



LEADER GUIDE

CONFIRMATION

SESSION 3

Moved to Mission



CONFIRMATION: MOVED TO MISSION

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SESSION OVERVIEW

The Sacrament of Confirmation is one of the three sacraments of initiation (CCC 1212). Too often, Confirmation can seem like a graduation or an ending of something, but that is not the case at all. This sacrament is a beginning, an initiation.

In this session, we will discuss the very purpose of the Sacrament of Confirmation: the Holy Spirit moving the Church to mission. We will explore Jesus' mission following His baptism when the Holy Spirit descended on Him, as well as the story of Pentecost and the mission of the Church.

SESSION SNAPSHOT

Review the entire lesson plan in advance so you are prepared to lead and discuss comfortably. Gather necessary supplies and review video segments prior to your gathering. Use the time allotments in the session outline below as a guideline, as the length of time spent on each section will vary from group to group.

TIME	SECTION	SECTION OVERVIEW
15 minutes	CONNECT	Lead your group in sharing humorous family stories to introduce the topic of belonging; then open in prayer.
60 minutes	DISCUSS	Watch and discuss these video segments: Scene 1: What does it mean to be initiated? Scene 2: The battle in the desert Scene 3: The Holy Spirit moves us to mission Scene 4: The battle in your own heart
15 minutes	COMMIT	Review the key points and last week's commitment. Then refocus on the need to establish great H.A.B.I.T.S. Close in prayer.

SUPPLIES NEEDED

- » Media device to show video segments
- » Bibles
- » Participant Sheets
- » Pens or Pencils

PREPARE IN ADVANCE

- » Have snacks ready.
- » Create a welcoming environment.



LEADER TIPS

- » We often include possible responses and material from the *Catechism* after the discussion questions to help you facilitate the conversation. It is best to let group members respond first and share the concepts in parentheses only as needed.
- » This session discusses the purpose of the Sacrament of Confirmation. We recommend learning more about this sacrament from the Lighthouse Catholic Media talk “We Must Go Out: The Sacrament of Confirmation” by Fr. Mike Schmitz.

lighthousecatholicmedia.org/store/title/we-must-go-out-the-sacrament-of-confirmation#



CONNECT



ACTIVITY

FUNNY FAMILY STORIES

SAY: Belonging to a family is a great adventure, isn't it? Every family has its funny stories about things they did together, with siblings or cousins for example. Some are passed on through generations, and some might be your own. An example might be a crazy camping adventure or the one about your uncles who almost set the kitchen on fire.

- » Let's go around in a circle and have everyone share: What is the funniest story that you can remember or that you've been told about your family?

Give every teen an opportunity to tell a quick story. This activity is designed to lead into the presenter's stories in the first video segment, so preview the segment before your session and be prepared to lead with a story of your own. It doesn't need to be about initiation, just a shared experience.



INTRODUCTION

SAY: Today's topic is on the purpose of the Sacrament of Confirmation. Confirmation is one of the three sacraments of initiation. But what is it that we are initiated into? This is what we will be discussing in this session.



OPENING PRAYER

SAY: Let's begin in prayer.

Have a teen read aloud Acts 2:3-4.



"And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance."
—Acts 2:3-4

PRAY: Heavenly Father, we thank You for all the many blessings in our lives, especially the people who help us draw closer to You. Jesus, You promised the Holy Spirit to Your disciples and that they would receive power from on high. We ask for that promise to be fulfilled in our lives as well. Holy Spirit, help us to know You and fill us with Your love.

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 without end. Amen.



DISCUSS

SAY: Let's watch the first scene of this session.



*Watch the first video segment. The video will last about 5 minutes.
At the end of the segment, discuss.*

SAY: Paul said that the Sacrament of Confirmation is not a graduation but an initiation. Initiation has two meanings: to admit someone into a group and to begin something. We see this act of admitting and beginning in the sacraments of initiation: Baptism, Eucharist, and Confirmation.

- » How are Baptism, First Eucharist, and Confirmation each a new beginning, and what do they admit us into?

