

DIOCESE OF  
**FORT WAYNE–SOUTH BEND**  
ALIVE IN CHRIST CONFIRMATION

Parish Implementation Guide

## Letter From Your Bishop

### DIOCESE OF FORT WAYNE–SOUTH BEND

Dear Catechists,

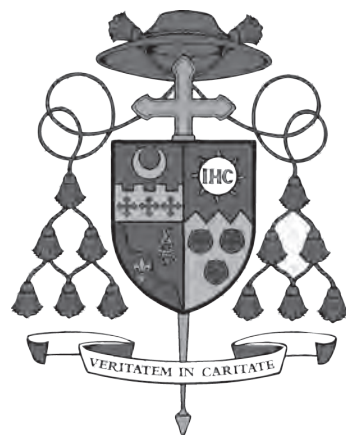
The ministry of catechesis is at the heart of the Church's mission of evangelization, sharing the Gospel of Jesus Christ with others. I want to thank each of you for responding to this call. Sharing the Good News of Jesus with young people is one of the most important ways we can help them become everything that God made them to be and ensure the life of the Church for years to come.

We are excited about this new program to prepare the youth in our diocese for the Sacrament of Confirmation. I have been personally involved with the development of this program and believe it will assist you in handing on the richness of the sacrament and helping your learners understand the steps of the rite and what they mean to us as Catholics.

Good texts can be valuable tools to us as we teach the faith, but the most important tool you have as a catechist is your own faith and witness. The General Directory for Catechesis (our guidebook from the Church about how to hand on the Faith), states, "No methodology, no matter how well tested, can dispense with the person of the catechist in every phase of the catechetical process. The charism given to him by the Spirit, a solid spirituality and transparent witness of life, constitutes the soul of every method. Only his own human and Christian qualities guarantee a good use of texts and other work instruments" (156).

These words give us hope, as they remind us that we really can and do make a difference in the lives of the young people with whom we work. This also calls us to great responsibility, knowing that the next generation is looking to us for guidance, not only in word, but also in action.

May God bless you as you share the treasures of our Catholic Faith with your students!



Sincerely yours in Christ,

*+ Kevin C. Rhoades*

Most Reverend Kevin C. Rhoades  
Bishop of Fort Wayne–South Bend



# Table of Contents

## ***Diocese of Fort Wayne–South Bend Alive in Christ Confirmation Program***

<b>Program Overview</b> .....	4
Vision and Goals	
Program Scope	
<b>Sacrament of Confirmation: An Introduction</b> .....	6
Sacraments of Initiation	
Order of Confirmation	
Effects of the Sacrament	
<b>Candidate Book Features</b> .....	8
<b>Confirmation Program Website</b> .....	10
<b>Lesson Plan Process</b> .....	12
Invite	
Discover	
Live	

Excerpts from the English translation of the *Catechism of the Catholic Church* for use in the United States of America copyright © 1994, United States Catholic Conference, Inc.-Libreria Editrice Vaticana. English translation of the *Catechism of the Catholic Church*: Modifications from the Editio Typica copyright © 1997, United States Catholic Conference, Inc.-Libreria Editrice Vaticana. Used by permission. All rights reserved.

Scripture selections taken from the *New American Bible*, revised edition © 2010, 1991, 1986, 1970 by the Confraternity of Christian Doctrine, Washington, D.C., and are used by license of the copyright owner. All rights reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

© 2015 by Our Sunday Visitor

Diocese of Fort Wayne–South Bend Alive in Christ Confirmation Program  
Parish Implementation Guide  
Item Number: CU5538

[Printer code t/k]  
[CPSIA t/k]

### Photo Credits

Cover ©ImageZoo/Corbis; Back Cover © Diocese of Fort Wayne-South Bend; 2 © Diocese of Fort Wayne-South Bend; 4 © Our Sunday Visitor; 5 © Our Sunday Visitor; 6 © Our Sunday Visitor; 10 © Image Copyright andersphoto, Used under license from Shutterstock.com; 11 (t) © Image Copyright andersphoto, Used under license from Shutterstock.com; 11 (b) © Image Copyright andersphoto, Used under license from Shutterstock.com

## Program Overview

The *Diocese Of Fort Wayne-South Bend Alive In Christ Confirmation Program* is developed specifically for students and youth in the Catholic schools and parishes in the Diocese of Fort Wayne-South Bend who are preparing for the reception of the Sacrament of Confirmation. The program includes a printed four-unit Candidate Book, complete lesson plans for both teachers and catechists available online, and multimedia resources also available online.

The program explores the significance of the symbols, rites, and prayers of the Sacrament of Confirmation. The Candidate Book presents the meaning and effects of the Sacrament in a developmentally appropriate manner that helps candidates prepare for and participate in the celebration. Activities and opportunities for reflection encourage candidates to more fully live their faith.

The program is designed to help candidates for Confirmation:

- Understand and articulate the fundamentals of Church teaching regarding the Sacrament of Confirmation
- Prepare for the celebration of the Order of Confirmation
- Commit more deeply to their Catholic faith through this preparation process
- Open their hearts to the ongoing presence of the Holy Spirit
- Reflect upon God's call to the Christian life in their own everyday experiences

This program follows the same three-step process found in the *Alive in Christ* grade-level religion curriculum: Invite, Discover, Live. For more on the catechetical process, see page 12.



## Program Scope

The four units in the program focus on the following key themes.

### Unit One: The Holy Spirit

In this unit, candidates reflect on the truth that a loving God created them and that he has a purpose and plan for their lives. Jesus calls us to follow him as disciples, and he gives us the gift of the Holy Spirit to strengthen and guide us on this path. Various symbols of the Holy Spirit are explored, along with their meanings, and the *Presentation of the Candidates* is discussed.

### Unit Two: The Sacraments in the Life of the Church

This unit provides an overview of the Seven Sacraments, with particular focus on Baptism and its meaning in our lives. Sacraments are discussed in terms of their visible signs and their spiritual effects. This unit features an in depth discussion of grace and its necessity in the lives of disciples. Candidates are given an overview of the steps of the Order of Confirmation, and the second step of the Order of Confirmation, the *Renewal of Baptismal Promises*, is explored in detail.

### Unit Three: The Order of Confirmation

This unit helps youth better understand Christ's Paschal Mystery and its connection to the Sacraments. Of particular focus are the Sacrament of Confirmation and its connection to the other Sacraments of Initiation. The day of Pentecost is discussed, with connections drawn to Baptism and Confirmation. Youth explore another step of the Order of Confirmation, the *Laying on of Hands*. This unit also examines in detail the seven Gifts of the Holy Spirit.



### Unit Four: The Spirit-Filled Life

This unit explores the effects of the Sacrament of Confirmation and invites youth to reflect on what it means to be Christ's witnesses in the world. The *Anointing with Chrism* is discussed in detail, with particular attention to its being the essential sign of the Order of Confirmation that seals with the gift of the Holy Spirit and marks candidates with a permanent sign of God's favor.

## About Confirmation

### Sacrament of Confirmation: An Introduction

The Seven Sacraments are special celebrations of the Church and privileged encounters with God. The *Catechism of the Catholic Church* states, “The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions” (CCC, 1131). In other words, sacramental rites have visible signs of the action of God, and they also make present what they signify. God chooses to work in our lives through the Sacraments.

Baptism, Confirmation, and Eucharist are the three Sacraments of Initiation. Through them, we become full members of the Church. In Baptism, we are given new life in Christ. This life and grace is strengthened in Confirmation and nourished by the Eucharist. Confirmation completes the grace of Baptism and seals us with the gift of the Holy Spirit. We receive the grace to become more like Christ and to live as his disciples.

### Celebration of the Order of Confirmation

In every Sacrament, there are things we can see (the “visible rites”) and actions of God that they signify and make present. There are four steps in the Order of Confirmation, which is ideally celebrated within Mass to show the connection among the Sacraments of Initiation.

The first step, called the Presentation of the Candidates, points to the obligation of the candidates to come prepared to the Sacrament. In this step, candidates express their desire to respond to God, who has chosen them and calls each of them by name.

In the second step of the rite, the Renewal of Baptismal Promises, candidates express their commitment to live the Christian life, to keep the promises their parents made for them when they presented them for Baptism. Following the formula of the renewal of baptismal promises, they commit themselves to reject evil and to profess and live the Christian faith as members of the Catholic Church.

In the third step of the rite, the Laying on of Hands, the bishop and any concelebrating priests extend their hands as the bishop prays, recalling the candidates’ Baptism and asking for the seven Gifts of the Holy Spirit. The Holy Spirit is invoked to come down upon those being confirmed.



The final step of the rite is the Anointing with Chrism. This is the essential rite of the Sacrament by which Confirmation is conferred. Candidates are marked with an indelible (permanent) mark as a follower of Christ, by the laying on of hand and the words, “N., BE SEALED WITH THE GIFT OF THE HOLY SPIRIT” (see CCC, 1300; Order of Confirmation, 27).

## Effects of the Sacrament

The effects of Confirmation are numerous. The Holy Spirit helps us witness to the Gospel, both in word and in action. We bond more closely to God the Father as his sons and daughters. Confirmation draws us more closely to Jesus, and it also perfects our bond with the Church—the Body of Christ. The effects connect us more closely with the mission of the Church—spreading and defending our faith.

Through the Sacrament of Confirmation, we are marked with an indelible mark—a permanent spiritual sign of God’s favor. We are sealed with the Gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety (reverence) and fear of the Lord (wonder and awe).

## Life in the Spirit

Receiving all three Sacraments of Initiation does not mean we have finished growing in Christ. We are called to lives of discipleship and of continuing conversion. If we stay open to God’s grace, the Holy Spirit helps us to become more and more like Jesus—to be the people God made us to be. We are called to be witnesses of Christ to a world that desperately needs his love. We do this both through our words and our actions. The Gifts of the Holy Spirit help us to fulfill this mission.

