

**This session's objectives:**

- To foster missionary discipleship and right relationship with God through personal prayer
- To continue talking about the structure of the Confirmation Mass by examining the invocation of the Holy Spirit during the Invitation to Prayer and the Laying on of Hands
- To explore the charisms of prayer found in our Catholic traditions that speak to each candidate's heart

**This session's program:**

1. **Check-in/attendance** (*icebreaker at tables/groups*) <5 min 6:45  
Icebreaker: exercise on textbook p. 88 (choose Opening Prayer for Confirmation Mass)
  2. **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
      - discuss after each: - key words/phrases, best parts, how related to 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; announce results at a future class
  3. **Opening Prayer** (*responsories from the Liturgy of the Hours*) 5 min 7:05
  4. **Forming a Habit of Prayer** (Rachel/Joe/Anne) 15 min 7:10
    - how 2 saints prayed through daily actions, St. Francis de Sales & St. Therese of Lisieux
    - Catholic Central video on Prayer - listen also during prayer (St. John of the Cross)
  5. **Brainstorming: Prayer** (*at tables or individually; intro'd by Rachel/Joe/Anne*) 5 min 7:30
    - how can I incorporate prayer into my daily life? - **timed: 2 minutes**
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6. **Roundtable or Mini-Witness on Prayer** (Rachel/Anne/Joe) 5-10 min 7:35
    - catechists/teacher take(s) Qs from students, respond(s) to questions on personal prayer
    - end with TikTok video *Improve Your Prayer Life in 4 Steps*
  7. **Your Prayer Style** (at tables or individually; intro'd by Rachel/Anne/Joe) 25 min 7:45
    - 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
    - options: discuss or reflect individually on your personal result and prayer suggestions using **Further Reading & Ideas packet** - **flow chart** for when you are frustrated in prayer
  8. **A Prayerful Confirmation Mass** (Rachel/Anne/Joe) 5 min 8:10
    - 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 or textbook p. 89)
    - ways to call yourself back to prayer if you find your mind or hands becoming less prayerful during the Confirmation Mass
  9. **Challenge Video Amena Brown, the Place of Prayer** 5 min 8:15
  10. **Reminders and Closing Prayer** (*Ignatian Examen*) using cards 5-10 min 8:20

**Homework & Reminders:**

- **No class next week** due to Presidents Day Mon 2/17 - homework: **journal pp. 18, 38 & 48**
- sign up for your **Confirmation interview** with a parish leader, if not already signed up!
  - SignUpGenius launched last week, interviews begin **yesterday** Wednesday 2/12
- next class **for all Candidates** is 6:45-8:30 p.m. Monday, February 24 **with guests**
- note upcoming evening retreat on Friday 2/28, 4:30 p.m. to 8:30 p.m. for all at St. Matthias!