(Baptism is the beginning of the Christian life. The soul passes through Christ's death and resurrection and experiences death of the old self and rebirth as a child of God. Therefore, Baptism initiates, or admits, us into the family of God, the Church. Our First Eucharist is the beginning of a lifetime of receiving Jesus physically into our bodies, which nourishes and strengthens our life in Christ. It initiates, or admits, us into the family meal. Confirmation is the beginning of a new life in the Holy Spirit as His gifts are increased within us. It initiates, or admits, us into the mission of the Church, which is to spread and defend the Catholic faith. So the sacraments of initiation—Baptism, Eucharist, and Confirmation—initiate us into the family, the family's meal, and the family's mission.)

- » On the beatification of Joan of Arc a century ago, it is reported that Pope St. Pius X said: "All the vigor of Satan's reign is due to the easy-going weakness of Catholics." What do you think this pope may have meant by that strong statement?

(The Catholic Church is the hope of the world because Jesus established the Catholic Church. Jesus, the Way and the Truth and the Life for every human being, gave the Church the mission to draw as many people as possible into the Way, the Truth, and the Life—that is, into His mystical body, the Church. If Catholics are lukewarm in their faith and do not take this mission seriously, evil will be allowed to flourish.)

- » What are some reasons you think confirmed Catholics become lukewarm or even leave the Church?

(People who have come to know Jesus personally and have experienced His love will desire to grow closer to Him. As a result, their love for the Church grows because the Church provides all that is needed to grow closer to God. They also want others to experience this same love and are motivated to share the love of Jesus with them. These people are ready for Confirmation, as they desire to have an increase of the gifts of the Holy Spirit in order to bring the love of Jesus to the world. For many, this personal relationship with Jesus was not present when they received their Confirmation. Therefore, their Confirmation probably felt like something they were made to do and not something they desired to do.)

SAY: Let's continue with Scene 2.

 Watch the second video segment. The video will last about 4 minutes. At the end of the segment, discuss.

SAY: As we talked about in the previous session, when the Holy Spirit descends upon someone in the Scriptures, He prepares them for a mission.

- » After Jesus was baptized, He was led into the desert by the Spirit to be tested. In the desert, Jesus overcame the temptations of the devil. How is this a foreshadowing of His mission from the Father?

(The devil's mission is to draw as many souls as possible into hell with him. The mission of Jesus Christ was to definitively defeat Satan by conquering sin and death. It makes sense that after the Holy Spirit descended upon Jesus at the Jordan River, He quickly led Jesus into the desert to begin His mission of saving souls from him who "comes only to steal and kill and destroy" [John 10:10].)

- » What is the mission of confirmed Catholics?

(This is the mission Jesus gave the Church: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age" [Matthew 28:19-20]. In other words, it is the mission of every confirmed Catholic to help as many people as possible give their lives to Jesus and enter into full communion with the Catholic Church.)

- » Archbishop John Hughes was the first archbishop of New York (1850–1864). He wrote: "Everyone should know that we have for our mission to convert the world, including the inhabitants of the United States: the people of the cities, the people of the country, the officers of the Navy and the Marines, the commanders of the Army, the Legislature, the Senate, the Cabinet, the President and all!"

- » What is your honest reaction to this quote?

(Many Catholics, especially those who are "lukewarm," would probably be uncomfortable with a statement like this. It may feel too strong, even intolerant, especially in the United States where the "separation of Church and State" in the First Amendment to the U.S. Constitution has been misinterpreted to mean "you should keep your faith to yourself." In reality, Archbishop Hughes' statement inspires true tolerance because it is honest and transparent. Honesty and charity will witness to the world that Catholics are not a threat but want the best for others.)

SAY: Let's continue with Scene 3.



Watch the third video segment. The video will last about 4 minutes. At the end of the segment, discuss.

SAY: Paul explains how the Holy Spirit descended on the disciples at Pentecost and how they were empowered to start the Church. Peter, who out of fear denied Christ and was in hiding, was transformed by the power of the Holy Spirit. As a result, Peter spoke courageously to the crowd and 3,000 converted and were baptized (Acts 2:41); Peter healed a man who was crippled from birth (Acts 3:1-10); Peter and John spoke boldly about Christ to the leaders, elders, and high priests, and they healed people and cast out demons (Acts 5:16); and Peter raised a girl named Tabitha from the dead (Acts 9:36-43).

- » St. John Bosco worked tirelessly to bring tough, delinquent youth off the streets of Turin, Italy, and provide them spiritual formation, education, and even apprenticeships for particular trades. He wrote: “When one is convinced that his cause is just, he will fear nothing.” Why is a just cause and courage necessary to make an impact in the world?