## Unit-Specific Catechist Background

Each unit’s lesson plan begins with a Reflection on the Sacrament and unit themes. It also includes Scripture Background on the unit’s main Scripture passage treated in the Candidate’s Book.

UNIT 1  
Confirmation Preparation

### The Holy Spirit

**Reflection for Catechists**

As Catholics, we believe in one God in Three Divine Persons—Father, Son, and Holy Spirit. Of the three, people may feel they know the least about the Third Divine Person. This is ironic, since it is the Holy Spirit who is perhaps closest to us. Saint Paul tells us that our bodies are temples of the Holy Spirit (see 1 Corinthians 6:19). It is this Person of God who dwells inside us, guiding us to do God’s will and interceding for us to the Father (see Romans 8:26-27).

The Holy Spirit helps us hear and follow God’s call in our lives. God calls each of us by name (see Isaiah 43:1), just as Jesus called each of his Apostles. Listening to and following God’s call is a lifelong process. It sometimes means going against what others expect of us, or even what we had planned for ourselves. It is within our God-given nature to seek happiness, but we often seek it in the wrong places. The only way to achieve true happiness is to be the people we were meant to be—to do that for which we were created.

We learn and understand God’s plan for our lives as we grow in our friendship with him. This usually begins in an initial encounter with God, a moment of conversion in which we recognize our need for him and decide to give our lives to him. It continues as we listen to his voice, through Scripture, Sacred Tradition, the counsel of trusted friends and family, and the events and opportunities of our lives.

- When did you first “encounter” God in a meaningful way?
- How do you continue to listen for God’s voice, so you can discern his call in your life?

**Scripture Background**

This unit opens with a passage from Psalm 139. Here, the psalmist praises the Creator for his life and because God knows his “very self.” God is with us at all times, guiding us according to his plan.

The primary Scripture passage used for this unit is Jesus’ calling of the disciples. In this passage, we can readily see that Jesus chose ordinary people. It is striking that he does not seek out disciples among the religious leaders of the day, for example, the scholars and teachers of the Law. Instead, he chooses fishermen, tradesmen, and even the tax collector. This drives home the point that God can use anyone. He calls whomever he will, and gives them what they need in order to fulfill the call.

Also featured is the connection between Isaiah 41 and Matthew 3—the promise that the Spirit of God would rest upon one of Jesus’ descendants and the promise fulfilled at the baptism of the Lord, when the Holy Spirit descends upon Jesus.

**HOW CANDIDATES UNDERSTAND THE LESSON**

Middle school is a time of rapid growth—physically, intellectually, and emotionally. This growth prompts self-reflection and self-consciousness. It’s important for candidates this age to realize that, while we are all different, each one of us is wonderfully made and we are all called by God to be a part of his work.

**Discerning Our Call** We often ask young people at this level what they would like to be, but we usually ask where they feel God might be calling them. It’s important for us to realize that we can only be truly happy when we discern his call and pursue it.

**Choices They Make** Help the Confirmation candidates appreciate that God knows each of them by name and wants to share his plan with them. Encourage them to consider how the choices they make move them closer to, or farther away from, what God has planned. This sometimes calls for difficult and drastic choices, such as when the first disciples left their lives behind and followed Jesus. At other times, it is choosing between something good... and something better.

Fort Wayne–South Bend Alive in Christ Confirmation, Unit 1 Catechist Session Plan

1



# Candidate Book Features

The book for youth contains four units, each 10 pages in length, and other important material to prepare for and reflect on the Sacrament of Confirmation.

## Opening Material

The front of each Candidate Book offers spiritual guidance and encouragement in a letter from Bishop Kevin C. Rhoades. A prayer to the Holy Spirit and a reflection page for the candidate will help in living out the journey of discipleship.



## Units

Each of the four units opens and closes with prayer. A scripture reflection process invites youth to discern God's voice and presence in their lives before beginning an exploration of unit themes. Activities and features help youth engage with the material, including unit reviews and study of a specific Saint whose life exemplifies the lesson.

## Sacramental Resources at the Back of the Book

The Order of Confirmation and celebrating the Sacrament are covered as well as information on the Rite of Reconciliation, an examination of conscience, information on Baptism and vocations, and a page on Catholic moral teaching. Catholic prayers and practices complete this resource section.

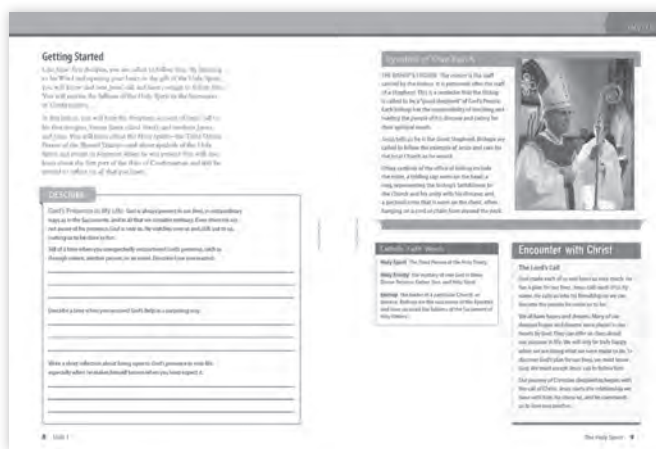


**Unit Structure** Each unit opens with prayer and Scripture as well as a feature titled, *Have you ever thought*, which helps the candidates connect God's Word with key themes of the unit.

The **Invite** section also gets youth started with an introduction and creative activity. ▶

Youth then transition unit themes with the following recurring features:

- Symbol of Our Faith
- Catholic Faith Words
- Encounter with Christ





In the **Discover** section, candidates will delve into the key teachings and spiritual practices related to the preparation for and celebration of Confirmation. The Go to the Source features send youth directly to the Bible for reading and reflection or discussion.

**The Holy Spirit in the History of God's People**

We introduced this passage to the students by having them read the story of the Holy Spirit coming to the Virgin Mary in the Annunciation. We then read the story of the Holy Spirit coming to the Virgin Mary in the Annunciation. We then read the story of the Holy Spirit coming to the Virgin Mary in the Annunciation.

**Scripture**

When the Holy Spirit came upon Mary, she was filled with the Holy Spirit. She was filled with the Holy Spirit. She was filled with the Holy Spirit.

**IMAGINE**

Imagine you are the Holy Spirit. You are the Holy Spirit. You are the Holy Spirit. You are the Holy Spirit.

**Jesus' Call and the Holy Spirit**

Jesus' call and the Holy Spirit. Jesus' call and the Holy Spirit. Jesus' call and the Holy Spirit. Jesus' call and the Holy Spirit.

**Our Trinitarian Faith**

Our Trinitarian Faith. Our Trinitarian Faith. Our Trinitarian Faith. Our Trinitarian Faith.

**Celebrating the Sacrament**

Celebrating the Sacrament. Celebrating the Sacrament. Celebrating the Sacrament. Celebrating the Sacrament.

**Jesus Calls the First Disciples**

Jesus calls the first disciples. Jesus calls the first disciples. Jesus calls the first disciples. Jesus calls the first disciples.

**Scripture**

Scripture. Scripture. Scripture. Scripture.

**IMAGINE**

Imagine. Imagine. Imagine. Imagine.

**Jesus' Call and the Holy Spirit**

Jesus' Call and the Holy Spirit. Jesus' Call and the Holy Spirit. Jesus' Call and the Holy Spirit. Jesus' Call and the Holy Spirit.

**Our Trinitarian Faith**

Our Trinitarian Faith. Our Trinitarian Faith. Our Trinitarian Faith. Our Trinitarian Faith.

**Celebrating the Sacrament**

Celebrating the Sacrament. Celebrating the Sacrament. Celebrating the Sacrament. Celebrating the Sacrament.

Charts and graphic organizers will help candidates visualize material such as the Gifts and Fruits of the Holy Spirit. The Discover section also highlights a specific part or step of the Rite of Confirmation in the Celebrating the Sacrament feature.

**The Grace to Guide Us**

The Grace to Guide Us. The Grace to Guide Us. The Grace to Guide Us. The Grace to Guide Us.

**People of Faith**

People of Faith. People of Faith. People of Faith. People of Faith.

**Taking the Message Home**

Taking the Message Home. Taking the Message Home. Taking the Message Home. Taking the Message Home.

