

Encounter with Christ Adolescent Confirmation

PARISH IMPLEMENTATION GUIDE

Catechist Welcome

Dear Catechists,

The ministry of catechesis is at the heart of the Church's mission of evangelization, sharing the Gospel of Jesus Christ with others. Thank you for responding to this call. Sharing the Good News of Jesus with young people is one of the most important ways we can help them become everything that God made them to be.

This new national program grew out of one that OSV published with Bishop Kevin Rhoades for the Diocese of Fort Wayne-South Bend, Indiana. We believe it will assist you in handing on the richness of the Order of Confirmation and helping your candidates understand the steps of the rite and what they mean to us as Catholics.

Good texts, as Bishop Rhoades has said, can be valuable tools to us as we teach the faith, but the most important tool you have as a catechist is your own faith and witness. The General Directory for Catechesis states, "No methodology, no matter how well tested, can dispense with the person of the catechist in every phase of the catechetical process. The charism given to him by the Spirit, a solid spirituality and transparent witness of life, constitutes the soul of every method. Only his own human and Christian qualities guarantee a good use of texts and other work instruments" (156).

These words remind us that we really do make a difference in the lives of the young people with whom we work. This also calls us to great responsibility, knowing that the next generation is looking to us for guidance, not only in word, but also in action.

The Sacrament of Confirmation completes the grace of Baptism for each of us. This program emphasizes that point and shares with everyone involved that through Confirmation, the baptized are "more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit," (*Catechism of the Catholic Church*, 1285). The Holy Spirit descended on Jesus at his baptism as a sign of who he is. Confirmation for us is the sacrament that enables us to spread and to live our faith as followers of Jesus Christ.

We pray that God bless you as you share the treasures of our Catholic Faith with your candidates.



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Encounter with Christ Adolescent Confirmation Program Parish
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Program Overview

The *Encounter with Christ Adolescent Confirmation Program* is developed specifically for those preparing for the reception of the Sacrament of Confirmation. The program includes a printed four-unit Candidate Book, complete lesson plans for both teachers and catechists available online, and multimedia resources also available online.

The program explores the significance of the symbols, rites, and prayers of the Sacrament of Confirmation. The Candidate Book presents the meaning and effects of the Sacrament in a developmentally appropriate manner that helps candidates prepare for and participate in the celebration. Activities and opportunities for reflection encourage candidates to more fully live their faith.

The program is designed to help candidates for Confirmation:

- Understand and articulate the fundamentals of Church teaching regarding the Sacrament of Confirmation
- Prepare for the celebration of the Rite of Confirmation
- Commit more deeply to their Catholic faith through this preparation process
- Open their hearts to the ongoing presence of the Holy Spirit
- Reflect upon God's call to the Christian life in their own everyday experiences

This program follows the same three-step process found in other OSV programs including our *Alive in Christ* grade-level religion curriculum: Invite, Discover, Live. For more on the catechetical process, see page 12.



Program Scope

The four units in the program focus on the following key themes.

Unit One: The Holy Spirit

In this unit, candidates reflect on the truth that a loving God created them and that he has a purpose and plan for their lives. Jesus calls us to follow him as disciples, and he gives us the gift of the Holy Spirit to strengthen and guide us on this path. Various symbols of the Holy Spirit are explored, along with their meanings, and the first step of the Rite of Confirmation, the *Presentation of the Candidates*, is discussed.

Unit Two: The Sacraments in the Life of the Church

This unit provides an overview of the Seven Sacraments, with particular focus on Baptism and its meaning in our lives. Sacraments are discussed in terms of their visible signs and their spiritual effects. This unit features an in depth discussion of grace and its necessity in the lives of disciples. Candidates are given an overview of the steps of the Rite of Confirmation, and the second step of the Rite of Confirmation, the *Renewal of Baptismal Promises*, is explored in detail.

Unit Three: The Order of Confirmation

This unit helps young people better understand Christ's Paschal Mystery and its connection to the Sacraments. Of particular focus is the Sacrament of Confirmation's connection to the other Sacraments of Initiation. The day of Pentecost is discussed, with connections drawn to Baptism and Confirmation. Youth explore the third step of the Rite of Confirmation, the *Laying on of Hands*. This unit also examines in detail the seven Gifts of the Holy Spirit.



Unit Four: The Spirit-Filled Life

This unit explores the effects of the Sacrament of Confirmation and invites candidates to reflect on what it means to be Christ's witnesses in the world. The fourth step of the Rite of Confirmation, the *Anointing with Chrism*, is discussed in detail, with particular attention to its being the essential sign of the Rite of Confirmation that seals with the gift of the Holy Spirit and marks candidates with a permanent sign of God's favor.

About Confirmation

Sacrament of Confirmation: An Introduction

The Seven Sacraments are special celebrations of the Church and privileged encounters with God. The *Catechism of the Catholic Church* states, "The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions" (CCC, 1131). In other words, sacramental rites have visible signs of the action of God, and they also make present what they signify. God chooses to work in our lives through the Sacraments.



Baptism, Confirmation, and Eucharist are the three Sacraments of Initiation. Through them, we become full members of the Church. In Baptism, we are given new life in Christ. This life and grace is strengthened in Confirmation and nourished by the Eucharist. Confirmation completes the grace of Baptism and seals us with the gift of the Holy Spirit. We receive the grace to become more like Christ and to live as his disciples.

