

SESSION PLAN

CONFIRMATION PROGRAMME

3 Which way ?

The Way to Christ



AIMS

1. To give the opportunity to young people to reflect about their future and the decisions they will have to make.
2. To deepen their understanding of who Jesus Christ is.
3. To enable them to understand that being Confirmed means to affirm that they want to follow Jesus throughout their whole lives.

PRAYER

- Briefly introduce the main aims of this session
- Invite one of the candidates to read the opening prayer 'Direct Me' and leave a few moments for reflection.

KEY WORDS

- Decisions
- Follow
- Jesus Christ

RESOURCES

- Worksheet 3
- Prayer Sheet 3
- Images of Christ or Crucifix.

NOTES

As this is a very practical area of our faith, you may consider asking candidates to pick one of the themes discussed in Part F, research it in more depth, then prepare a project highlighting the main points and identifying what the Bible and the Church say on that matter.

MAIN SESSION

- Recall the work and discussions from Sessions 1 and 2 about our past and our childhood. Read and briefly discuss the introduction on Worksheet 3.
- Introduce Part A: Invite candidates to provide examples of important **decisions** they have to face in the coming few years e.g. Further Education; applying for a first job; starting a family; etc.
- Move on to Part B to discuss what factors do we take into consideration when making important decisions e.g. family pressure; friends; money etc. Establish that as Christians sometimes we also have to consider what **Jesus** says about certain important issues and decisions that we are making.
- Introduce the discussion on '**Who is Jesus Christ?**' Show a poster or more images of Christ or crucifix. Read the three quotes in Part C and invite candidates to discuss differences.
- Ask candidates what they think. Invite them to write who they think Jesus is in the speech bubble in part D. Record the main ideas on board/flipchart.
- Read the two quotes in part E. Compare to the words and phrases provided by candidates in part D. Point out to and discuss the key words in the quotes e.g. **Way, Truth, Love, Learn from me, Gentle, Humble.**
- Move on to Part F. Stress the fact that our commitment at Confirmation is to follow Jesus throughout our whole lives and not just for a year or two. As adult Christians we commit to follow Jesus even when things get tough and we have hard decisions to face.
- Go through the examples mentioned in part F. Invite candidates to share how decisions about those issues should be made. E.g.: What does Jesus say about the use of money and wealth? What does Jesus and the Catholic Church say about marriage and the family? What do Catholics say about abortion, euthanasia and other similar issues. (Also see Project idea in 'Notes' box).
- Establish that as Christians we are not alone in this. We have been promised the **Holy Spirit** who will help us in whatever decisions we face. We however have to make the fundamental decision on whether we want to **follow** Jesus or not.

CONCLUSION/REFLECTION

- Introduce the reading 'One Solitary Life' (Prayer sheet).
- Put an image of Jesus in a prominent place. Light a candle. Invite someone to read slowly and the whole group to reflect on what the reading says about Jesus.