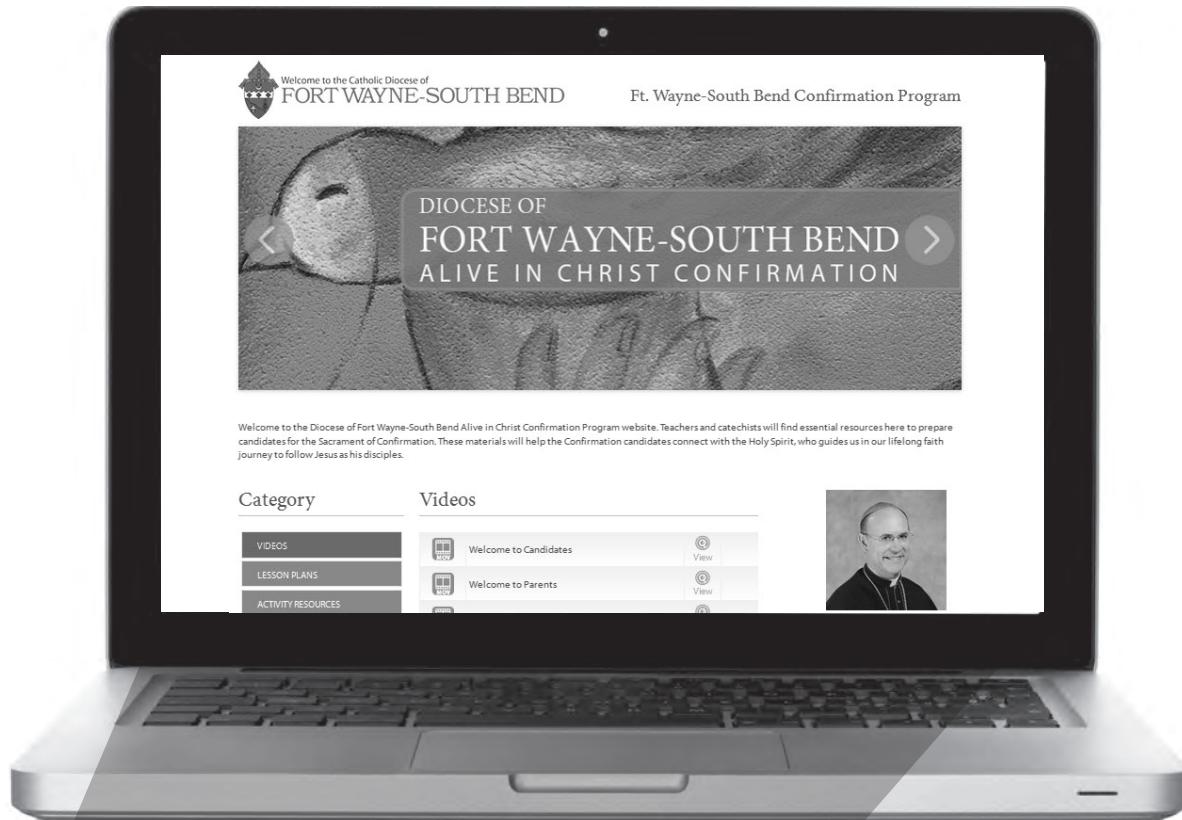
**UNIT Summary**

UNIT Summary. UNIT Summary. UNIT Summary. UNIT Summary.

In the **Live** section of each unit, the youth will have the opportunity to connect what they have learned to their daily and spiritual lives. Activities with help them process the material and get them thinking about how the Sacrament of Confirmation will impact their lives.

On the final page of each unit, a Person of Faith accompanies each unit and exemplifies the kind of life a disciple of Christ would lead. Candidates will also have a project or activity that involves taking the lesson home and putting their knowledge into practice. A Unit Summary helps the candidates retain the most important aspects of the lesson.

# Confirmation Program Website



Welcome to the Diocese of Fort Wayne-South Bend Alive in Christ Confirmation Program website. Teachers and catechists prepare candidates for the Sacrament of Confirmation. These materials will help the Confirmation candidates connect with the Holy Spirit, who guides us in our lifelong faith journey to follow Jesus as his disciples.

## Category















VIDEOS

LESSON PLANS

ACTIVITY RESOURCES

LINKS

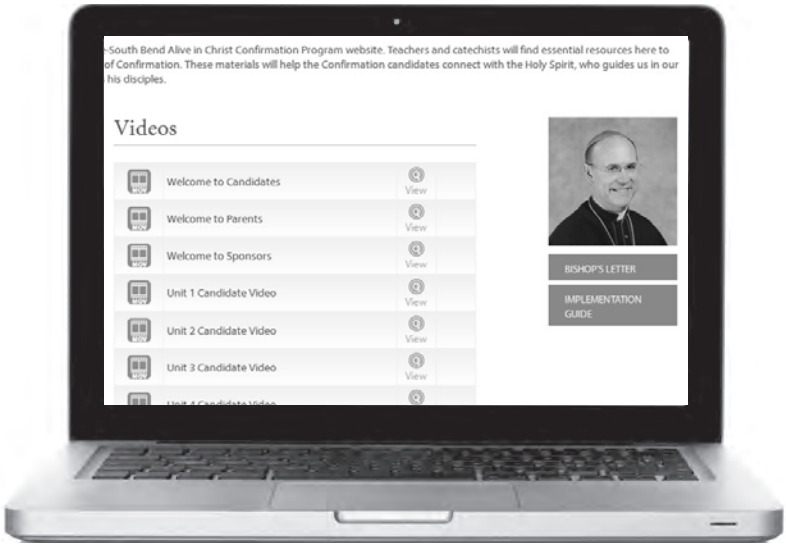
## Videos

	Welcome to Candidates		View
	Welcome to Parents		View
	Welcome to Sponsors		View
	Unit 1 Candidate Video		View
	Unit 2 Candidate Video		View
	Unit 3 Candidate Video		View
	Unit 4 Candidate Video		View

## Home Page

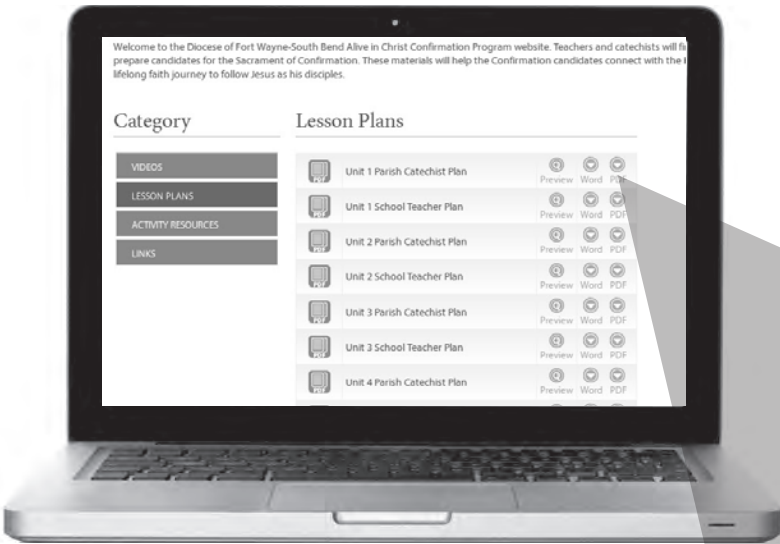
The *Diocese of Fort Wayne–South Bend Alive in Christ Confirmation Program* website features an easy-to-use navigation scheme, allowing users to navigate between Videos, Lesson Plans, Activity Resources, and Links. Videos of Bishop Rhoades addressing candidates, catechists, teachers, and parents appear in the middle column of the Home Page. Users can access the videos by simply hitting the “Play” button.

Over in the right-hand column, a letter specially written by Bishop Rhoades for users of the program, along with the Implementation Guide in Adobe PDF format, are available to download.



### Lesson Plans Page

Lesson Plans are segmented by unit, with unique lesson plans for catechists (Parish) and teachers (School). Lesson Plans are available in both Adobe PDF and Microsoft Word formats and can be accessed by clicking the "Download" button.



# Lesson Plan Process

## The Catechetical Process

The Fort Wayne–South Bend Confirmation Catechist Lesson Plans follow the same catechetical process (Invite, Discover, and Live) as *Alive in Christ* Grades 7 and 8. Each unit Lesson Plan for parish is intended for 75 minutes, with the flexibility for activities or projects to be done at home in between lessons.

**The Invite Step** (15 minutes) begins the lesson with prayer followed by God’s invitation through Sacred Scripture. Candidates open their minds and hearts to what God is saying to them in Scripture and reflect on it. The unit’s key concepts are presented along with an activity to access prior learning or tap into the candidate’s faith and life experience. A Symbol of Faith, Encounter with Christ, and Catholic Faith Words are then presented and serve as a transition to the Discover step and unit objectives.

**The Discover Step** (45 minutes) promotes readiness for the Sacrament of Confirmation. This step helps form Catholic identity through the study of Scripture, knowledge of Church teaching, and an understanding of Catholic sacramental practices. It presents the doctrine of the lesson in developmentally appropriate language and images. Symbols and steps of the Rite of Confirmation are explored and explained. Charts, on-page questions, and activities give candidates the opportunity to process and reinforce what they have learned and apply it to their own lives and the experience of the Church.

**The Live Step** (15 minutes) helps the young people relate knowledge of the faith and the ways we worship, live, pray, and serve together as Catholics. Candidates are given the tools to connect their faith to everyday life and to deepen their relationship with God. They are presented with an overview of what was learned and of a Saint whose life exemplifies the lesson.

As you follow this catechetical process, you will in fact mirror the divine pedagogy by offering your candidates the opportunity to know God and his truth through Sacred Scripture and Sacred Tradition. You will inspire them to be open to the Holy Spirit so that they will respond in faith and love and accept the gift of new life in Christ!

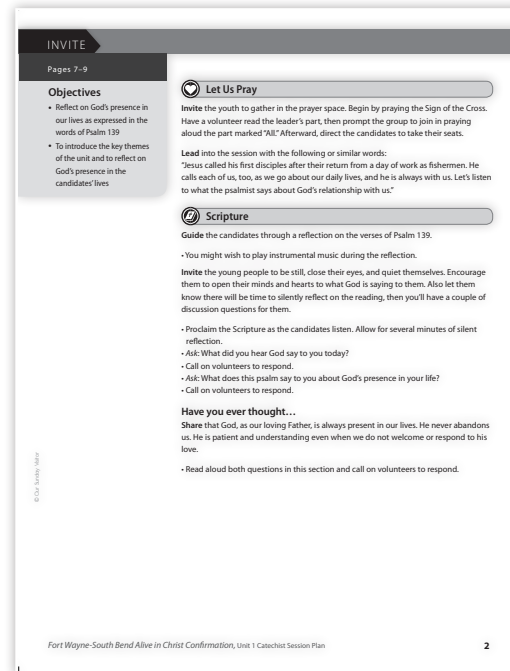


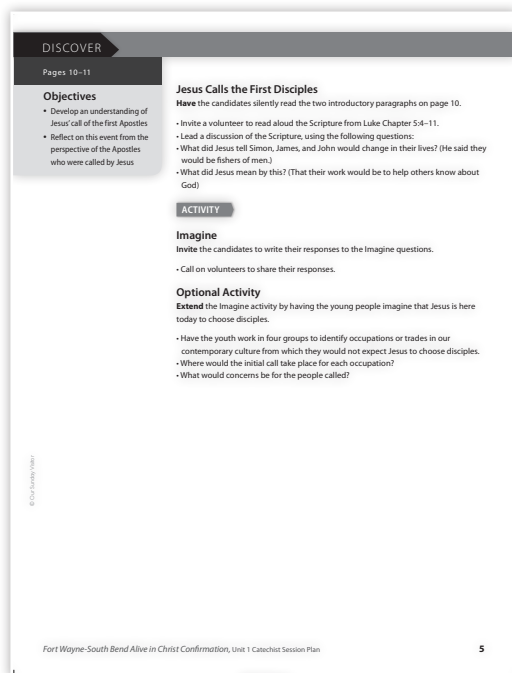
As a catechist, during the **Invite** step you:

- Call the young people together and prepare them to hear the **Word of God**.
- Pray with the youth.
- Guide the candidates through the opening **Scripture passage and reflection**.
  - Proclaim God's Word.
  - After proclamation of the Scripture, allow time for sacred **silence**.
  - The young people should feel free to **share** what they experienced, what they felt God was saying to them, or what he wanted them to know in a special way today. Assure them that sharing is voluntary.
- Prompt continued thought about God's Word and move to unit objectives by using the **"Have you ever thought"** questions.