Celebration of the Rite of Confirmation

In every Sacrament, there are things we can see (the "visible rites") and actions of God that they signify and make present. There are four steps in the Rite of Confirmation, which is ideally celebrated within Mass to show the connection among the Sacraments of Initiation.

The first step, called the Presentation of the Candidates, points to the obligation of the candidates to come prepared to the Sacrament. In this step, candidates express their desire to respond to God, who has chosen them and calls each of them by name.

In the second step of the rite, the Renewal of Baptismal Promises, candidates express their commitment to live the Christian life, to keep the promises their parents made for them when they presented them for Baptism. Following the formula of the renewal of baptismal promises, they commit themselves to reject evil and to profess and live the Christian faith as members of the Catholic Church.

In the third step of the rite, the Laying on of Hands, the bishop and any concelebrating priests extend their hands as the bishop prays, recalling the candidates' Baptism and asking for the seven Gifts of the Holy Spirit. The Holy Spirit is invoked to come down upon those being confirmed.

The final step of the rite is the Anointing with Chrism. This is the essential rite of the Sacrament by which Confirmation is conferred. Candidates are marked with an indelible (permanent) mark as a follower of Christ, by the laying on of hand and the words, “[Name], be sealed with the Gift of the Holy Spirit” (CCC, 1300; see Rite of Confirmation, Introduction and 27).

Effects of the Sacrament

The effects of Confirmation are numerous. The Holy Spirit helps us witness to the Gospel, both in word and in action. We bond more closely to God the Father as his sons and daughters. Confirmation draws us more closely to Jesus, and it also perfects our bond with the Church—the Body of Christ. The effects connect us more closely with the mission of the Church—spreading and defending our faith.

Through the Sacrament of Confirmation, we are marked with an indelible mark—a permanent spiritual sign of God’s favor. We are sealed with the Gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety (reverence) and fear of the Lord (wonder and awe).

Life in the Spirit

Receiving all three Sacraments of Initiation means we are called to lives of discipleship and of continuing conversion. If we stay humble of heart and are open to God’s grace, the Holy Spirit helps us to become more like Jesus—to be the people God made us to be. We are called to be witnesses of Christ to a world that desperately needs his love. We do this both through our words and our actions. The Gifts of the Holy Spirit help us to fulfill this mission.

Unit-Specific Catechist Background

Each unit’s lesson plan begins with a Reflection on the Sacrament and unit themes. It also includes Scripture Background on the unit’s main Scripture passage treated in the Candidate’s Book.

UNIT 1

Confirmation Preparation

The Holy Spirit

Reflection for Catechists

As Catholics, we believe in one God in Three Divine Persons—Father, Son, and Holy Spirit. Or the three, people may feel they know the least about the third Divine Person. This is ironic, since it is the Holy Spirit who is perhaps closest to us. Saint Paul tells us that our bodies are temples of the Holy Spirit (see 1 Corinthians 6:19). It is this Person of God who dwells inside us, guiding us to do God’s will and interceding for us to the Father (see Romans 8:26-27).

The Holy Spirit helps us hear and follow God’s call in our lives. God calls each of us by name (see Exodus 43:1), just as Jesus called each of his Apostles. Listening to and following God’s call is a key to a happy life. The Holy Spirit gives us the strength others expect of us, or even what we had planned for ourselves. It is within our God-given nature to seek happiness, but we often seek it in the wrong places. The only way to achieve true happiness is to do that for which we were created. We learn and understand God’s plan for our lives as we grow in our friendship with him. This usually begins in an initial encounter with God, a moment of conversion in which we recognize our need for him and decide to give our lives to him. It continues as we listen to his voice, through Scripture, Sacred Tradition, the counsel of trusted friends and family, and the events and opportunities of our lives.

• How do you, the Sacraments, and obedience to God’s will help you grow closer to Christ?

• How do you continue to listen for God’s voice, so you can discern his call in your life?

Scripture Background

¶ This unit opens with a passage from Psalm 139. Here, the psalmist praises the Creator for his life and because God knows his “very self.” God is with us at all times, guiding us according to his plan.

The primary Scripture passage treated in this unit is Jesus’ call of the disciples. In this passage, Jesus clearly reaches out to those chosen people. It is striking that he does not seek out disciples among the religious leaders of the day, for example, the scholars and teachers of the Law. Instead, he chooses fishermen, tradesmen, and even the tax collector. This drives home the point that God can use anyone. He calls whom he will, and gives them what they need in order to fulfill the call.

Also featured is the connection between Isaiah 11 and Matthew 3—the promise that the Spirit of God would rest upon one of Jesus’s descendants and the promise fulfilled at the baptism of the Lord, when the Holy Spirit descends upon Jesus.

Prayer Support

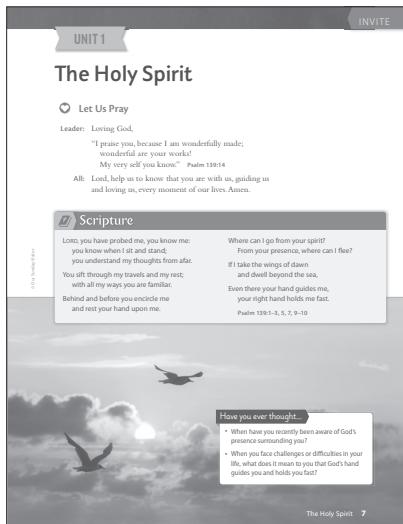
An important part of this program is to request and arrange for the prayerful support of the parish community on behalf of all those preparing for the Sacrament of Confirmation. This may already take place or can be enhanced to coincide with this new program.