(A just cause takes the focus off ourselves and onto mission. We can easily succumb to fear when we stay focused on ourselves. There is no greater cause than spreading the Gospel, because Jesus is the only person who can free someone from their sin and give them life to the full. In Confirmation, the Holy Spirit increases the gift of fortitude which helps us to be courageous in overcoming our fears and doing what is right and generous for others.)

- » Pope Francis reminds us that by virtue of our baptism, all of us—priests, religious, and lay people—are called to be missionary disciples. If you were to create a job description for a missionary disciple, what would be the expectations of the job?

(Let’s start with disciple. A disciple is a fully devoted follower of Jesus. A disciple is committed to disciplines: prayer, accountability, study, service, sacraments, and living the moral life. [Recall our H.A.B.I.T.S. acronym.] A missionary is sent into the lives of others to share the good news and serve. In short, a missionary disciple is someone who knows Jesus and wants to make Him known!)

SAY: Let’s continue with Scene 4.



Watch the fourth video segment. The video will last about 3 minutes. At the end of the segment, discuss.

SAY: Paul shares with us many stories of teens who were missionary disciples. Two students decided to pray five minutes before school and invite others to join them. It grew to 200 students. One girl started making modest clothes in order to grow a movement of modesty in her school. A guy led a Bible study for his football teammates on the bus that grew to every team in the school having a Bible study on the bus. Another student, whose family was broken through divorce, prayed daily for her family to be healed, and they all ended up coming into the Catholic Church.

- » Paul said that if you want to change lives, you need to commit to two things: Prayer and Share. Pray for people every day who are in need, and look for the opportunity to share with them the Gospel.

Who is someone you know who does not know the love that God has for them? Are you willing to start praying for that person every day? Are you willing to make an effort to share the Gospel message with that person?

» Can anyone share with the group the Gospel message?

G - God has created us in His image and to be in relationship with Him now and forever.

O - Our sins have separated us from God, and we find ourselves in a great spiritual battle with Satan.

S - Sins cannot be removed through our own efforts.

P - Paying the price for our sins, Jesus was crucified, died, rose from the dead, and ascended into heaven to prepare a place for us.

E - Everyone who places their faith in Jesus shall have abundant life here and eternal life in heaven.

L - Life that is eternal is the fulfillment of all our desires in heaven forever with God, His angels, and His saints.)



COMMIT



ACTIVITY

TAKE-AWAY

SAY: I am going to go around the circle, starting with the person on my right, and I'd like each of us to share something we remember that this person said tonight.

Take a minute and go around the group, asking everyone to share briefly. Then continue.

Now I want to go around the circle again, this time starting with the person on my left, and I'd like each of us to share one take-away from tonight. In other words, share something that resonates in your heart as a truth to live by.

Give everyone time to share, and then continue.

SAY: When something resonates with our hearts, we should be mindful to take that to prayer. So I encourage you to take whatever touched your heart in this session into your prayer this week.

This week's commitment is to recommit to the H.A.B.I.T.S. that we have talked about in previous sessions.

As a reminder, H.A.B.I.T.S. stands for:

Holy Hour
Accountability
Bible Study
Invest in your parish
Tell others about the Faith
Sacraments

You can find more information about the spiritual H.A.B.I.T.S. in the Leader Guide for Follow Me, Session 5: The Cost.

When you invest in these H.A.B.I.T.S. in your life, you create the capacity within your soul to become receptive to the movements of the Holy Spirit. These H.A.B.I.T.S. will change your life because the Holy Spirit will be free to transform you.

Take a few minutes before closing to follow up on last week's commitments. Invite everyone to share any successes and challenges; share yours as well. Then close in prayer.



CLOSING PRAYER

SAY: Let's close in prayer.

PRAY: Come, Holy Spirit, fill the hearts of Your faithful. And kindle in them the fire of Your love. Send forth Your Spirit, Lord, and they shall be created. And You shall renew the face of the earth.

Let us pray, O God, who by the light of the Holy Spirit did instruct the hearts of Your faithful; grant that in the same Spirit we may be truly wise and ever rejoice in His consolation. Through the same Christ our Lord. Amen.