

CONFIRMATION PREPARATION



Team Materials

Session 2

Theme: We Belong to the Church

OBJECTIVES:

- 1) To recognize our responsibility as members of the Body of Christ
- 2) To recognize the outward signs of the Sacraments of Initiation.
- 3) To understand through Baptism, we become members of the Body of Christ. In Confirmation, we receive an outpouring of the Holy Spirit to be witnesses of Christ's love. We are nourished by the Eucharist.

Schedule for Session 2

6:30	Check In (in small group room) 1. Attendance, Collect Saint Reflections, Pizza and drinks
7:00	2. Prayer/ Icebreaker
7:15	3. Saint Reflection
7:25	4. My experience of belonging
7:40-8:00	5. Sacraments of Initiation A) Scripture Search Race
8:00-8:20	B) Collage
8:20-8:30	C) Why Confirmation
8:35	6. Ignatian Contemplation
8:45	7. Journal
If time	8. Closing Prayer /Examen
9:00	9. Dismiss Candidates

Handouts

5 My Experience of Belonging

4 Scripture Search

15 Journal

Materials

4 pieces of cardstock (for collage)

4 glue sticks

4 scissors

7 Magazines

4 Bibles

1. Take attendance, collect their Saint Reflections, and share pizza

2. Prayer

In the name of the Father and Son and the Holy Spirit, Amen.

God of understanding,

From the day of our Baptism

You guide us as we follow your Son, Jesus Christ.

Bless us now as we work together as a team, and with our fellow candidates, to look at what it means to be a disciple of Christ.

Give us the grace to listen to one another, and to allow the Holy Spirit to lead our conversation.

Please infuse in us the gifts of Courage, Knowledge, Reverence, Right Judgment, Understanding, Wisdom, and Wonder & Awe.

We ask this through Christ, our Lord and brother,

Amen.

Icebreaker: Follow the Leader

Directions: Ask everyone to stand and arrange the group into a circle, facing inwards. Ask one person to leave the room for a minute. This person will be the guesser for the round. While he or she is gone, the group decides who should be the “leader.” The leader will be the one who sets the movements for that round. When this person is chosen, invite the guesser to come back. The guesser stands in the very center of the circle.

When the round begins, everyone starts swinging their arms up and down. The leader will eventually begin to do other movements, and everyone else mimics the leader’s actions, without being too obvious to reveal who the leader is. The leader can do just about anything he or she wants, such as:

- clapping
- making a kicking motion with his or her leg
- jumping up and down
- patting his or her own head
- a dance move

3. Saint Reflection Ask each candidate to share something about the Saint they chose to write about and what attracted them to that saint (or spiritual hero)

After: ***These saints are all apart of the the Body of Christ (with us!)***

-play “We Are One Body” and sing together. <https://www.youtube.com/watch?v=4RDbpxN70z8>

4. My Experience of Belonging

Directions: Pass out the handout. Divide young people into groups of 3. Have each group choose a leader who will report about what their group discussed. After a few minutes, invite the small group leaders to discuss their responses to the questions.

Discussion questions/points to highlight:

What were the benefits of belonging to the group?

- Talents that are developed
- Lessons that are learned
- Companionship and friendships that developed
- Good feeling that comes with a successful project
- Having people to rely on and encourage you

What were the responsibilities?

- Patience with others
- Working with others
- Trusting others
- Showing up whether you feel like it or not
- Self discipline needed to stick with the task
- Practice
- Looking out for team members

What are gifts needed to belong in this group?

- Talent, Personality, Perseverance, Intelligence, Skills, Good health

There is a larger group we are going to talk about tonight– that’s God’s family: The Body of Christ. Each of us in this room is part of the Body of Christ. We become part of the Body of Christ through Baptism.

How does one become part of God’s family? (Pause for responses.)

What are the benefits of belonging to God’s family? (Pause for responses.)

What are the responsibilities? (Pause for responses.)

Just as membership in your clubs and teams carry benefits as well as responsibilities, so it is in the Body of Christ. The benefits of being part of the Body of Christ are: we do not stand alone—but we are part of a larger community. We know Jesus, and we follow Jesus. But we also have a responsibility to help others who are also part of the Body of Christ. When we listened to the song earlier in the session, we heard about the hungry, the forgotten, the forsaken, and the unloved.

How can we help these individuals?

Doing service, praying for others, donating food, serving at a soup kitchen, telling others about our service experience

5. Sacraments of Initiation

A) Scripture Search Race

Introduction: What are the 3 Sacraments of Initiation?

Baptism, Confirmation, Eucharist

Sacraments of Initiation enable us to fully be members of the Church. There is a process to become a member of the Church. Similarly, in order to become a member of a club or sports team, there is also a process. Being Christian is open to all who want to be believers and followers of Jesus.

