imprints on the soul an indelible spiritual mark, the "character," which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness [CCC §1303 - 1304](#)

To receive Confirmation one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act. [CCC §1310](#)

How to go to Confession

The following is available as a word file. Email Sister Peggy if you want a copy.  
[PSzeljack@catholiclubbock.org](mailto:PSzeljack@catholiclubbock.org)

### *Prayer Before Confession*

*Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them and firmly resolve to live in relationship with You, my God. Spirit of Wisdom, grant me to see the malice of sin and my ingratitude toward You, the all-loving God. Spirit of Fortitude, help me to make whatever sacrifice is needed to avoid sin in the future. Amen.*

## *Examination of Conscience — for teenagers*

### **1. You shall have no other gods besides the Lord your God.**

- Do I love God above all things?
- Is He number one in my life or do I put myself before God?
- Have money and pleasure become more important to me than the God who created me for Himself?
- Do I pray often? Have I neglected my friendship with God by neglecting prayer?
- Have I been involved with occult or superstitious practices, i.e., fortune telling?
- Have I ever received Holy Communion in the state of mortal sin?
- Have I told a lie in confession or deliberately withheld confessing a mortal sin?

## **2. You shall not take the Lord your God's name in vain.**

- Have I ever committed perjury, that is, lied under oath in a court of law?
- Have I ever lied after "swearing to God" that I am telling the truth?
- Have I ever used God's name uselessly or in anger?

## **3. Keep the Sabbath day holy.**

- Have I missed Mass on a Sunday or on a Holy Day of Obligation through my own fault? (Saturday evening through Sunday)?
- Was I inattentive at Mass?
- Did I arrive at Mass late?
- Did I leave Mass early?

## **4. Honor your father and your mother so that you may live long and flourish.**

- Do I disobey my parents?
- Do I fail to respect them?
- Do I swear at them?
- Am I ashamed of them?
- Do I let them know I love them?
- Do I lie to them?
- Do I steal from them?
- Am I obeying and honoring those in place of my parents, such as teachers and principals?
- Do I skip class?
- Do I lie to my teachers?
- Do I swear at them?

## **5. You shall not kill.**

- Am I killing myself by taking illegal drugs or substances?

- Abusing alcohol?
- Have I had an abortion?
- Have I ever counselled anyone to have an abortion?
- Have I used abortifacient contraceptives or encouraged anyone to do so?
- Did I participate in or approve of euthanasia or "mercy-killing"?
- Have I murdered anyone's reputation by deliberately spreading rumors or keeping rumors alive by passing them on?
- Was I impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others or lazy?
- Hold a grudge?
- Refuse to forgive another?
- Have I cursed anyone?

## **6. You shall not commit adultery.**

- Did I perform impure acts by myself (masturbation) or with another (adultery, fornication or sodomy)?
- Have I ever watched pornography either on the Internet or through some other media?
- Have I ever freely and deliberately entertained impure thoughts?
- Did I dress immodestly or provocatively?
- Did I use impure or suggestive words?
- Did I tell impure stories or listen to them?

## **7. You shall not steal.**

- Do I steal from my parents?
- Do I steal from friends?
- Have I ever stolen from a stranger?
- Have I stolen any property from a store?
- In other words, have I ever taken what rightfully belongs to another?
- Did I steal, cheat, help or encourage others to steal, cheat, or keep stolen goods?

- Have I made restitution for stolen goods?
- I gamble excessively?
- Do I seek to share what I have with the poor and needy?

**8. You shall not bear false witness against your neighbor.**

- Am I a liar?
- Am I guilty of detraction, that is, making known the faults of others?
- Am I guilty of slander, that is, spreading lies about someone?
- Do I gossip about others?
- Do I reveal information that should be confidential?
- Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?

**9. & 10. You shall not envy your neighbor's wife and goods.**

- Am I envious of others?
- Do I wish that others be deprived of the goods or talents that are theirs?
- Am I jealous of others?
- Do I harbor unforgiveness and grudges against others?
- Am I a resentful person?
- Do I put down others?
- Did I eat meat knowingly on the Fridays during Lent or on Ash Wednesday?
- Did I fast as required on Ash Wednesday and Good Friday?
- Did I fail to contribute to the support of the Church?

---

**How to go to Confession**

1. The priest will greet you.
2. Then you say: "Bless me, Father, for I have sinned." You then say how long it has been since your last Confession.

3. You tell the priest your sins and briefly answer any relevant questions.
4. The priest may give you some advice and will assign you a penance.
5. You will next pray the Act of Contrition (see prayer below).
6. The priest then gives you absolution.

\* If you have any difficulty, ask the priest to help you out. He will be happy to do so.

**Act of Contrition:**

My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against You whom I should love above all things. I firmly intend, with Your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In His name, my God, have mercy.

Or:

Lord Jesus, Son of God have mercy on me, a sinner.

---

**Prayer After Confession**

Remember to thank God for the grace of a good confession.  
Pray for the priest who has heard your confession.  
Remember to do the penance given to you in Confession.

Optional prayer

Almighty and Merciful God, Whose mercy is boundless and everlasting and of Whose goodness the riches are infinite, I thank You because You have so graciously pardoned all my sins and restored Your Heavenly favor. I am awed by Your divine compassion and the incomprehensible love of Your Son, who has given me so gentle and powerful a remedy for sins. In union with the Virgin Mary, St. Joseph, and all in Heaven, I proclaim Your merciful praises. Amen.



Roman Catholic  
Diocese of Lubbock

*(Place Name of Parish here)*

## **CONFIRMATION SPONSOR INFORMATION**

**THIS FORM NEEDS TO BE COMPLETED BY THE SPONSOR**

I will be the Confirmation Sponsor for:
Name:
Are you a registered member of <i>(Name of Parish)</i> ?
What parish do you regularly attend?

Cannon Law (#874) states that a godparent/sponsor: \*

- Must be a practicing member of the Catholic Church
- Fully Initiated into the Catholic Church
- Must have reached the age of 16 years

Are you Baptized Catholic?	<b>Yes</b>	<b>No</b>
Have you been Confirmed?	<b>Yes</b>	<b>No</b>
Do you receive the Eucharist regularly?	<b>Yes</b>	<b>No</b>
Are you at least 16 years old?	<b>Yes</b>	<b>No</b>

If married, must have been married in the presence of a priest, deacon, or minister delegated by the Catholic Church.

- Are you married in accordance with this? **Yes**  **No**  **Unmarried**

**I do affirm that I will faithfully execute the duties of a sponsor in accordance with the precepts of the Catholic Church.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Return to **(Parish Office)**; www. **(e-mail address)** or mail to **(Name and Address of Parish)**



**\* SPONSORS** (Code of Cannon Law)

**Can. 872** *Insofar as possible, a person to be baptized is to be given a sponsor who assists an adult in Christian initiation or together with the parents presents an infant for baptism. A sponsor also helps the baptized person to lead a Christian life in keeping with baptism and to fulfill faithfully the obligations inherent in it.*

**Can. 873** *There is to be only one male sponsor or one female sponsor or one of each.*

**Can. 874 §1.** *To be permitted to take on the function of sponsor a person must:*

*1/ be designated by the one to be baptized, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;*

*2/ have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause;*

*3/ be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;*

*4/ not be bound by any canonical penalty legitimately imposed or declared;*

*5/ not be the father or mother of the one to be baptized.*