Candidate Book Features

The book for youth contains four units, each 10 pages in length, and other important material to prepare for and reflect on the Sacrament of Confirmation.

Opening Material

The front of each Candidate Book offers spiritual guidance and encouragement in a welcome note from OSV. A prayer to the Holy Spirit and a reflection page for the candidate will help in living out the journey of discipleship.



Unit Structure Each unit opens with prayer and Scripture as well as a feature titled, *Have you ever thought*, which helps the candidates connect God's Word with key themes of the unit.

The **Invite** section also gets youth started with an introduction and creative activity.

Youth then transition unit themes with the following recurring features:

- Symbol of Our Faith
- Catholic Faith Words
- Encounter with Christ

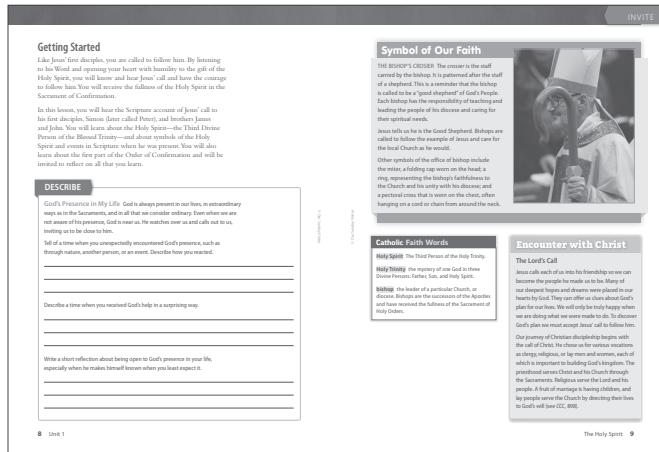


Units

Each of the four units opens and closes with prayer. A scripture reflection process invites youth to discern God's voice and presence in their lives before beginning an exploration of unit themes. Activities and features help youth engage with the material, including unit reviews and study of a specific Saint whose life exemplifies the lesson.

Sacramental Resources at the Back of the Book

The Rite of Confirmation and celebrating the Sacrament are covered as well as information on the Rite of Reconciliation, an examination of conscience, information on Baptism and vocations, and a page on Catholic moral teaching. Catholic prayers and practices complete this resource section.



In the *Discover* section, candidates will delve into the key teachings and spiritual practices related to the preparation for and celebration of Confirmation. The Go to the Source features send youth directly to the Bible for reading and reflection or discussion.

DISCOVER

The Holy Spirit in the History of God's People

Sacred Scripture tells us that the Holy Spirit is the "Spirit of God." In the Book of Genesis describes the Holy Spirit as a "mighty wind" using the Hebrew word *nachash* to describe the Spirit's action. The Book of Exodus describes a coming king, a Moses, or anointed one, whom the Holy Spirit would come down upon.

But a similar promise from the stamp of Moses and from his son's hand showed that the Spirit would come.

The spirit of the Lord shall not spurn a spirit of wisdom and of understanding.

A spirit of counsel and of might, a spirit of knowledge and of fear of the Lord;

and his delight shall be the fear of the Lord.

Isaiah 11:1-2a

We understand this passage to be referring to Jesus Christ, who came to do the work of salvation and to live a life of prayer and work in the life of holy people. He is present in Mary, Jesus' Mother, preparing her for the birth of the Son of God (see CCC, 721-722).

The Holy Spirit impeded the mortal Word of God from being uttered through the lips of the prophets of the Old Testament, through the lips of the High and Lowly. They spoke the word of God to the people, but the Spirit did not move them. But when the Holy Spirit came upon Jesus, the Spirit of the prophets became the work of the prophets by teaching to the people the word of God. The Spirit of Jesus manifested preparing them for his message (see CCC, 723-725).

At the Source
Read Matthew 3:13-17

Explain how what is described in this Gospel passage is similar to the promise of Jesus' baptism shown above. Share your thoughts with a classmate.

The Sacrament of the Catholic Church describes these symbols of the Holy Spirit (see CCC, 604-701)

As his Beatitude, the Holy Spirit descended upon Jesus in the form of a dove. This is why dove is often a symbol of the Holy Spirit in Christian art.

Water Water symbolizes the action of the Holy Spirit in Baptism. It is a sign of new birth and the washing away of sins.

Anointing Anointing with oil is a sign of the Holy Spirit's presence in a form God for a special purpose. The Holy Spirit brings the power of God to fallen sinners.

Fire Fire symbolizes the energy and power of the Holy Spirit.

Cloud and light Biblical passage depicts God giving in the form of a dove, for example, on Mount Sinai. The dove was surrounded by a cloud and a bright light. The dove and light merged together to reveal the Holy Spirit. When the Israelites are led through the desert by the way of the Promised Land, the Ark of the Covenant, the Ark of the covenant, is covered with a cloud. At the Transfiguration of the Lord, the Holy Spirit, the dove of a cloud, overshadows these three people.

The seal Anointing with the Holy Spirit imparts a "mark," or "indelible character" on those who receive him.

The hand Healing takes place through the hands, but even more importantly, the Holy Spirit is given through the inspiration of the hands to the Believers.

Scripture, prayer, and thoughts others and our own.

Confirmation completes the graces of Baptism. These grace give a glimpse of the life of the saints and the fullness of our faith—through the Sacraments we are invited into the very life of God. God our Father, the Son of God, and the Holy Spirit give us the gift that "contains all gifts, the Holy Spirit" (CCC, 1182). When we participate in the Sacraments, we receive the gifts of God. All of the Sacraments serve us to grow in the Holy Spirit (see CCC, 1183). The Holy Spirit is the "first and greatest example of the Holy Spirit" (see 1 Cor 1:24).