Directions: Divide the young people into 4 groups. Pass out the Scripture Search Handout and 1 Bible for each group. Have the young people determine which of the sacraments the Bible passages refer to. Then have each young person identify the symbol in the passage and what the symbol represents. After the first group completes the handout, have each group share their answers

Discussion points to highlight and questions:

Baptism (Matthew 3:16)

Outward Signs: Water

- The water reminds us of how we are washed away of anything that would keep us from God.
- There is an outpouring of the Holy Spirit. New life is poured into us.
- We become members of the Body of Christ, the Church.

Confirmation (Acts 8:14-17)

Outward Signs: Laying on of the Hands, Oil

- In Confirmation, you renew your baptismal vows than relying on the faith of their parents.
- The bishop lays hands on those to be confirmed. He invokes the outpouring of the Holy Spirit. Through this, how will this enable you to be a witness of your faith? You will have an energy to proclaim, like the first apostles did, the goodness and love of God.
- Anointed with holy Chrism, blessed on Holy Thursday, and then given a sign of peace.

- The candidates are anointed with holy chrism (oil) which is a mixture of olive oil and balsam, an aromatic resin. This oil is linked with the sanctification of individuals. In the Old Testament times, the priest, prophets and kings of the Jewish people were anointed. Next, the (generous) anointing with oil of chrism confirms God's love. This action symbolizes the strengthening, courage bestowing, royal-making, *Christ-ening*, extravagant pouring out of God. The bishop says, "[Name], be sealed with the gift of the Holy Spirit."

Eucharist (Luke 22:14-20, John 6:32-36)

Outward Signs: Bread and wine

- The Eucharist is "the heart and summit of the Church's life." We celebrate the fullness of God's love and offer praise and thanksgiving for Jesus' saving death on the cross and resurrection
- The Mass is a sacred moment for us because of the presence of Jesus Himself in a sacramental way, present as spiritual food to live within us. Present among and in all of us as we commune together (during *communion*.) Jesus is with us.
- Eucharist is central to our faith. Everything flows from communing with the Body of Christ.
- Each of us goes to Mass so that we can draw closer to Christ. We also celebrate the invitation to follow Christ.

B) Collage

Directions: Have the young people stay in the same groups. Assign each group a Sacrament of Initiation. Have the young people create a collage using the symbols you discussed in the previous activity. Have each group present their poster.

C) Why Confirmation?

Directions: Watch "Confirmation 101" on YouTube

<https://www.youtube.com/watch?v=Qt32SyDWuW8>

Discuss major points from the video:

-Why do we get confirmed?

-How is it different from a coming of age ritual?

-Why does Sara always say Confirmation is a start line not a finish line?

6. Ignatian Contemplation & Journaling

Now we will pray an Ignatian Contemplation . This involves praying with our imagination-- hearing what the people are saying, watching what they are doing, perhaps even entering into the scene yourself. All to come to know Jesus better. This may be a different way of praying for you. At times it may be a challenge to be in the silence. In our daily lives there are many, many things that keep us busy, but even in all the "busy-ness," God is always present. This is a time for you to experience God through scripture and silence.

In a few minutes, we will read a scripture passage about the Baptism of Jesus. People were coming from all over to be baptized by John. Imagine how John feels: he is being asked to baptize Jesus, the Son of God. Hear how he feels unworthy. Listen to what John says to Jesus. See what happens when Jesus is baptized. What does it look like? What does it feel like? Pay attention to these feelings.

QUIETING

Take a moment to quiet your minds and hearts. If it is hard for you to concentrate, you might want to close your eyes as you listen or focus on the candle, or something on the floor (pause). Remember God is always in your presence and looking lovingly at you.

Take a few deep breaths. Breathe in and out (...) In and out (...) In and out (...)

GRACE

We ask for the grace to renew our commitment to follow Jesus.

Matthew 3:4-6, 13-17

John wore clothing made of camel's hair and had a leather belt around his waist. His food was locusts and wild honey. At that time Jerusalem, all Judea, and the whole region around the Jordan were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins. Then Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, "I need to be baptized by you, and yet you are coming to me?" Jesus said to him in reply, "Allow it now, for thus it is fitting for us to fulfill all righteousness." Then he allowed him. After Jesus was baptized, he came up from the water and behold, the heavens were opened for him and he saw the Spirit of God descending like a dove and coming upon him. And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well please."

BEGIN IGNATIAN CONTEMPLATION (for each pause(...)slowly count to 5)

Imagine yourself at the Jordan River (...) Where are you? Are you wading in the water, or are you standing on the land? See the water and vegetation (...) smell the air (...) feel the sun (...)

In the distance, you see John the Baptist. What does he look like? (PAUSE) You notice Jesus is with him. You inch closer so that you can hear their conversation. (...)

John says, "I need to be baptized by you, and yet you are coming to me?" (...) Jesus responds, "Allow it now, for thus it is fitting for us to fulfill all righteousness."

Continued on back

