

ONLINE CONFIRMATION PROGRAMME

The Gifts & Fruits of the Holy Spirit

Introduction

*“He said to them again: Peace be with you.
As the Father sent me, so I am sending you.”*
John 20:21

Thank you for your interest in this free, diocesan wide, electronic confirmation programme **EMPOWERED**. This programme has been designed to help parishes, schools, and deaneries to prepare candidates for the Sacrament of Confirmation.

The programme is based on the seven gifts of the Holy Spirit. There is also an Introductory session based on the fruits of the Holy Spirit as an invitation plus a session on the Rite of Confirmation and a post confirmation session.

Each session is available as a PowerPoint and PDF and they each follow the same structure as outlined below. The PowerPoint includes embedded YouTube videos, so you will require an internet connection when presenting.

These sessions can be used online by an individual, or with a group, and input could be personalised by leaders by adding to or changing elements of each session. The sessions could be delivered online via video conferencing or used in person with a group.

You may wish to run your sessions during the seasons of Lent or Easter or at a time to suit your deanery. Each session is designed to last around one hour.

The sessions are available to download from the Confirmation page on the Diocesan website under the Faith > Sacraments > Confirmation tabs (www.dioceseofsalford.org.uk/faith/sacraments/confirmation/). Safeguarding guidance along with videoconferencing parental consent forms are also available here.

If you have any questions or feedback on this programme, please email formation@dioceseofsalford.org.uk.

Yours faithfully,


Fr Chris Gorton



Session Structure

1. Welcome/Overview

WELCOME




Welcome to the start of this exciting journey towards the Sacrament of Confirmation where you will receive special gifts from the Holy Spirit.

The more you put into these sessions the more you will get out, so give them a chance!

Each session will have a similar format. There will be some interesting videos, music, stories, games and times of prayer. They will help you get to know more about yourself, each other and God.

Throughout **EMPOWERED** you will learn about the story of Pentecost, the Sacrament of Confirmation and about the Gifts and Fruits of the Holy Spirit.



2. Opening Prayer (Diocesan Youth Ministry Prayer)

Opening Prayer



Lord Jesus, bless us as we gather together as young people from the Diocese. We are one in your name. May your light burn brightly within us as we celebrate Your love for us. Inspire us with your Holy Spirit. Help us to take Your light and Your love out to the whole world. Show us how to use our gifts and talents to become who You have called us to be. Amen

St Catherine of Siena, Pray for us.



3. Ice breaker

Ice breaker



To help us to get to know each other better there will be several questions.

All you need to do is give a thumbs up if you like it or a thumbs down if you don't

Ready?




4. Introduction to main theme

Introduction to Confirmation



5. Scripture




Scripture - Acts 2:1-12

🔥

When Pentecost day came round, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. "Surely" they said "all these men speaking are Galileans! How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God."

6. Reflection (reflective music)



Reflection - Fall Afresh

🔥

As you listen to this song, close your eyes and invite the Holy Spirit into you heart. You may wish to hold your palms out to invite the Holy Spirit into your life.

7. Hero of our Faith/Saint

Hero of our Faith

St Ignatius of Loyola





Lord
teach me to be **generous**
teach me to serve you if I **deserve**
to **give** and not to count the cost
to **fight** and not to band the wounds
to **toil** and not to seek for rest
to **labour** and not to seek for reward
save that of knowing
I do your most **holy will**

St Ignatius of Loyola
founder of the Society

🔥 In each session we will look at a different **Hero of our Faith**. The saints are wonderful examples to us, that's why at Confirmation you choose a saint's name so they can pray for you and inspire you on your journey of Faith.

8. Input on the theme (video talk)

What are the fruits of the Holy Spirit?




🔥 "A bad tree cannot bear good fruit"
Jesus


9. Situation (to encourage the young people to give a case for their faith)



Situation

One of your friends thinks that it is a waste of time coming to these sessions. How might you respond based on what you have heard and learnt so far.

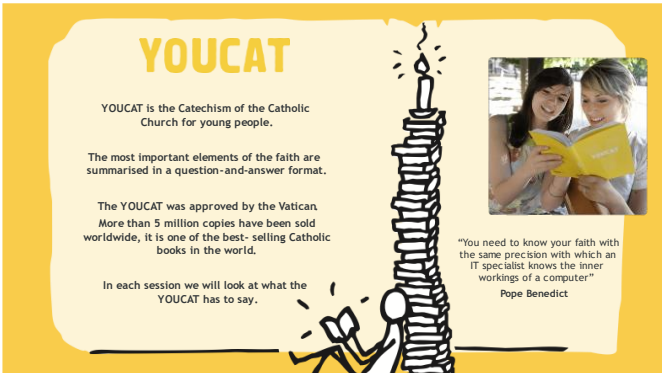
10. Discussion (group and individual reflection/discussion)



Discussion

Which one Fruit of the Holy Spirit might you find most useful at the moment?
(kindness, generosity, joy, charity, self-control, faithfulness, gentleness, goodness, chastity, peace, patience, modesty)

11. YOUCAT quote



YOUCAT

YOUCAT is the Catechism of the Catholic Church for young people.

The most important elements of the faith are summarised in a question-and-answer format.

The YOUCAT was approved by the Vatican. More than 5 million copies have been sold worldwide, it is one of the best-selling Catholic books in the world.