Preview unit **concepts** from the second and third Invite pages.

- Getting Started: Introduces the **main points** of the unit.
- Graphic Organizer: Provides an organizer that **relates** unit concepts and helps the candidates make connections through an activity or questions.
- Faith Symbols: Highlights a symbol of the **Catholic faith** to help young people prepare for the Sacrament of Confirmation.
- Encounter with Christ: Presents revealed teaching that focuses on Christ and how we are in relationship with him personally, as a Church, and in the world.

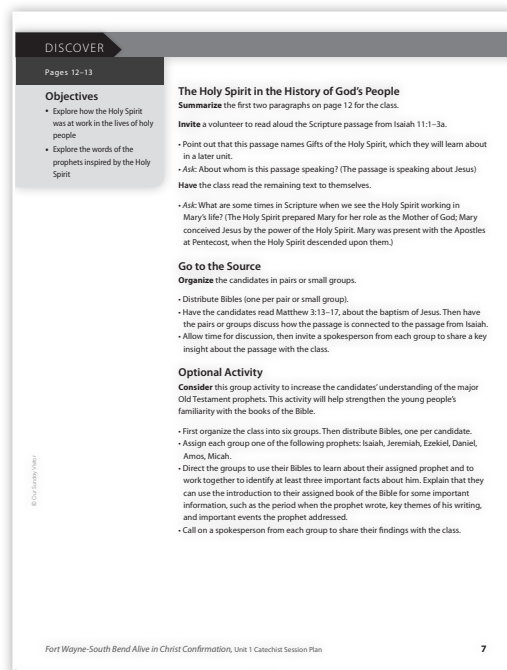




As a catechist, during the **Discover** step you:

- Teach the **objectives** of the lesson located at the beginning of each step in the catechist Lesson Plan downloaded from the website.
- Prepare the Scripture reading with the preceding introduction, and proclaim or have a candidate proclaim the **Word of God**.
- Direct the young people to the green **activity** that draws on their religious imagination to put themselves into the scenario just proclaimed.
- Next, work through a block of text that delves into Church **teaching** on the Sacraments.

- The second **Discover** spread includes text as well as a Go to the Source and Celebrating the Sacrament feature.
- Go to the Source sends the young people on their own to **Scripture** as they explore the Word of God and connect it to the unit objectives and/or life experiences.
- The **Celebrating the Sacrament** feature takes one of the parts of the Rite of Confirmation and explains it more deeply.
- This section also includes charts that will help young people visualize an aspect of **preparation** for Confirmation, such as renewal of baptismal promises or frequently asked questions about Confirmation and the effects of the Sacrament.



As a catechist, during the **Live** step you:

- Will have the candidates work on activities that will unpack the Sacrament and objectives taught. These will reflect the practice of our **Catholic faith**.
- Will have the young people moving the lessons from their head to their heart. Sections like *From Head to Heart* and *Listening with Our Hearts* ask the candidates to consider making these concepts part of their daily lives.

LIVE

Pages 14-16

**Objectives**

- To reflect on how Jesus calls each of us today
- To consider what discipleship means and how to grow as disciples
- Consider ways to live out what has been learned
- Explore the faith life of Saint Clare of Assisi

**From Head to Heart**

**ACTIVITY**

Read aloud the reflection questions. Invite the candidates to write their responses.

- Call on volunteers to share what they have written.

If time allows, direct the candidates to complete the drawing activity about the Holy Spirit.

**Optional Activity**

Expand the "Head to Heart" activity on page 14 using the Reflection below.

- Read aloud the introduction below that begins with "Jesus calls," then ask volunteers to read to the class some or all of the Scripture passages. For each passage, ask the following or similar questions:
  - What are some times in your life when you can follow Jesus' example?
  - What can make it challenging to follow Jesus' example?
  - What was a time when you followed Jesus' example as presented in this passage?
  - How did that strengthen you as a disciple?

**Reflection**

Tell the class: Jesus calls us each day to live as his disciples. He teaches us how to live through his own example, handed down to us in the Gospels. Here are some passages that show the way to live, as taught and lived by Jesus himself.

Have candidates work independently or in groups and read the following passages. Then have them summarize what is said in each passage.

- Taking time to pray: Mark 6:45-46
- Obedience to God's will: Luke 22:41-42
- Caring for those in need: Matthew 9:27-31
- Forgiving enemies: Luke 23:33-34
- Resisting temptation: Matthew 4:1-11
- Speaking out against wrongdoing: Matthew 21:12-13

**The Grace to Guide Us**

Read aloud the first paragraph on page 15.

- Say: The first disciples left everything to follow Jesus. You don't have to give up everything, but that doesn't mean that discipleship is always easy. Yet the Holy Spirit will always give you the guidance you need, if you open your heart to his presence.

Fort Wayne-South Bend Alive in Christ Confirmation, Unit 1 Catechist Session Plan

9

Unit Prayer

Gather around a prayer table with a Bible, a candle, and a container of Holy Water or some other sacred place.

**Catechist:** Let us take a deep breath and become aware of the presence of God with us. Let's begin with the Sign of the Cross.

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Catechist:** We have been reminded of God's great love in the creation of the world and in his calling to each of us by name. As we prepare to fully enter into the Church and our relationship with God, the Holy Spirit opens our hearts. He helps us to see what we need to grow closer to him. Please take out your slips of paper and read what you found most important from this first unit lesson.

[Individually, each candidate reads what he or she wrote and why.]

**Catechist:** Loving Father, we thank you for opening our hearts and minds to what you are saying to us in our lesson. We pray that we will continue to be aware of what your Holy Spirit is prompting us to know, and how we are being called to live. Help us to follow the example you set for us through Jesus Christ your Son. Together, let us pray Glory Be to the Father.

**All:** Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be world with out end. Amen.

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Fort Wayne-South Bend Alive in Christ Confirmation, Unit 1 Catechist Session Plan

11

- Will introduce the young people to a Person of Faith, a Saint whose life exemplifies the content of the unit.
- Will discuss with the candidates how they can take these lessons home where the Holy Spirit will help them encounter Christ. The Taking the Message Home section will challenge the candidates to put their faith into practice.
- Will prepare and hold a final prayer session emphasizing what the candidates learned from the unit and praying for the Holy Spirit's help to put these things into practice.

Effective Pedagogy 15





DIOCESE OF  
**FORT WAYNE–SOUTH BEND**  
ALIVE IN CHRIST CONFIRMATION

School Implementation Guide



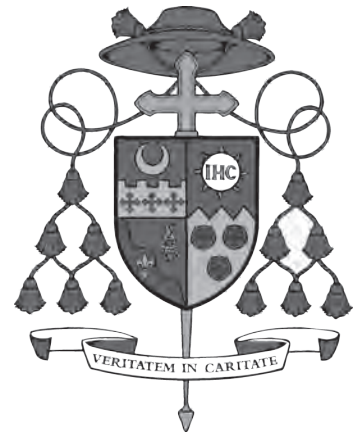
## Letter From Your Bishop

### DIOCESE OF FORT WAYNE–SOUTH BEND

Dear Teachers,

Catholic education is a critical part of the Church's mission of handing on God's Word to the next generation. I want to thank each of you for responding to God's call to the vocation of teaching. Catholic education can help our young people become everything that God made them to be and, in so doing, ensure the life of the Church for years to come.

We are excited about this new program to prepare students in our diocese for the Sacrament of Confirmation. I have been personally involved with the development of this program and believe it will assist you in handing on the richness of the sacrament and helping your students understand the steps of the rite and what they mean to us as Catholics.



In the document *To Teach as Jesus Did*, the bishops of the United States say the following:

The educational mission of the Church is an integrated ministry embracing three interlocking dimensions: the message revealed by God (didache) which the Church proclaims; fellowship in the life of the Holy Spirit (koinonia); service to the Christian community and the entire human community (diakonia) (14).

Of the educational programs available to the Catholic community, Catholic schools afford the fullest and best opportunity to realize the threefold purpose of Christian education among children and young people (see 101).

A good preparation for Confirmation is more than just information about the rite. I urge you to look for opportunities to help your students become aware of what it means to live in the Holy Spirit and to serve the Christian community—to go forth and live what they have received.

May God bless you as you share the treasures of our Catholic Faith with your students!