> When reading the Bible do you see to ask yourself? How is Jesus saving you today?

The Holy Spirit 13

DISCOVE

Jesus Calls the First Disciple

The Gospel according to Luke tells us there were crowds of people "pressing" Jesus while he was teaching. Many people desperately wanted to hear his message to see him. We find that Jesus called people from the most ordinary walks of life to his disciples, his fishermen.

Today, Jesus invites us to answer his call, following his example and teachings. Jesus once called fishermen as they worked, he continues to call each of us in our own individual lives—to come and follow him.

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he climbs into one of the boats that belong to a man named Simon. He asks Simon to push out a little way from the shore. Then Jesus sits down and continues teaching the crowd from the boat. When Jesus finishes teaching, something miraculous occurs.



We believe in the
Holy Trinity, the

out God the Father. Jesus talks about him often, and the Old Testament stories show him speaking to and working in the lives of various people.

Jesus' Call and the Holy Spirit

Jesus promises to send the **Holy Spirit** to help us answer his call. In John 14:16-17, he tells his followers that he will ask God the Father to send an Advocate—the Spirit of Truth. As you prepare for the Sacrament of Confirmation, you will learn more about who this Spirit of Truth is, and what you

however, who is sent "by the Father in the name of the Son, and by the Son in person."

IMAGINE

Imagine you are one of the fishermen with Peter in this account. What would you think about Jesus' request that you try again to catch some fish, even though you had caught none all day?

1000

What would make you leave your boats and me and follow Jesus?

Celebrating the Sacrament

The Presentation of Candidates During Confirmation within Mass and just before the Homily, the candidates are called (often by name) to stand in front of the **bishop**, who is the leader of the diocese and successor to the Apostles. This is a sign that God has called each of the candidates to the Sacrament and that they intend to follow this call.

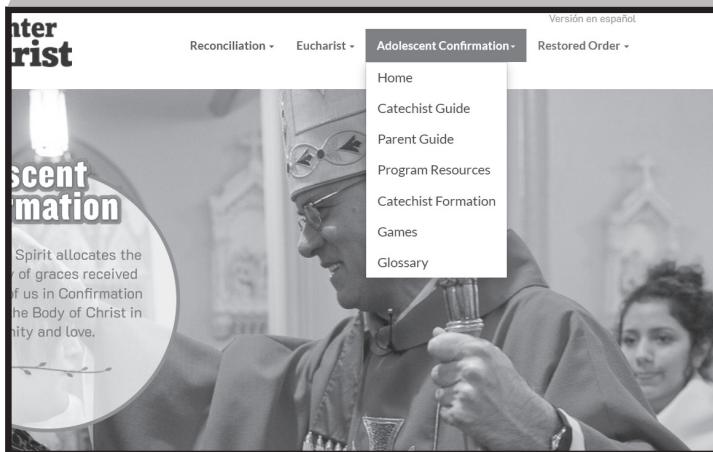
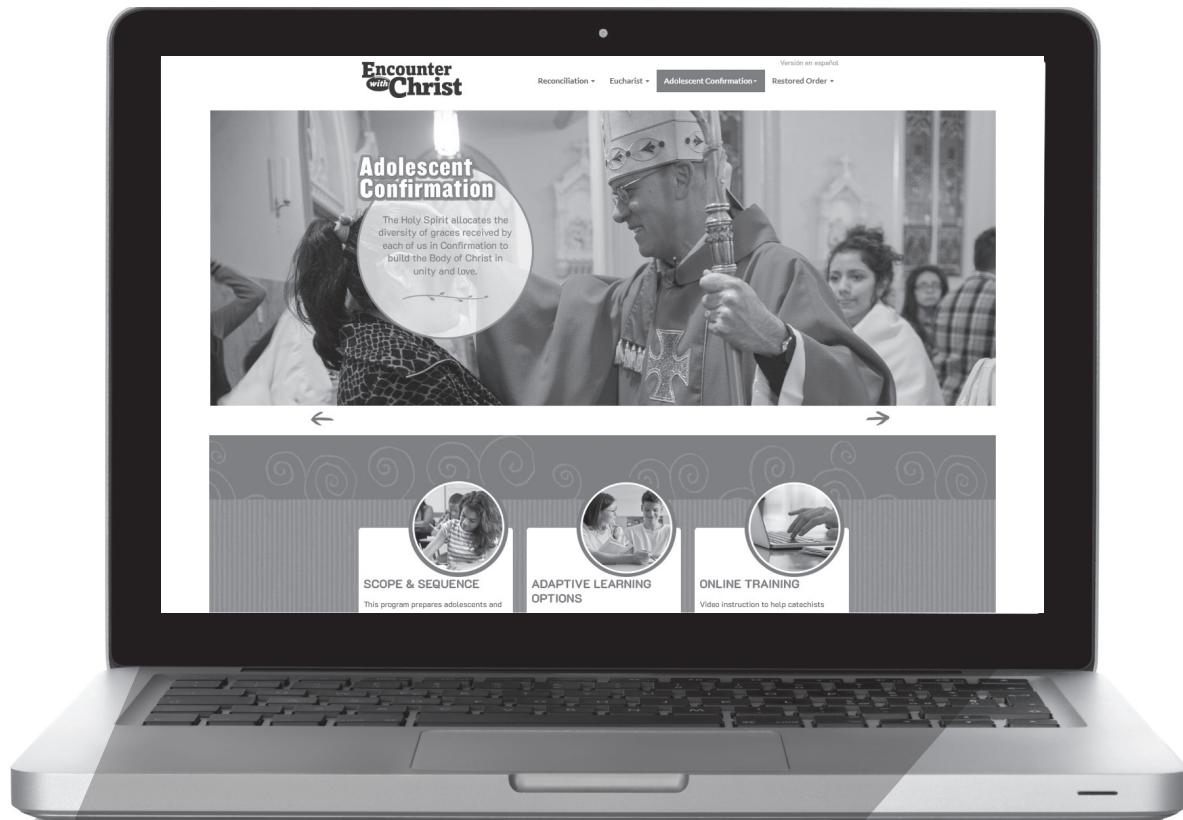
- ◀ Charts and graphic organizers will help candidates visualize material such as the Gifts and Fruits of the Holy Spirit. The Discover section also highlights a specific part or step of the Rite of Confirmation in the Celebrating the Sacrament feature.

