

SESSION PLAN

CONFIRMATION PROGRAMME

10 Models

Saints – Then and Now

AIMS

1. To further understand the concept of being a 'Witness' to Christ.
2. To understand that the Saints were people like us who decided to be followers of Jesus in their daily life - thus they are models for our imitation.
3. To encourage candidates to reflect on the life and virtues of the Saint whose name they chose for their Confirmation.

PRAYER

- Welcome everyone to this session.
- Briefly introduce 'The Beatitudes'.
- Read the opening prayer and invite candidates to reflect on whether they have the virtues Jesus talks about.

KEY WORDS

- Saints
- Models
- Imitate

RESOURCES

- Worksheet 10
- Prayer Sheet 10
- Lives of saints, books, posters etc.
- Powerpoint presentations

NOTES

See also the powerpoint presentations 'Thomas and Thomas' or 'Saints for you and me' which could be used for this session.

Consider asking candidates to prepare a presentation or write up about the Saint chosen for their Confirmation.

MAIN SESSION

- Recall the discussion from Session 9 about being a '**Witness**'. Remind that at Confirmation the name of a saint is chosen by each candidate to keep as a **model** and learn from.
- Brainstorm for names of saints that young people have heard of. (Part A)
- Go through Part B to illustrate how **Saints** are people like us who have lived according to Christian values. They are therefore 'Models' for our imitation. Stress the fact that there are saints of all sorts, men and women, from so many different countries and from so many different walks of life. Illustrate by talking briefly about a few or show pictures of some saints. You may otherwise wish to do this part using the Powerpoint Presentation 'Saints for you and me'.
- Part C. Go back to the Saint's name candidates have chosen. Invite few volunteers to share with the whole group their choice of saint, then to briefly say what they know about that saint and in what way are they a 'Model'. Ask everyone to jot a few notes about the saint chosen in the space provided in Part C. (This part can be left to a later date if candidates need more time to research and choose their Confirmation Saint).
- Use the spaces provided in Part D to extend the discussion about the many different saints. Invite candidates to give examples of more saints and to say which virtue was most evident in their life and in what way we can '**imitate**' them. (This part can be done at the same time as the previous discussion - Part C, while other candidates are talking about their saint.
- Elicit the fact that although we normally refer to saints as people who are already in Heaven, sainthood starts from here on Earth. Invite the group to think of a person who they regard as a 'saint' - someone who is doing good, always seeking to do God's will and help others in need.
- Remind that at Confirmation the Holy Spirit comes to us with his Gifts. Say that this is such a vital help as living as a true Christian and be like the Saints in today's world is no easy task. Invite everyone in the group to take a few moments and write a short prayer to the Holy Spirit asking for guidance and courage in being a follower of Christ in the same way the Saints were. (Part F)

CONCLUSION/REFLECTION

- Introduce the final prayer. Explain what a Litany is. Invite candidates to call out the name of one saint with the other in the group responding 'Pray for us' (see Prayer sheet).
- Finish by inviting a few volunteers to read out the prayer they wrote in Part F.