

SESSION PLAN

CONFIRMATION PROGRAMME

1 The story of my life

Looking back - Looking ahead

AIMS

- To welcome young people to the group
- To provide young people the opportunity to reflect on their lives so far, especially with regards to their lives as members of the Church community.
- To reflect about becoming a 'candidate' for confirmation.

PRAYER

- Create a prayerful atmosphere:
- Read the quote Lk 2:51
- Slowly read prayer and leave time for reflection
- Introduce and pray the 'Our father'.

KEY WORDS

- Confirmation/Candidate
- Baptism
- Reconciliation
- Eucharist/Communion
- Faith/Believe.

RESOURCES

- Worksheet 1
- Prayer sheet 1
- Family album
- Candle
- Music

NOTES

Sessions can be planned in a number of ways depending on the number of candidates and catechists. Worksheets and other resources could be used in a flexible way in one big group, smaller groups, or a mix of both styles where the session starts with reflection and presentation of topic by the lead catechist followed by discussion in smaller groups.

MAIN SESSION

- **Welcome** young people to the group. Introduce yourself/other catechists and invite everyone to introduce themselves to the group. Stress the aspect of joy of being 'together' and forming a new group of young people to embark on a journey to become **candidates** and prepare for a special celebration of **Confirmation**.
- Invite the group to **pray** together. Stress the importance of prayer for the 'journey'. (See Prayer Sheet 1)
- Introduce Worksheet 1 and topic - The story of my life. Read or ask a young person to read the introduction. Discuss and remind about the need of stopping to 'look back and look ahead' at certain times of our journey and in life. These milestones in our faith journey shouldn't just be pictures in our family photo album but something that affect our actions and our life.
- Go through Part A: each candidate filling details in the spaces provided. Discuss how each step was important for us as members of the Church and followers of Jesus. Ensure that everyone is familiar with key words and names of different sacraments etc.
- Follow on to Part B: invite young people to share/say what they remember about schools or groups they attended or of which they are still members.
- Introduce side 2 of the worksheet. This could be done in smaller groups to enhance more discussion about main points.
- Part C: Knowledge and belief. Say that we have all learned and gained a lot of knowledge since we were baptised. Invite young people to talk about and write brief points about what has been learned in the past and things they **believe** in as Christians.
- Part D: Establish that if one is truly committed to what they believe in, life is not the same. As Christians we are meant to show we are followers of Christ in our daily life. Invite candidates to give examples how this is shown in 'their' daily lives.
- Part E: Ask young people about the reason of joining this group. Read the three questions in this part and invite them to discuss and write brief notes about them.
- Say that we will be looking at and discussing the reason and purpose of Confirmation at the next session.

CONCLUSION/REFLECTION

- Create prayerful atmosphere. (Light a candle and play some quiet music, if available.)
- Introduce Psalm 139 and the response.
- Invite 5 young people to read a verse each. Response by whole group.