Sincerely yours in Christ,

+ *Kevin C. Rhoades*

Most Reverend Kevin C. Rhoades  
Bishop of Fort Wayne–South Bend

# Table of Contents

## ***Diocese of Fort Wayne–South Bend Alive in Christ Confirmation Program***

<b>Program Overview</b> .....	4
Vision and Goals	
Program Scope	
<b>Sacrament of Confirmation: An Introduction</b> .....	6
Sacraments of Initiation	
Celebration of the Order of Confirmation	
Effects of the Sacrament	
<b>Candidate Book Features</b> .....	8
<b>Confirmation Program Website</b> .....	10
<b>Lesson Plan Process</b> .....	12
5 Day Plan and Teaching Method	
Invite	
Discover	
Live	

Excerpts from the English translation of the *Catechism of the Catholic Church* for use in the United States of America copyright © 1994, United States Catholic Conference, Inc.-Libreria Editrice Vaticana. English translation of the *Catechism of the Catholic Church*: Modifications from the Editio Typica copyright © 1997, United States Catholic Conference, Inc.-Libreria Editrice Vaticana. Used by permission. All rights reserved.

Scripture selections taken from the *New American Bible*, revised edition © 2010, 1991, 1986, 1970 by the Confraternity of Christian Doctrine, Washington, D.C., and are used by license of the copyright owner. All rights reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

© 2015 by Our Sunday Visitor

Diocese of Fort Wayne–South Bend Alive in Christ Confirmation Program  
School Implementation Guide  
Item Number: CU5539

[Printer code t/k]  
[CPSIA t/k]

### Photo Credits

Cover ©imageZoo/Corbis; Back Cover © Diocese of Fort Wayne-South Bend; 2 © Diocese of Fort Wayne-South Bend; 4 © Our Sunday Visitor; 5 © Our Sunday Visitor; 6 © Our Sunday Visitor; 10 © Image Copyright andersphoto, Used under license from Shutterstock.com; 11 (t) © Image Copyright andersphoto, Used under license from Shutterstock.com; 11 (b) © Image Copyright andersphoto, Used under license from Shutterstock.com

## Program Overview

The *Diocese Of Fort Wayne-South Bend Alive In Christ Confirmation Program* is developed specifically for students and youth in the Catholic schools and parishes in the Diocese of Fort Wayne-South Bend who are preparing for the reception of the Sacrament of Confirmation. The program includes a printed four-unit Candidate Book, complete lesson plans for both teachers and catechists available online, and multimedia resources also available online.

The program explores the significance of the symbols, rites, and prayers of the Sacrament of Confirmation. The Candidate Book presents the meaning and effects of the Sacrament in a developmentally appropriate manner that helps candidates prepare for and participate in the celebration. Activities and opportunities for reflection encourage candidates to more fully live their faith.

The program is designed to help candidates for Confirmation:

- Understand and articulate the fundamentals of Church teaching regarding the Sacrament of Confirmation
- Prepare for the celebration of the Order of Confirmation
- Commit more deeply to their Catholic faith through this preparation process
- Open their hearts to the ongoing presence of the Holy Spirit
- Reflect upon God's call to the Christian life in their own everyday experiences

This program follows the same three-step process found in the *Alive in Christ* grade-level religion curriculum: Invite, Discover, Live. For more on the catechetical process, see page 12.



## Program Scope

The four units in the program focus on the following key themes.

### Unit One: The Holy Spirit

In this unit, candidates reflect on the truth that a loving God created them and that he has a purpose and plan for their lives. Jesus calls us to follow him as disciples, and he gives us the gift of the Holy Spirit to strengthen and guide us on this path. Various symbols of the Holy Spirit are explored, along with their meanings, and the *Presentation of the Candidates* is discussed.

### Unit Two: The Sacraments in the Life of the Church

This unit provides an overview of the Seven Sacraments, with particular focus on Baptism and its meaning in our lives. Sacraments are discussed in terms of their visible signs and their spiritual effects. This unit features an in depth discussion of grace and its necessity in the lives of disciples. Candidates are given an overview of the steps of the Rite of Confirmation, and the *Renewal of Baptismal Promises* is explored in detail.

### Unit Three: The Order of Confirmation

This unit helps youth better understand Christ's Paschal Mystery and its connection to the Sacraments. Of particular focus are the Sacrament of Confirmation and its connection to the other Sacraments of Initiation. The day of Pentecost is discussed, with connections drawn to Baptism and Confirmation. Youth explore an important step of the Order of Confirmation, the *Laying on of Hands*. This unit also examines in detail the seven Gifts of the Holy Spirit.



### Unit Four: The Spirit-Filled Life

This unit explores the effects of the Sacrament of Confirmation and invites youth to reflect on what it means to be Christ's witnesses in the world. An essential step of the Order of Confirmation, the *Anointing with Chrism*, is discussed in detail, with particular attention to its being the essential sign of the Rite of Confirmation that seals with the gift of the Holy Spirit and marks candidates with a permanent sign of God's favor.



## About Confirmation

### Sacrament of Confirmation: An Introduction

The Seven Sacraments are special celebrations of the Church and privileged encounters with God. The *Catechism of the Catholic Church* states, "The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions" (CCC, 1131). In other words, sacramental rites have visible signs of the action of God, and they also make present what they signify. God chooses to work in our lives through the Sacraments.

Baptism, Confirmation, and Eucharist are the three Sacraments of Initiation. Through them, we become full members of the Church. In Baptism, we are given new life in Christ. This life and grace is strengthened in Confirmation and nourished by the Eucharist. Confirmation completes the grace of Baptism and seals us with the gift of the Holy Spirit. We receive the grace to become more like Christ and to live as his disciples.

### Celebration of the Order of Confirmation

In every Sacrament, there are things we can see (the "visible rites") and actions of God that they signify and make present. There are four steps in the Order of Confirmation, which is ideally celebrated within Mass to show the connection among the Sacraments of Initiation.

The first step, called the Presentation of the Candidates, points to the obligation of the candidates to come prepared to the Sacrament. In this step, candidates express their desire to respond to God, who has chosen them and calls each of them by name.

In the second step of the rite, the Renewal of Baptismal Promises, candidates express their commitment to live the Christian life, to keep the promises their parents made for them when they presented them for Baptism. Following the formula of the renewal of baptismal promises, they commit themselves to reject evil and to profess and live the Christian faith as members of the Catholic Church.

In the third step of the rite, the Laying on of Hands, the bishop and any concelebrating priests extend their hands as the bishop prays, recalling the candidates' Baptism and asking for the seven Gifts of the Holy Spirit. The Holy Spirit is invoked to come down upon those being confirmed.



The final step of the rite is the Anointing with Chrism. This is the essential rite of the Sacrament by which Confirmation is conferred. Candidates are marked with an indelible (permanent) mark as a follower of Christ, by the laying on of hand and the words, “N., BE SEALED WITH THE GIFT OF THE HOLY SPIRIT” (see CCC, 1300; Order of Confirmation, 27).

## Effects of the Sacrament

The effects of Confirmation are numerous. The Holy Spirit helps us witness to the Gospel, both in word and in action. We bond more closely to God the Father as his sons and daughters. Confirmation draws us more closely to Jesus, and it also perfects our bond with the Church—the Body of Christ. The effects connect us more closely with the mission of the Church—spreading and defending our faith.

Through the Sacrament of Confirmation, we are marked with an indelible mark—a permanent spiritual sign of God’s favor. We are sealed with the Gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety (reverence) and fear of the Lord (wonder and awe).

## Life in the Spirit

Receiving all three Sacraments of Initiation does not mean we have finished growing in Christ. We are called to lives of discipleship and of continuing conversion. If we stay open to God’s grace, the Holy Spirit helps us to become more and more like Jesus—to be the people God made us to be. We are called to be witnesses of Christ to a world that desperately needs his love. We do this both through our words and our actions. The Gifts of the Holy Spirit help us to fulfill this mission.

## Unit-Specific Teacher Background

Each unit’s lesson plan begins with a Reflection on the Sacrament and unit themes. It also includes Scripture Background on the unit’s main Scripture passage treated in the Candidate’s Book.

UNIT 1  
Confirmation Preparation

### The Holy Spirit

**Reflection for Teachers**

As Catholics, we believe in one God in Three Divine Persons—Father, Son, and Holy Spirit. Of the three, people may feel they know the least about the Third Divine Person. This is ironic, since it is the Holy Spirit who is perhaps closest to us. Saint Paul tells us that our bodies are temples of the Holy Spirit (see 1 Corinthians 6:19). It is this Person of God who dwells inside us, guiding us to do God’s will and interceding for us to the Father (see Romans 8:26–27).

The Holy Spirit helps us hear and follow God’s call in our lives. God calls each of us by name (see Isaiah 43:1), just as Jesus called each of his Apostles. Listening to and following God’s call is a lifelong process. It sometimes means going against what others expect of us, or even what we had planned for ourselves. It is within our God-given nature to seek happiness, but we often seek it in the wrong places. The only way to achieve true happiness is to be the people we were meant to be—to do that for which we were created.

We learn and understand God’s plan for our lives as we grow in our friendship with him. This usually begins in an initial encounter with God, a moment of conversion in which we recognize our need for him and decide to give our lives to him. It continues as we listen to his voice, through Scripture, Sacred Tradition, the counsel of trusted friends and family, and the events and opportunities of our lives.

- When did you first “encounter” God in a meaningful way?
- How do you continue to listen for God’s voice, so you can discern his call in your life?

**Scripture Background**

This unit opens with a passage from Psalm 139. Here, the psalmist praises the Creator for his life and because God knows his “very self.” God is with us at all times, guiding us according to his plan.

The primary Scripture passage used for this unit is Jesus’ calling of the disciples. In this passage, we can readily see that Jesus chose ordinary people. It is striking that he does not seek out disciples among the religious leaders of the day, for example, the scholars and teachers of the Law. Instead, he chooses fishermen, taxmen, and even the tax collector. This drives home the point that God can use anyone. He calls whomever he will, and gives them what they need in order to fulfill the call.

Also featured is the connection between Isaiah 11 and Matthew 3—the promise that the Spirit of God would rest upon one of Jesse’s descendants and the promise fulfilled at the baptism of the Lord, when the Holy Spirit descended upon Jesus.