<p>The Grace to Guide Us</p> <p>The Scripture account of Jesus' call of the first disciples tells us that "they did everything he told them" (John 21:12). Like the first disciples, our lives change as we grow closer to God and follow Jesus' example: you can be his follower in many ways in your daily life, especially through prayer and your vocation. The seven gifts of the Holy Spirit that you will receive in the Sacrament of Confirmation will help you answer God's call to live a life of holiness. But can you be a disciple of Jesus in everyday ways? You are probably doing this already. Here are some ideas:</p> <table border="1" data-bbox="378 1218 659 1554"> <tbody> <tr> <td>Discernment</td><td>Seek God's will to obtain that joy for your life. This will help with all the decisions—big and small. 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<p>Follow Christ</p> <p>Saint Paul's will to obtain that joy for your life. This will help with all the decisions—big and small. Make each day a reminder of your primary family, catechists, sponsors, and your pastor that God is with you and guides you.</p> <p>Invite</p> <p>Bring others to Christ through your words and actions.</p> <p>Scriptural Scriptures</p> <p>Saint Jerome said, "Scripture is witness of Christ." Get to know Jesus by reading from the Bible and reflecting on God's Word. The Gospels are our primary source for the life of Jesus. The Epistles are God's Word to us. The Psalms, the Word of Old Lives and guides our Christian life (see CCC, 141).</p> <p>Commitment</p> <p>In your relationship with Jesus, you need to be "all in" giving the relationship your care and attention it needs to flourish.</p> <p>Intervention</p> <p>Sometimes being a good friend is the best way, but don't do it alone. Our Church family is here to support you. Turn to your family, friends, or a priest to God, our strength.</p> <p>Prayer</p> <p>Make time to listen and talk with God in prayer every day. Ask Jesus to help you grow in holiness. Participate in Mass every Saturday evening. Spend time in Adoration before the Blessed Sacrament. Spend time in Confession.</p> <p>Love</p> <p>Take a good discipline, do everything with love—have a love for God, for others, and love for yourself. This will build a wholesome and honest integrity of life, and you might actually like it.</p> <p>Enlighten</p> <p>The Eucharist unites us with Christ and one another. Be a good steward of Sundays. Help spread the Good News.</p> <p>Smearity</p> <p>If you are sincere in your desire to be a better Christian, follow the right path even in the face of challenges.</p> <p>Holy Spirit</p> <p>The Holy Spirit is your Advocate and Helper. Open your heart to him.</p> <p>Indwelling</p> <p>Let the Holy Spirit dwell and the active in your heart.</p> <p>Praise</p> <p>Give grace and gratitude to God, whose love for you is greater than any love you can imagine. For the gift of Baptism we are God's children. For the gift of Confirmation we are God's sons and daughters. Let us praise to the God, especially as we worship him in the Eucharist.</p>	<p>ways in your daily life, especially through prayer and your vocation. The seven gifts of the Holy Spirit that you will receive in the Sacrament of Confirmation will help you answer God's call to live a life of holiness. But can you be a disciple of Jesus in everyday ways? You are probably doing this already. Here are some ideas:</p>																								

- ◀ In the *Live* section of each unit, the youth will have the opportunity to connect what they have learned to their daily and spiritual lives. Activities will help them process the material and get them thinking about how the Sacrament of Confirmation will impact their lives.

- On the final page of each unit, a Person of Faith accompanies each unit and exemplifies the kind of life a disciple of Christ would lead. Candidates will also have a project or activity that involves taking the lesson home and putting their knowledge into practice. A Unit Summary helps the candidates retain the most important aspects of the lesson.

