

This session's objectives:

- To frame Lent as a time of spiritual growth through the disciplines of prayer, fasting & almsgiving
- To reimagine our Lenten sacrifices as true sacrifices united with Jesus Christ on the cross, with a purpose for some greater benefit, not mere self-improvement, more than self-control or gratitude
- To assist candidates in thinking about Confirmation's place in their overall spiritual growth into the rest of their lives, and how they might live in charity and in the sacraments

This session's program:

1. **Name-tag pick-up; students can sign up to serve in Conf. Mass roles** 5 min 6:45
2. **Opening Prayer (of St. Richard of Chichester)** 5 min 6:50
 - attributed to St. Richard, like Peace Prayer attr. to 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. **Lent: A Time for Spiritual Growth (Rachel/Saule)** 10 min 6:55
 - 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 - a way to help Ukraine & others in need
4. **My Lenten Sacrifices (at tables/groups or as a class)** 10 min 7:05
 - students write on the side of their Rice Bowl bank what they are sacrificing for Lent
 - look at the calendar & recipes, pray together the prayer from Wednesday, March 5
5. **Invitation to Spiritual Growth (Rachel/Anne/Joe)** 5 min 7:15
 - think back to "Is Your Faith Still in Kindergarten?" video & goals cards from last Fall
 - hope you've been growing while preparing for Confirmation, but we never looked at starting point (sensed by phone for Google Maps)! - let's see where we're at now spiritually
6. **Spiritual Life Snapshot (at tables or individually)** 10 min 7:20
 - use slides & tree parts worksheet for each student to complete a spiritual life tree

7. **Discernment: Prayerful Decision-Making (Rachel/Joe/Anne)** 10 min 7:30
 - discernment brings your faith into your decision-making, God as part of the process
 - [- may need to explain who "Ace of Base" is, or the first scene in next video is nonsensical]
 - Everyday Discernment video (Catholic Central) - key questions to ask in discernment
 - "discernment of spirits" (consolation vs. desolation) is more than feeling happy or sad
 - guilt (over an action) vs. shame (about yourself) - Confirmation is like making basketball team: still requires investment of practice time, teamwork and your effort to be successful!
8. **Areas for Spiritual Growth (at tables or as a class)** 10-20 min 7:40
 - introduce with coaching metaphor for making a plan to grow spiritually
 - read & discuss p. 75-76 in *Confirmed in the Spirit*, sections "Ready to Witness" and "A Plan for Spiritual Growth" with its 5 subheadings Eucharist, Reconciliation, Prayer, Works of Charity, and Community
9. **Breakout: Scripture for Spiritual Growth (at tables/groups)** 20 min 8:00
 - each table/group chooses a passage as assigned in the chart on the question sheet
 - discuss how passage invites & encourages spiritual growth, ways to grow closer to Jesus
 - includes Justice - final question answered individually on paper after discussing in group
10. **HW, Reminders & Closing Prayer (from back cover of textbook)** 5-10 min 8:20

Homework & Reminders:

- Homework: read/do textbook pp. 75-76, journal pp. 43 & 63 - dress code for Conf. Mass
- Next classes - Track A Monday 3/10 - Track B Wednesday-Thursday 3/12-3/13
- application for Fr. Jim Kaczorowski Loving Service Award handed out at retreat, due Fri 4/5