

This session's objectives:

- To reflect on the transformative role of grace in our lives
- To assist candidates in thinking about Confirmation's place in their overall spiritual growth
- To explore the charisms of prayer found in our Catholic traditions that speak to each candidate's heart
- To foster active and meaningful participation in Lent, the Confirmation Mass and a lifetime of faith

This session's program:

1. **Name-tag pick-up;** turn in late service hours & other late assignments 0-5 min 6:45
- Track A: begin **Interviews Part 2** with Fr. Jason, send students in order (watch other tables!)
 2. **Opening Prayer** (of St. Richard of Chichester) 5 min 6:50
- attributed to St. Richard, like Peace Prayer of St. Francis - prayed as he was dying
- set to music as "Day by Day" in the musical *Godspell* in 1970s, same composer as *Wicked*
 3. **Being Confirmed, Receiving Grace** (Rachel/Keenan) 10 min 6:55
- comments on the nature of grace and growth after Confirmation
- 2-minute video http://www.youtube.com/watch?v=m4Q5y_g5-e0 of personal reflections
- basketball image for life in the Church after Confirmation - Sponsors etc. as coaches
 4. **Your Prayer Style** (at tables or individually; intro'd by Rachel/Keenan) 25 min 7:05
- read directions for inventory carefully: take inventory (p. A), read descriptions of spiritual path (p. B) & Styles of Prayer grids (pp. C-D), keeping in mind your score in each category
- discuss or reflect individually on your personal result and prayer suggestions using *Further Reading & Ideas packet*
 5. **A Prayerful Confirmation Mass** (Rachel/Keenan) 5 min 7:30
- review the Invitation to Prayer and Laying on of Hands Prayer to call down the Holy Spirit in the Confirmation Mass (using p. 6 of a previous year's program booklet)
- ways to call yourself back to prayer if you find your mind or hands becoming less prayerful during the Confirmation Mass
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6. **Made for More: Invitation to Spiritual Growth** (Rachel/Keenan) 5 min 7:35
- think back to "Is Your Faith Still in Kindergarten?" video & goals from last Fall (basket)
- hope you've been growing while preparing for Confirmation! - short [Ken Yasinski video](#)
- "can't change what you don't acknowledge," so let's see where we're at spiritually!
 7. **Spiritual Life Snapshot** (at tables or individually) 10-20 min 7:40
- use slides & tree parts worksheet for each student to complete a spiritual life tree
 8. **Lent: A Time for Spiritual Growth** (Rachel/Keenan) 10 min 8:00
- [Lent video](#) (Catholic Central) - unity with Christ through personal sacrifice
- [video "Ticket Without A Seat,"](#) giving up something you need to benefit another person
- **CRS Rice Bowl** for prayer, fasting & almsgiving - help Turkey, Ukraine, others in need
 9. **My Lenten Sacrifices** (at tables/groups or as a class) 10 min 8:10
- students write on the side of their Rice Bowl bank what they are sacrificing for Lent
- look at the calendar & recipes
 10. **Confirmation Novena** (Rachel/Keenan) 5 min 8:20
- novena is a prayer for 9 days, like disciples awaiting the coming of the Holy Spirit
- hand out Confirmation Novena handout - from Fri. 2/16 to Confirmation day Sat. 2/24
 11. **Reminders and Closing Prayer** (from back cover of textbook) 5 min 8:25

Reminders:

- Retreat this Friday 2/9 for all, 4:30 p.m. at Parish Center to 8:30 p.m. at Q of A Church
- **next class for all students** Monday 2/12 @ 6:45pm - no class for Track A on Monday 2/19
- Homework: make sure your Sponsor (or parent/other adult) knows to come to 2/20 Practice