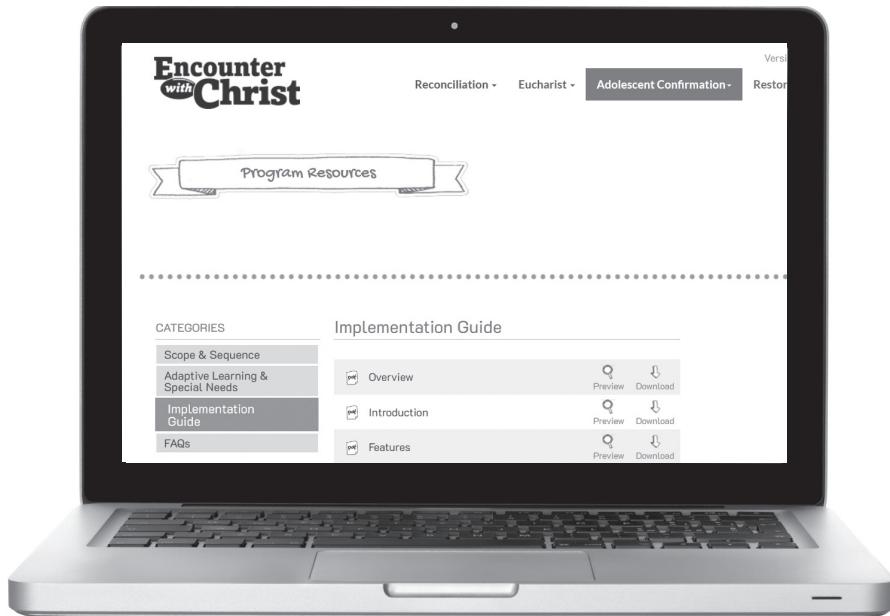
Confirmation Program Website



Home Page

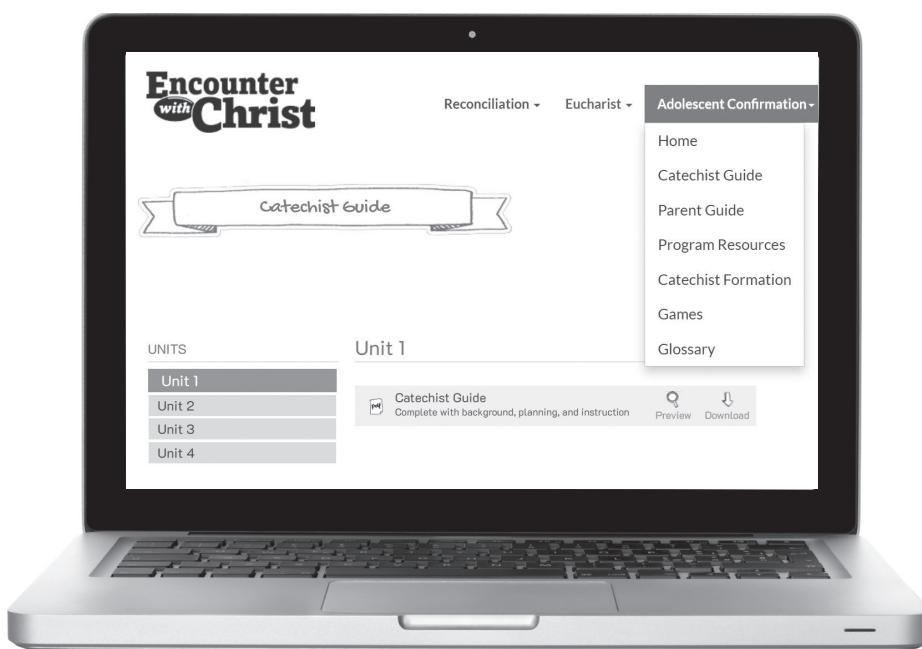
The *Encounter with Christ Adolescent Confirmation Program* website features an easy-to-use navigation scheme, allowing users to navigate between the Catechist Guide, Parent Guide, Program Resources, Catechist Formation, Games and Glossary.

In the Program Resources section, the Implementation Guide is segmented into Overview, Introduction, Features, Website and Lesson Plan Process downloads.



Catechist Guide Page

Lesson Plans housed within the Catechist Guide Page include background and preparation as well as planning content and instruction. Lesson Plans can be previewed or downloaded.



Lesson Plan Process

The Catechetical Process

The Encounter with Christ Adolescent Confirmation Catechist Lesson Plans follow the same catechetical process (Invite, Discover, and Live) as other OSV catechetical materials, including *Alive in Christ* Grades 7 and 8. Each unit Lesson Plan for parish is intended for 75 minutes, with the flexibility for activities or projects to be done at home in between lessons.

The Invite Step (15 minutes) begins the lesson with prayer followed by God's invitation through Sacred Scripture. Candidates open their minds and hearts to what God is saying to them in Scripture and reflect on it. The unit's key concepts are presented along with an activity to access prior learning or tap into the candidate's faith and life experience. A Symbol of Faith, Encounter with Christ, and Catholic Faith Words are then presented and serve as a transition to the Discover step and unit objectives.

The Discover Step (45 minutes) promotes readiness for the Sacrament of Confirmation. This step helps form Catholic identity through the study of Scripture, knowledge of Church teaching, and an understanding of Catholic sacramental practices. It presents the doctrine of the lesson in developmentally appropriate language and images. Symbols and steps of the Rite of Confirmation are explored and explained. Charts, on-page questions, and activities give candidates the opportunity to process and reinforce what they have learned and apply it to their own lives and the experience of the Church.

The Live Step (15 minutes) helps the young people relate knowledge of the faith and the ways we worship, live, pray, and serve together as Catholics. Candidates are given the tools to connect their faith to everyday life and to deepen their relationship with God. They are presented with an overview of what was learned and of a Saint whose life exemplifies the lesson.

As you follow this catechetical process, you will in fact mirror the divine pedagogy by offering your candidates the opportunity to know God and his truth through Sacred Scripture and Sacred Tradition. You will inspire them to be open to the Holy Spirit so that they will respond in faith and love and accept the gift of new life in Christ!