**HOW STUDENTS UNDERSTAND THE LESSON**

Middle school is a time of rapid growth—physically, intellectually, and emotionally. This growth prompts self-reflection and self-consciousness. It’s important for students this age to realize that, while we are all different, each one of us is wonderfully made, and we are all called by God to be a part of his work.

**Discerning Our Call** We often ask students at this level what they would like to be, but we rarely ask where they feel God might be calling them. It’s important for us to realize that we can only be truly happy when we discern his call and pursue it.

**Choices They Make** Help the Confirmation candidates appreciate that God knows each of them by name and wants to share his plan with them. Encourage them to consider how the choices they make move them closer to, or farther away from, what God has planned. This sometimes calls for difficult and drastic choices, such as when the first disciples left their lives behind and followed Jesus. At other times, it is choosing between something good . . . and something better.

Fort Wayne–South Bend Alive in Christ Confirmation, Unit 1 Teacher Lesson Plan

1

# Candidate Book Features

The book for youth contains four units, each 10 pages in length, and other important material to prepare for and reflect on the Sacrament of Confirmation.

## Opening Material

The front of each Candidate Book offers spiritual guidance and encouragement in a letter from Bishop Kevin C. Rhoades. A prayer to the Holy Spirit and a reflection page for the candidate will help in living out the journey of discipleship.



## Units

Each of the four units opens and closes with prayer. A scripture reflection process invites youth to discern God's voice and presence in their lives before beginning an exploration of unit themes. Activities and features help youth engage with the material, including unit reviews and study of a specific Saint whose life exemplifies the lesson.

## Sacramental Resources at the Back of the Book

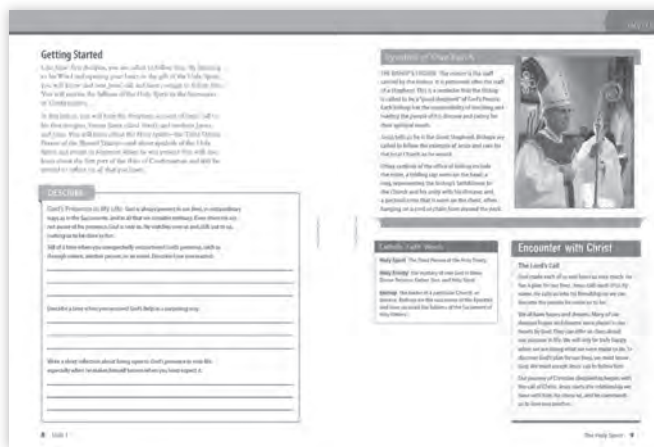
The Order of Confirmation and celebrating the Sacrament are covered as well as information on the Rite of Reconciliation, an examination of conscience, information on Baptism and vocations, and a page on Catholic moral teaching. Catholic prayers and practices complete this resource section.

**Unit Structure** Each unit opens with prayer and Scripture as well as a feature titled, *Have you ever thought*, which helps students connect God's Word with key themes of the unit.

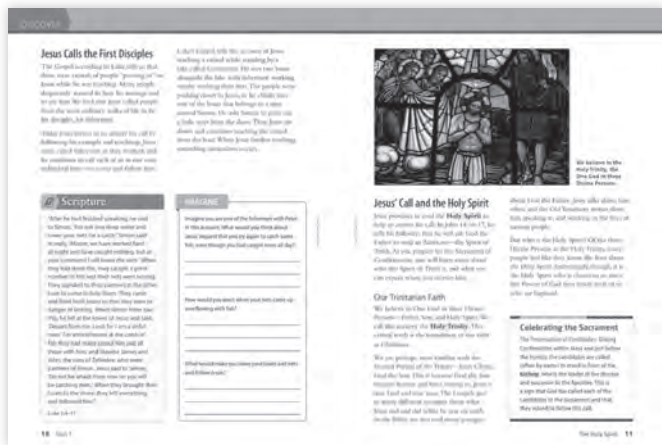
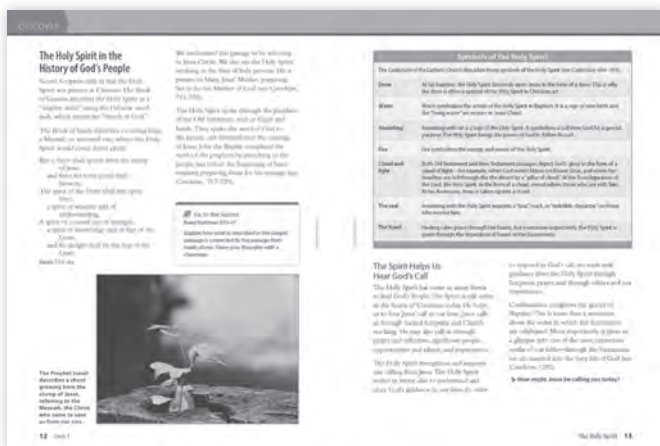
The **Invite** section also gets youth started with an introduction and creative activity. ▶

Youth then transition unit themes with the following recurring features:

- Symbol of Our Faith
- Catholic Faith Words
- Encounter with Christ



In the **Discover** section, students will delve into the key teachings and spiritual practices related to the preparation for and celebration of Confirmation. The Go to the Source features send youth directly to the Bible for reading and reflection or discussion.



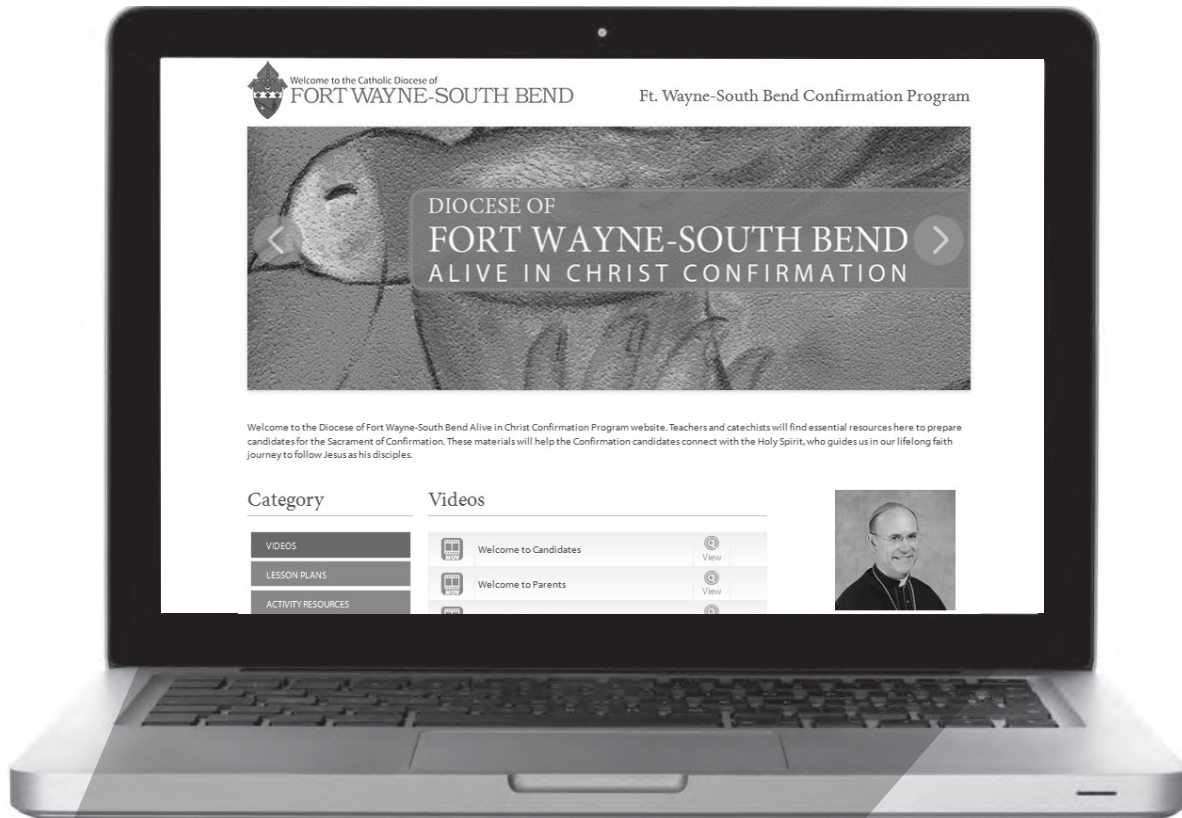
Charts and graphic organizers will help candidates visualize material such as the Gifts and Fruits of the Holy Spirit. The Discover section also highlights a specific part or step of the Rite of Confirmation in the Celebrating the Sacrament feature.



On the final page of each unit, a Person of Faith accompanies each unit and exemplifies the kind of life a disciple of Christ would lead. Candidates will also have a project or activity that involves taking the lesson home and putting their knowledge into practice. A Unit Summary helps students retain the most important aspects of the lesson.



# Confirmation Program Website



Welcome to the Diocese of Fort Wayne-South Bend Alive in Christ Confirmation Program website. Teachers and catechists prepare candidates for the Sacrament of Confirmation. These materials will help the Confirmation candidates connect with the Holy Spirit, who guides us in our lifelong faith journey to follow Jesus as his disciples.

