

**This session's objectives:**

- To reframe Candidates' understanding of freedom in a Christian context, and that knowing and following the rules sets one free to be fully alive (holy) and avoid Deadly Sins
- To reinforce the "rules and tools" for living a Christian life, including the Ten Commandments, Beatitudes and the Theological and Cardinal Virtues

**This session's program:**

1. **Name-tag pick-up and/or Check-in** *Tr B does in pairs or sm grps* 5 min 6:45  
- *check-in about Confirmation name research: 2 saints, what is interesting about each*
2. **Opening Prayer** "Hold My Hand" guided meditation (Keenan/Rachel) <10 min 6:50
3. **Presentation on the Ten Commandments** (Keenan/Rachel) 10-15 min 7:00  
- *see also textbook p. 97 - 10 Commandments as covenant (agreement) btwn God & people*  
- *brief age-appropriate review of each commandment, expanding on [video](#)*  
- *re-frame adultery (lack of faithfulness in relationships), coveting (envy/jealousy)*
4. **Icebreaker at Tables: Morally Good or Suspect?** 15-20 min 7:10  
- *Track B could do this as a class, in small groups, or as partners – teacher's choice!*  
- *handout listing 5 scenarios: "Morally Good or Morally Suspect?"*  
- *discuss at table if they are intrinsically good actions (which promote their relationships with God or others) & other factors which may contribute toward action being wrong:*  
- *intention of the action (whether a different good is promoted by doing it)*  
- *not having a free choice (due to conflicting obligations, decisions made for you, etc.)*

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5. **Cardinal & Theological Virtues** (Keenan/Rachel) 10 min 7:25  
- *see also textbook pp. 51-52 - Ikea furniture comes with instructions & Allen wrench*  
- *so also do the Commandments & Beatitudes (rules) come w/ virtues & gifts (tools)*  
- *theological virtues → use [video](#) & piano metaphor (p. 51); come from God (faith as already discussed in 2<sup>nd</sup> session, hope, love/"caritas-agape" charity/perfect love)*  
- *cardinal virtues: like a hinge (show door operation) → grow as result of human effort*  
- *virtues most easily understood by looking at the "deadly" sins they help us overcome*  
- *deadly sin (vice) holds like a vise (show vise-grips), restrains us – virtue sets you free*
6. **Breakout at Tables: Sins and Virtues** 30-40 min 7:35  
- *handout listing Deadly Sins and Virtues, showing relationship between them*  
- *includes folktale(s) or fairy tale(s) to illustrate each Deadly Sin*  
- *includes a parable or other Scripture passage to illustrate each Virtue*  
- *handouts & picture books with folktales available, but use your time wisely! (esp. Tr. B)*  
- *tables/groups may break into pairs to cover different sins & virtues, or may stay together to look at one (or two) as a table/group using picture books*  
- *review folktale, look up the Scripture passages, answer questions about them*
7. **HW, Reminders & Closing Prayer** (Keenan/Rachel) 5-10 min 8:20  
prayer: *Act of Faith, Hope and Love* (on prayer card)

**Reminders & Homework for Candidates:**

- read/do **textbook pp. 51-52 & journal pp. 32-34** due at class after Thanksgiving
- bring to Sponsor & Parent Night your folder, your Bible, your book, your journal  
*November 13 at Queen of Angels Church for all students with Parents & Sponsors!*
- work more on your **Confirmation Name reflection!** Select your Confirmation Name and finish your research on that saint. Final reflection due in 3 weeks!  
*Track A: Monday, November 27      Track B: Friday, December 1*