INVITE

As a catechist, during the **Invite** step you:

- Call the young people together and prepare them to hear the **Word of God**.
- Pray with the youth.
- Guide the candidates through the opening **Scripture passage and reflection**.
 - Proclaim God's Word.
 - After proclamation of the Scripture, allow time for sacred **silence**.
 - The young people should feel free to **share** what they experienced, what they felt God was saying to them, or what he wanted them to know in a special way today. Assure them that sharing is voluntary.
- Prompt continued thought about God's Word and move to unit objectives by using the **"Have you ever thought"** questions.

Preview unit **concepts** from the second and third Invite pages.

- Getting Started: Introduces the **main points** of the unit.
- Graphic Organizer: Provides an organizer that **relates** unit concepts and helps the candidates make connections through an activity or questions.
- Faith Symbols: Highlights a symbol of the **Catholic faith** to help young people prepare for the Sacrament of Confirmation.
- Encounter with Christ: Presents revealed teaching that focuses on Christ and how we are in relationship with him personally, as a Church, and in the world.

INVITE
Pages 7-9

Objectives

- Reflect on God's presence in our lives as expressed in the words of Psalm 139
- To introduce the key themes of the unit and to reflect on God's presence in the candidates' lives

Let Us Pray

Invite the youth to gather in the prayer space. Begin by praying the Sign of the Cross. Have a volunteer read the leader's part, then prompt the group to join in praying aloud the part marked "All." Afterward, direct the candidates to take their seats.

Lead into the session with the following or similar words:
 "Jesus called his first disciples after their return from a day of work as fishermen. He calls each of us, too, as we go about our daily lives, and he is always with us. Let's listen to what the psalmist says about God's relationship with us."

Scripture

Guide the candidates through a reflection on the verses of Psalm 139.

- You might wish to play instrumental music during the reflection.
- Invite the young people to be still, close their eyes, and quiet themselves. Encourage them to humbly open their minds and hearts to what God is saying to them. Also let them know there will be time to silently reflect on the reading, then you'll have a couple of discussion questions for them.
- Proclaim the Scripture as the candidates listen. Allow for several minutes of silent reflection.
- Ask: What did you hear God say to you today?
- Call on volunteers to respond.
- Ask: What does this psalm say to you about God's presence in your life?
- Call on volunteers to respond.

Have you ever thought...

Share that God, as our loving Father, is always present in our lives. He never abandons us. He is patient and understanding even when we do not welcome or respond to his love.

- Read aloud both questions in this section and call on volunteers to respond.

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Effective Pedagogy

DISCOVER

The screenshot shows the 'Discover' section of a Catechist Session Plan. At the top, it says 'DISCOVER' and 'Pages 10-11'. Below that is a 'Objectives' section with bullet points: 'Develop an understanding of Jesus' call of the first Apostles', 'Reflect on this event from the perspective of the Apostles who were called by Jesus', and 'What did Jesus mean by this? (That their work would be to help others know about God)'. Under 'Jesus Calls the First Disciples', it says 'Have the candidates silently read the two introductory paragraphs on page 10.' followed by a list of activities: 'Invite a volunteer to read aloud the Scripture from Luke Chapter 5:4-11.', 'Lead a discussion of the Scripture, using the following questions: What did Jesus tell Simon, James, and John would change in their lives? (He said they would be fishers of men.) What did Jesus mean by this? (That their work would be to help others know about God)', 'Call on volunteers to share their responses.', and 'What would Jesus mean by this? (That their work would be to help others know about God)'. Below this is an 'Optional Activity' section with 'Extend the Imagine activity by having the young people imagine that Jesus is here today to choose disciples.' followed by a list of questions: 'Have the youth work in four groups to identify occupations or trades in our contemporary culture from which they would not expect Jesus to choose disciples.', 'Where would the initial call take place for each occupation?', and 'What would concern be for the people called?'. At the bottom, it says 'Encounter with Christ Adolescent Confirmation Program, Unit 1 Catechist Session Plan' and '5'.

As a catechist, during the **Discover** step you:

- Teach the **objectives** of the lesson located at the beginning of each step in the catechist Lesson Plan downloaded from the website.
- Prepare the Scripture reading with the preceding introduction, and proclaim or have a candidate proclaim the **Word of God**.
- Direct the young people to the green **activity** that draws on their religious imagination to put themselves into the scenario just proclaimed.
- Next, work through a block of text that delves into Church **teaching** on the Sacraments.

- The second **Discover** spread includes text as well as a Go to the Source and Celebrating the Sacrament feature.
- Go to the Source sends the young people on their own to **Scripture** as they explore the Word of God and connect it to the unit objectives and/or life experiences.
- The **Celebrating the Sacrament** feature takes one of the parts of the Rite of Confirmation and explains it more deeply.
- This section also includes charts that will help young people visualize an aspect of **preparation** for Confirmation, such as renewal of baptismal promises or frequently asked questions about Confirmation and the effects of the Sacrament.

