

This session's objectives:

- To begin talking about the Rite of Confirmation & determine the readings to recommend to the Bishop
- To introduce the 12 Fruits of the Spirit as real results of the work of the Holy Spirit
- To empower candidates to pray in their own words for the help they need from the Holy Spirit and for unity among Christians

This session's program:

1. **Check-in/attendance;** <5 min 6:45
 2. **Welcome & Selecting Confirmation Readings (At Tables/As a Class)** 15 min 6:50
 - read aloud through the list of choices for Confirmation Readings, briefly discuss each
 - as it is read aloud, each candidate underlines 3 words or phrases not already bolded which seem important or which stand out to you as beautiful or true
 - share in discussion after each: - key words/phrases and the best parts of the reading
 - what does this Reading have to do with Confirmation?
 - distribute ballot after A, B & C are read; all vote for First Reading (even catechists)
 - **must give a reason** (what you liked) for choosing the reading you did
 - length of the reading is not considered a legitimate reason and will invalidate your vote; reason does not have to be in complete sentences
 - repeat reading & discussion with D, E & F on back of paper; vote for Second Reading
 - ballots are collected & returned to Rachel for counting; will announce results next week
 - volunteer for ministries at Confirmation Mass (readings/prayers, ushers, gift bearers)
 3. **Advent Prayers** (led by Rachel/Keenan) 5 min 7:05
 - introduce the season, bless the Advent wreath and sing "O Come O Come Emmanuel"
 4. **Fruits of the Spirit Introduction** (Rachel/Keenan) 20-25 min 7:10
 - in class discussion, dialogue about process of growth: how does a fruit become a fruit?
 - how do you know that you've grown since you were a baby? (photos, stories, etc.)
 - how do you know that a tree has grown? (growth rings, thicker trunk, taller)
 - growth is a very gradual process, can't detect it very well from one day to the next
 - what do trees need to grow? (water, sunlight, carbon dioxide, nitrogen, etc.)
 - what do trees produce as waste? (oxygen) ...use to grow more trees? (fruit, seeds)
 - fruits are visible results of an invisible process – tree growth is like spiritual growth
 - nutrients feed tree like the Eucharist, Gifts of the Spirit, Theological Virtues feed us
 - wouldn't notice the tree growing as it happens so gradually – recognize it by fruits
 - the point of sweet fruit is to be eaten, to spread the seeds – we plant faith in others
 - use slides to briefly list the 12 Fruits of the Holy Spirit
 - use quotations in shareable images to expand on the usual meaning
 - if time allows, can read through the descriptions on pp. 76-80 of the textbook
 - or could assign pp. 76-80 as homework to prepare for the next day's activity
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5. **Exploring the Fruits of the Spirit** (In Groups or In Pairs) 25-45 min 7:30
 - use handout with quotations, stories of saints and posts from former website/microblog GivesMeHope.com (GMH), illustrating each Fruit of the Holy Spirit
 - Love: St. Maximilian Kolbe Joy: St. Teresa of Avila Modesty: St. Therese of Lisieux
 - Peace: St. Francis of Assisi Kindness: St. John Bosco Faithfulness: St. Thomas More
 - Goodness: St. Damien of Molokai Chastity: St. M. Goretti Patience: St. Monica
 - Gentleness: St. Teresa of Calcutta Self-Control: St. Lawrence Generosity: St. Nicholas

- go through a few of the Fruits of the Spirit (**leader may assign a page to each group/pair**), discuss or reflect on the accompanying question after reading the saint story, quote and GMH story, and take notes on your (group's) notepad
- each group/pair should choose one Fruit to report back on and, together or in pairs, **write a prayer** asking God to bring that fruit into their lives - use tip sheet w/ prayer parts
- see handout for format "YOU" "WHO" "DO" "THROUGH" & suggested phrasings

6. **Groups/Pairs Report Back with Closing Prayers** 10-15 min 8:15

- choose a few volunteers to lead class in prayer with the prayer they wrote (~1 min each)

7. **Homework and Reminders** (Rachel/Keenan) 5 min 8:25

- read/do textbook, pp. 76-80 and journal pp. 75-76

- next class

Track A @ 6:45 p.m. next Monday evening, December 18

Track B in Religion class Tuesday and Wednesday, December 19 and 20

PRAYER PARTS

suggested phrasing to help you get started in writing your prayer asking for help with a Fruit of the Spirit

Choose from among the parts below, or write new parts in a similar style, to assemble your own prayer.

Be sure to include your own specific language in the **“DO”** section, asking for God to help you grow in one of the Fruits of the Spirit, and why that Fruit is needed or important!

“YOU”	“WHO”	“DO”	“THROUGH”
Lord of all creation,	who made us and all that we love,	_____	With Jesus who lives forever. Amen.
Heavenly Father,	who watches over us each day,	_____	In the name of our Lord Jesus. Amen.
Jesus our brother,	who loves us and feeds us like a Good Shepherd,	_____	In the name of Jesus. Amen.
Holy Spirit,	who is with us always and in every difficulty,	_____	Through Christ our Lord. Amen.
Loving Father,	you have guided us throughout our lives.	_____	In Jesus and with the Holy Spirit. Amen.
Almighty and all-powerful God,	you have given us every good gift.	_____	We ask this through Jesus our Lord and Savior. Amen.
Jesus, Savior of the world,	you show your love for me each day.	_____	We pray and ask your mercy in Jesus' name. Amen.
Good and gracious God,	you created this wonderful world for us to live in.	_____	In the most holy name of Jesus. Amen.
<i>etc.</i>	<i>etc.</i>	<i>etc.</i>	<i>etc.</i> Amen.

Our Prayer: _____

_____ . Amen.