## Category

VIDEOS
LESSON PLANS
ACTIVITY RESOURCES
LINKS

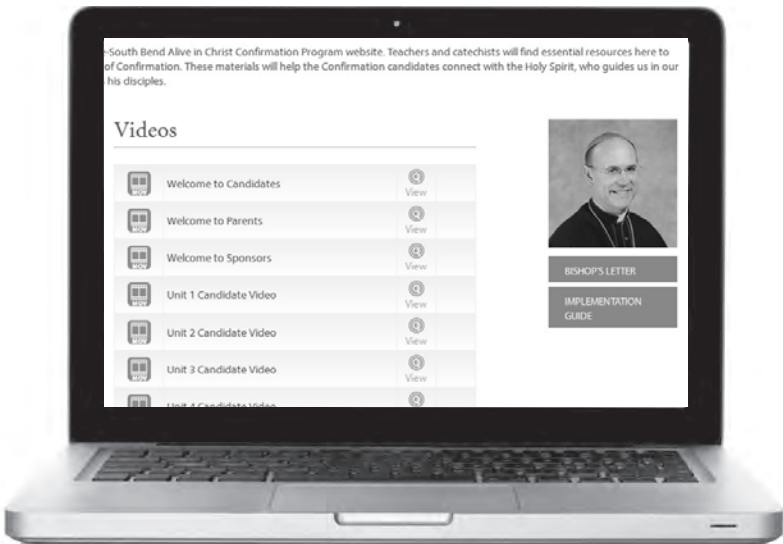
## Videos

	Welcome to Candidates		View
	Welcome to Parents		View
	Welcome to Sponsors		View
	Unit 1 Candidate Video		View
	Unit 2 Candidate Video		View
	Unit 3 Candidate Video		View
	Unit 4 Candidate Video		View

## Home Page

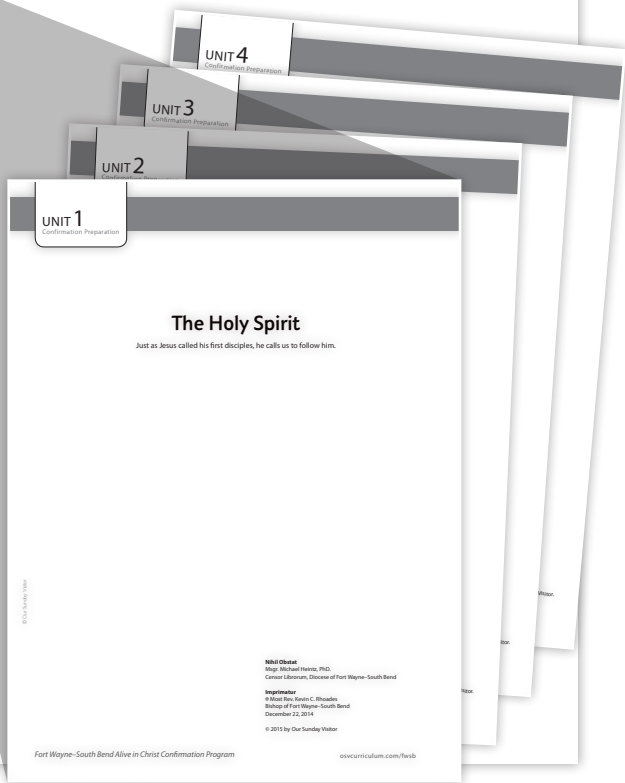
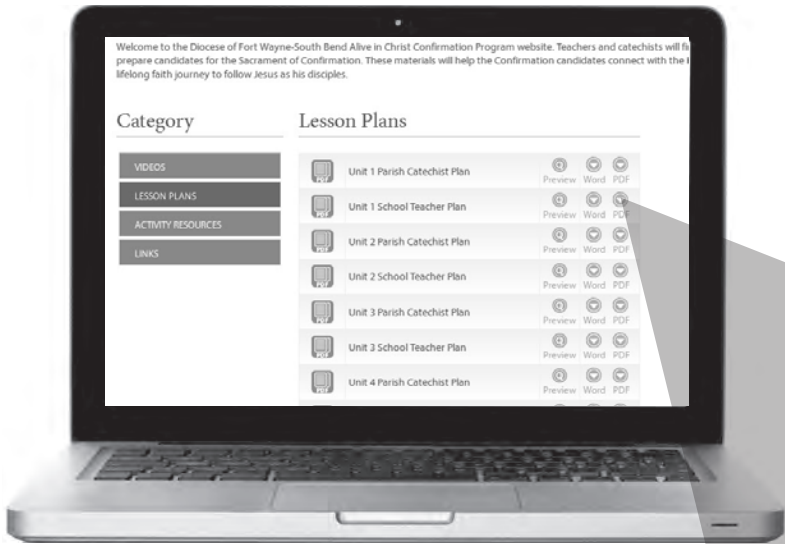
The *Diocese of Fort Wayne–South Bend Alive in Christ Confirmation Program* website features an easy-to-use navigation scheme, allowing users to navigate between Videos, Lesson Plans, Activity Resources, and Links. Videos of Bishop Rhoades addressing candidates, catechists, teachers, and parents appear in the middle column of the Home Page. Users can access the videos by simply hitting the “Play” button.

Over in the right-hand column, a letter specially written by Bishop Rhoades for users of the program, along with the Implementation Guide in Adobe PDF format, are available to download.



### Lesson Plans Page

Lesson Plans are segmented by unit, with unique lesson plans for catechists (Parish) and teachers (School). Lesson Plans are available in both Adobe PDF and Microsoft Word formats and can be accessed by clicking the "Download" button.



# Lesson Plan Process

## The Catechetical Process and the Five-Day Lesson Plan

The Fort Wayne–South Bend Confirmation Teacher Lesson Plans follow the same catechetical process and teaching method as *Alive in Christ* Grades 7 and 8 School Edition. The three-step catechetical process unfolds over five lessons of approximately 30 to 40 minutes each.

- Day 1: The Invite Step
- Days 2–3: The Discover Step
- Days 4–5: The Live Step

Day 1: The Invite Step begins the lesson with prayer followed by God's invitation through Sacred Scripture. Candidates open their minds and hearts to what God is saying to them in Scripture and reflect on it. The unit's key concepts are presented along with an activity to access prior learning or tap into students' faith and life experiences. A Symbol of Faith, Encounter with Christ, and Catholic Faith Words are then presented and serve as a transition to the Discover step and unit objectives.

Days 2–3: The Discover Step promotes readiness for the Sacrament of Confirmation. This step helps form Catholic identity through the study of Scripture, knowledge of Church teaching, and an understanding of Catholic sacramental practices. It presents the doctrine of the lesson in developmentally appropriate language and images. Symbols and steps of the Rite of Confirmation are explored and explained. Charts, on-page questions, and activities give candidates the opportunity to process and reinforce what they have learned and apply it to their own lives and the experience of the Church.

Days 4–5: The Live Step helps students relate knowledge of the faith and the ways we worship, live, pray, and serve together as Catholics. The candidates are given the tools to connect their faith to everyday life and to deepen their relationship with God. They are presented with an overview of what was learned and of a Saint whose life exemplifies the lesson.

As you follow this catechetical process, you will in fact mirror the divine pedagogy by offering your children the opportunity to know God and his truth through Sacred Scripture and Sacred Tradition. You will inspire them to be open to the Holy Spirit so that they will respond in faith and love and accept the gift of new life in Christ!

### Teaching Method

This three-step catechetical process unfolds over five lessons of about 30 to 40 minutes each. Each lesson's self-contained structure—Open, Build, Close—provides teachers with a natural daily lesson arc while keeping the three-step catechetical process intact.

**Open:** Includes an introduction, prayer, and discussion questions.

**Build:** Provides the instruction for the heart of the day's lesson and includes Scripture, activities, and Catholic Faith Words.

**Close:** This may include an activity, as well as the prayer, and song that complete each day's lesson and provides reinforcement and application to the day's objectives.

Optional additional activities can fall in Open, Build, or Close. These activities provide flexibility for teachers to choose what will work best for their students. The optional activities also ensure teachers will have enough material to engage the students during each daily lesson.

As a teacher, during the **Invite** step you:

- Call the students together and prepare them to hear the **Word of God**.
- Pray with the candidates.
- Guide the students through the opening **Scripture passage and reflection**.
  - Proclaim God's Word.
  - After proclamation of the Scripture, allow time for sacred silence.
  - Students should feel free **to share** what they experienced, what they felt God was saying to them, or what he wanted them to know in a special way today. Assure them that sharing is voluntary.
- Prompt continued thought about God's Word and move to unit objectives by using the **"Have you ever thought"** questions.

**INVITE**  
DAY 1 pages 17-19

**Objective**

- To reflect on the joy and peace we can experience in the presence of God

**OPEN**

**Let Us Pray**

Have the candidates gather in the prayer space.

- Begin by praying the Sign of the Cross.
- Together pray aloud the prayer on page 17.
- Direct the students to take their seats for the Scripture reflection.

Invite the class members to think about a particularly beautiful and peaceful place they have visited. Explain that the beauty and peace they experienced there can give them insight into the wonder and joy of being in God's presence.

**Scripture**

Guide the candidates through a reflection on the verses of Psalm 84. You may wish to play instrumental music during the reflection.

- Invite the students to be still, close their eyes, and quiet themselves.
- Encourage them to open their minds and hearts to what God is saying to them.
- Proclaim the Scripture as the class listens.
- Allow for several minutes of silent reflection.
- Ask: What did you hear God say to you today?
- Call on volunteers to respond.

**Have you ever thought . . .**

Point out that we all have a longing for God who takes care of us and who wants us to be close to him.

- Have the candidates take out some paper and write down their thoughts and answers for the two questions.
- Ask for volunteers to share their answers with the class.

Fort Wayne-South Bend Alive in Christ Confirmation, Unit 2 Teacher Lesson Plan

2

**Objective**

- To introduce the key themes of the unit and to reflect on the call to share the Good News

**BUILD**

Use page 18 to introduce the candidates to the key themes of this unit.

**Getting Started**

Invite a volunteer to read aloud the Getting Started paragraph.

- Ask: What does Jesus' instruction to "make disciples of all nations" mean in the world today?
- Invite several volunteers to respond. (Possible responses: bringing Jesus' message of love and mercy to all people, especially those who suffer; being models of Christian charity for others; sharing the Gospel message with others; inviting others to see what the Church is all about.)

**IDENTIFY**

Read aloud the activity directions.