The screenshot shows the 'Discover' section of a Catechist Session Plan. At the top, it says 'DISCOVER' and 'Pages 12-13'. Below that is a 'Objectives' section with bullet points: 'Explore how the Holy Spirit works at work in the lives of holy people', 'Explore the words of the prophets inspired by the Holy Spirit', and 'Summarize the first two paragraphs on page 12 for the group'. Under 'The Holy Spirit in the History of God's People', it says 'Invite a volunteer to read aloud the Scripture passage from Isaiah 11:1-3a.' followed by a list of activities: 'Point out that this passage names Gifts of the Holy Spirit, which they will learn about in a later unit.', 'Point out, too, that the Holy Spirit inspired the prophet Word of God in the Bible. Encourage the candidates understand the meaning of prophet when describing Sacred Scripture. The Catechism teaches that Scripture faithfully and without error teaches the truth that God wanted to share for our salvation.', 'Ask: About whom is this passage speaking? (The passage is speaking about Jesus.) Have the candidates read the remaining text to themselves.', 'Ask: What are some times in Scripture when we see the Holy Spirit working in Mary's life? (The Holy Spirit prepared Mary for her role as the Mother of God; Mary conceived Jesus by the power of the Holy Spirit. Mary was present with the Apostles at Pentecost, when the Holy Spirit descended upon them.)', and 'Go to the Source' with instructions to 'Organize the candidates in pairs or small groups.', 'Distribute Bibles, one per pair or small group.', 'Have the candidates read Matthew 3:13-17, about the baptism of Jesus. Then have the pairs or groups discuss how the passage is connected to the passage from Isaiah. Allow time for discussion, then invite a spokesperson from each group to share a key insight about the passage with the larger group.', and 'Optional Activity' with instructions to 'Consider this group activity to increase the candidates' understanding of the major Old Testament prophets. This activity will help strengthen the young people's familiarity with the books of the Bible.', 'Organize the class into six groups. Then distribute Bibles, one per candidate. Assign each group one of the following prophets: Isaiah, Jeremiah, Ezekiel, Daniel, Amos, and Hosea.', 'Distribute the groups to use their Bibles to learn about their assigned prophet and to work together to identify at least three important facts about him. Explain that they can use the introduction to their assigned book of the Bible for some important information, such as the period when the prophet wrote, key themes of his writing, and important events the prophet addressed.', and 'Call on a spokesperson from each group to share their findings.'

As a catechist, during the **Live** step you:

- Will have the candidates work on activities that will unpack the Sacrament and objectives taught. These will reflect the practice of our **Catholic faith**.
- Will have the young people moving the lessons from their head to their heart. Sections like *From Head to Heart* and *Listening with Our Hearts* ask the candidates to consider making these concepts part of their daily lives.

LIVE

Pages 14-16

Objectives

- To reflect on how Jesus calls each of us today
- To consider what discipleship means and how to grow as disciples
- Encourage to live out what has been learned
- Explore the faith life of Saint Clare of Assisi

Connect: From Head to Heart

ACTIVITY

Read aloud the reflection questions. Invite the candidates to write their responses.

• Call on volunteers to share what they have written.

If time allows, direct the candidates to complete the drawing activity about the Holy Spirit.

Optional Activity

Expand the "Head to Heart" activity on page 14 using the Reflection below.

• Read aloud the introduction below that begins with "Jesus calls;" then ask volunteers to read aloud some or all of the Scripture passages. For each passage, ask the following or similar questions:

- What are some times in your life when you can follow Jesus' example?
- What can make it challenging to follow Jesus' example?
- What was a time when you followed Jesus' example as presented in this passage? How did that strengthen you as a disciple?

Reflection

Tell the candidates: Jesus calls us each day to live as his disciples. He teaches us how to live through his own example, handed down to us in the Gospels. Obedience to God's will guides us to true freedom and happiness. Here are some passages that show the way to live as taught and lived by Jesus himself.

Have the candidates work independently or in groups and read the following passages. Then have them summarize what is said in each passage.

- Taking time to pray: Mark 6:45-46
- Obedience to God's will: Luke 22:41-42
- Caring for those in need: Matthew 9:27-31
- Forgiving enemies: Luke 23:33-34
- Resisting temptation: Matthew 4:1-11
- Speaking out against wrongdoing: Matthew 21:12-13

The Grace to Guide Us

Read aloud this section on page 15.

• Say: The first disciples left everything to follow Jesus. You don't have to give up everything, but that doesn't mean that discipleship is always easy. Yet the Holy Spirit will always give you the guidance you need, if you open your heart to his presence.

Encounter with Christ Adolescent Confirmation Program, Unit 1 Catechist Session Plan 9

Unit Prayer

Gather around a prayer table with a Bible, a candle, and a container of Holy Water or some other sacred place.

Catechist: Let us take a deep breath and become aware of the presence of God with us. Let's begin with the Sign of the Cross.

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

Catechist: We have been reminded of God's great love in the creation of the world and in the love of the Holy Spirit that guides us. As we continue our journey into the Church and our relationship with God, the Holy Spirit opens our hearts. He helps us to see what we need to grow closer to him. Please take out your slips of paper and read what you found most important from this first unit lesson. Remember what you wrote in prayers at home by yourself and with your family. Consider how your ideas can take root in your parish and community.

(Individually, each candidate reads what he or she wrote and why.)

Catechist: Let us gather together and share what we wrote. We pray that we will continue to be aware of what your Holy Spirit is prompting us to know, and how we are being called to live. Help us to follow the example you set for us through Jesus Christ your Son. Together, let us pray Glory Be to the Father.

All: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be world with out end. Amen.

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

Encounter with Christ Adolescent Confirmation Program, Unit 1 Catechist Session Plan 11

- Will introduce the young people to a Person of Faith, a Saint whose life exemplifies the content of the unit.
- Will discuss with the candidates how they can take these lessons home where the Holy Spirit will help them encounter Christ. The Taking the Message Home section will challenge the candidates to put their faith into practice.
- Will prepare and hold a final prayer session emphasizing what the candidates learned from the unit and praying for the Holy Spirit's help to put these things into practice.