- Have the candidates make notes in the graphic organizer for the activity.
- Encourage them to reflect on their responses and then write their impact statement as well as answer the second question about a practice they don't take part in regularly.
- Call on volunteers to share their answers.

**Optional Activity**

Share with the students that today we have countless means to reach other people to teach the Good News.

- Organize the class in groups of three or four.
- Have groups work together to identify ways for spreading the Gospel today that were not available to the first disciples. Explain that their lists can include media, technology, transportation, and anything else that facilitates our ability to visit with or talk to people in around the world.
- After the candidates have completed their lists, have the teams take turns sharing their lists with everyone.
- Ask: How is our work of evangelizing easier today than it was for the Apostles? How might modern advances make it more challenging?

Fort Wayne-South Bend Alive in Christ Confirmation, Unit 2 Teacher Lesson Plan

3

- Preview unit concepts from the second and third Invite pages.
- Getting Started: Introduces the main points of the unit.
- Graphic Organizer: Provides an organizer that relates unit concepts and helps candidates start to make connections through an activity or questions.
- Faith Symbols: Highlights a symbol of the Catholic faith to help the candidates prepare for the Sacrament of Confirmation.
- Preview of Catholic Faith Words: Assesses the students' knowledge of the terms presented in the unit.
- Encounter with Christ: Presents revealed teaching that focuses on Christ and how we are in relationship with him personally, as a Church, and in the world.



# Lesson Plan Process

## DAY 2

**DISCOVER**  
DAY 2 pages 10-11

**Objectives**

- Develop an understanding of Jesus' call of the first Apostles
- Reflect on this event from the perspective of the Apostles who were called by Jesus

**OPEN**

Begin class with a prayer.

- Lead the class in praying the Sign of the Cross.
- Lead a discussion of the Scripture, using the following questions:
- Pray: "God, our Father, open our hearts and minds to your word in Sacred Scripture."
- End with the Sign of the Cross.

**BUILD**

**Jesus Calls the First Disciples**

Have the candidates silently read the two introductory paragraphs.

- Invite a volunteer to read aloud the Scripture from Luke Chapter 5:4-11.
- Lead a discussion of the Scripture, using the following questions:
- What did Jesus tell Simon, James, and John would change in their lives? (He said they would be fishers of men.)
- What did Jesus mean by this? (That their work would be to help others know about God)

**Imagine**

Invite the candidates to write their responses to the Imagine questions.

- Call on volunteers to share their responses.

**Expand**

Extend the Imagine activity by having students imagine that Jesus is here today to choose disciples.

- Have the class work in four groups to identify occupations or trades in our contemporary culture from which they would not expect Jesus to choose disciples.
- Where would the initial call take place for each occupation?
- What would concerns be for the people called?

Fort Wayne-South Bend Alive in Christ Confirmation, Unit 1 Teacher Lesson Plan

5

As a teacher, during the **Discover** step you:

- Teach the **objectives** of the lesson located at the beginning of the day's lesson plan downloaded from the website.
- Prepare the Scripture reading with the preceding introduction, and proclaim, or have a candidate proclaim, the **Word of God**.
- Direct the students to the green **activity** that draws on the candidates' religious imagination to put themselves into the scenario just proclaimed.
- Next, work through a block of text that delves into Church **teaching** on the Sacraments.

## DAY 3

- The second **Discover** spread offers another set of objectives and includes text as well as a Go to the Source and Celebrating the Sacrament feature.
- Go to the Source sends candidates on their own to **Scripture** as they explore the Word of God and connect it to the unit objectives and/or life experience.
- The **Celebrating the Sacrament** feature takes one of the parts of the Rite of Confirmation and explains it more deeply.
- This section also includes charts that will help students visualize an aspect of **preparation** for Confirmation, such as renewal of baptismal promises or frequently asked questions about Confirmation and the effects of the Sacrament.

**DISCOVER**  
DAY 3 pages 12-13

**Objectives**

- Explore how the Holy Spirit was at work in the lives of holy people
- Explore the words of the prophets inspired by the Holy Spirit

**OPEN**

Begin class with a prayer.

- Lead the class in praying the Sign of the Cross.
- Pray: "Holy Spirit, be with us today and every day. Open our hearts to your gift of wisdom. Help us to not get distracted by our desires and instead focus on your guidance to become the people you want us to be."
- End with the Sign of the Cross.

**BUILD**

**The Holy Spirit in the History of God's People**

Summarize the first two paragraphs for the class.

Invite a volunteer to read aloud the Scripture passage from Isaiah.

- Point out that this passage names Gifts of the Holy Spirit, which they will learn about in a later unit.
- Ask: About whom is this passage speaking? (The passage is speaking about Jesus)

Have the class read the remaining text to themselves.

- Ask: What are some times in Scripture when we see the Holy Spirit working in Mary's life? (The Holy Spirit prepared Mary for her role as the Mother of God; Mary conceived Jesus by the power of the Holy Spirit; Mary was present with the Apostles at Pentecost, when the Holy Spirit descended upon them.)

**Go to the Source**

Organize students in pairs or small groups.

- Distribute Bibles (one per pair or small group).
- Have the candidates read Matthew 3:13-17, about the baptism of Jesus. Then have the pairs or groups discuss how the passage is connected to the passage from Isaiah.
- Allow time for discussion, then invite a spokesperson from each group to share a key insight about the passage with the class.

**ACTIVITY**

Consider this group activity to increase the candidates' understanding of the major Old Testament prophets. This activity will help strengthen the students' familiarity with the books of the Bible.

- First organize the class into six groups. Then distribute Bibles, one per candidate.
- Assign each group one of the following prophets: Isaiah, Jeremiah, Ezekiel, Daniel, Amos, Micah.

Fort Wayne-South Bend Alive in Christ Confirmation, Unit 1 Teacher Lesson Plan

7

As a teacher, during the **Live** step you:

- Will have the candidates work on activities that will unpack the Sacrament and objectives taught. These will reflect the practice of our **Catholic faith**.
- Will have the students moving the lessons from their head to their heart. Sections like *From Head to Heart* and *Listening with Our Hearts* ask students to consider making these concepts part of their daily lives.

**LIVE**  
**DAY 4** pages 14–15

**Objectives**

- To reflect on how Jesus calls each of us today
- To consider what discipleship means and how to grow as disciples

**OPEN**  
Begin class with a prayer.

- Lead the class in praying the Sign of the Cross.
- Pray: Invite the class to join together in praying the Lord's Prayer.
- End with the Sign of the Cross.

**BUILD**  
**From Head to Heart**  
Read aloud the reflection questions. Invite the students to write their responses.

- Call on volunteers to share what they have written.

**ACTIVITY**  
Expand the "Head to Heart" activity using the Reflection below.

- Read aloud the introduction below that begins with "Jesus calls," then ask volunteers to read to the class some or all of the Scripture passages. For each passage, ask the following or similar questions:
  - What are some times in your life when you can follow Jesus' example that we just read?
  - What can make it challenging to follow Jesus' example?
  - What was a time when you followed Jesus' example as presented in this passage? How did that strengthen you as a disciple?

**Reflection**  
**Tell** the class: Jesus calls us each day to live as his disciples. He teaches us how to live through his own example, handed down to us in the Gospels. Here are some passages that show the way to live, as taught and lived by Jesus himself.

**Have** candidates work independently or in groups and read the following passages. Then have students summarize what is said in each passage.

- Taking time to pray: Mark 6:45–46
- Obedience to God's will: Luke 22:41–42
- Caring for those in need: Matthew 9:27–31
- Forgiving enemies: Luke 23:33–34
- Resisting temptation: Matthew 4:1–11
- Speaking out against wrongdoing: Matthew 21:12–13

**Create**  
**Direct** the candidates to complete the drawing activity about the Holy Spirit.

© Our Lady of Mercy

Fort Wayne–South Bend Alive in Christ Confirmation, Unit 1 Teacher Lesson Plan

9

**LIVE**  
**DAY 5** page 16

**Objectives**

- Consider ways to live out what has been learned
- Explore the faith life of Saint Clare of Assisi
- Review the key lessons of the unit

**OPEN**  
Begin class with a prayer.

- Lead the class in praying the Sign of the Cross.
- Pray: Lord Jesus, we thank you for calling us to be your disciples. Teach us to respond to your call with joy.
- End with Sign of the Cross.

**BUILD**  
**Saint Clare of Assisi**  
Invite a volunteer to read aloud the text about Saint Clare.

- Ask: How is Saint Clare an example for young people today?
- Call on volunteers to respond.
- Tell the class that even though Saint Clare lived a long time ago, we can learn a lot from her example. Provide some examples, such as Saint Clare's devotion to the Eucharist, her openness to God's call, and the way she helped lead others to God.

**Take the Message Home**  
Have the candidates read the text to themselves.

- Ask: What are some ways you can teach the Good News through your words and through your actions in the coming week?
- Invite volunteers to respond.
- Encourage class members to commit to at least one way to share the Good News through their words, and one way to share it through their actions.

Call on one or more volunteers to read aloud the unit summary list.

- Ask the students to share any questions they have about any of the items, and clarify any information that is still unclear for any of them.
- Direct the class to look at the list carefully by themselves and ask them to write an answer on a slip of paper to this question: What part of this lesson did you find most important in strengthening your faith and why?
- Have them save the slip for the unit prayer.

© Our Lady of Mercy

Fort Wayne–South Bend Alive in Christ Confirmation, Unit 1 Teacher Lesson Plan

11

- Will introduce the candidates to a Person of Faith, a Saint whose life exemplifies the content of the unit.
- Will discuss with the young people how they can take these lessons home where the Holy Spirit will help them encounter Christ. The Taking the Message Home section will challenge students to put their faith into practice.
- Will review the unit in a summary to help ensure the students' retention of the most important points from the lessons.
- Will lead a final prayer service emphasizing what the candidates learned from the unit and praying for the Holy Spirit's guidance to put these things into practice.