In each session we will look at what the YOUCAT has to say.

"You need to know your faith with the same precision with which an IT specialist knows the inner workings of a computer"
Pope Benedict

12. Where to find out more



Where to find out more...


YOUCAT Daily App

SYM
Salford Youth Ministry

@salfordyouth
@salfordyouth
Salford Diocese
dioceseofsalford.org.uk/ youth

13. Time of Prayer

A Time of Prayer



Prayer

Heavenly Father,
I thank you for the Gift
of Jesus, the Holy Spirit
and Your Church. Please
stay with me on this
Journey as I learn more
about You and grow
closer to You in prayer.
Amen

"For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."
Romans 8:14-18



14. Social time/game

Introductions

Going around the group, each person should say their name, where they are from and one interesting fact about themselves...



Opening Session - The Fruits & Gifts of the Spirit

Overview

This introductory session is to help the young people understand why they are here and what the sessions will be like, setting the ground rules and expectations in a positive way. This session is structured in the same way as all the other sessions and this can be explained to the group as it goes along and at the end. It will include the story of Pentecost, images of Confirmation, introduction to Confirmation as a sacrament, the gifts and fruits of the Holy Spirit.

Diocesan Youth Prayer

Lord Jesus, bless us as we gather together as young people from the Diocese. We are one in your name. May your light burn brightly within us as we celebrate Your love for us. Inspire us with your Holy Spirit. Help us to take Your light and Your love out to the whole world. Show us how to use our gifts and talents to become who You have called us to be. Amen. St Catherine of Siena, Pray for us.

Ice breaker

Very non-threatening icebreakers e.g. questions about different things people might like and all they have to do is a thumbs up or thumbs down. These can be fun and interesting.

Introduction to Confirmation

Animation introducing the sacrament of Confirmation from TheoMatters - The Sacrament Confirmation strengthens the gifts given to us in Baptism and gives young Catholics the chance to reaffirm their belief in the Church.

https://www.youtube.com/watch?v=nXqKkTcLtqs&feature=emb_title

Scripture

The coming of the Holy Spirit at Pentecost (Acts 2:1-12)

Reflection

Song from Bethel Music - Fall Afresh. As you listen to this song, close your eyes and invite the Holy Spirit into your heart. You may wish to hold your palms out to invite the Holy Spirit into your life.

Hero of our Faith

St Ignatius of Loyola (inspired by the stories of the saints) and explanation that each unit there will be a saint and you choose a name for Confirmation. There is a video explaining his life along with one of his prayers. In each session we will look at a different Hero of our Faith. The saints are wonderful examples to us, that's why at Confirmation you choose a saint's name so they can pray for you and inspire you on your journey of Faith.

Input

Matthew Kelly from Dynamic Catholic speaks about 'The fruits of the Holy Spirit'. There are similar videos available for free on the Decision Point course.

https://www.youtube.com/watch?v=cE8896rsLJU&feature=emb_title

The next 7 sessions are introduced on the next slide. In Isaiah 11:2-3 we read how the Messiah would have these seven gifts. In each session we will explore each gift. The good news is, that through Jesus and by the power of the Holy Spirit, you have already received these gifts at Baptism, but you will receive a 'top up' at Confirmation!

Situation

One of your friends thinks that it is a waste of time coming to these sessions. How might you respond based on what you have heard and learnt so far?

Discussion

Very introductory helping young people get used to saying something.
Fruits of the Holy Spirit- which one might you find most useful at the moment?
(kindness, generosity, joy, charity, self-control, faithfulness, gentleness, goodness, chastity, peace, patience, modesty)

YOUCAT

Introduction to YOUCAT and explain that the Catechism of the Church is the teaching that helps us and we will be seeing what it has to say each time we meet.

Where to find out more

Positive approach to online resources and social media. Point to some websites and social media where young people can find out more. Links to the YOUCAT Daily App and Salford Youth Ministry website and social media channels.

Time of Prayer

Reflective prayer time with the song 'No longer slaves by Bethel Music' finishing with a prayer that young people can take with them through the time ahead. Quote from Romans 8:14-18 reminding us we are God's children. On the next slide is the John 20:21 quote reminding us that God is in control of this year and every year, despite the current challenges. The next verse says, 'And with that he breathed on them and said, "Receive the Holy Spirit.'

Social

Fun activity helping group to get to know each other a little bit more. Going around the group, each person should say their name, where they are from and one interesting fact about themselves.

Session 1 - Wisdom (Creation)

Overview

In this unit we look at God as creator and that we are part of His creation. The Gift of Wisdom helps us to do this. Help young people see that science and faith can be in relationship and science does not replace faith. Very important we begin with this with this age group. Lots of intelligent, scientific Roman Catholics who believe in God as talking heads. Give young people the confidence to believe in God despite pressure to dismiss faith because of science.

Diocesan Youth Prayer

Ice breaker

The young people need to guess if a statement is true or false. 1. The Catholic Church teaches that the universe is only 6000 years old (false). 2. The Church teach that God created the universe from nothing (true). 3. A Catholic priest came up with the 'Big Bang' theory (true). There are facts given for each statement. There are also pictures and descriptions of the '3 Founders of Science & Heroes of Faith'.

Video from Bishop Barron on Faith & Science

https://www.youtube.com/watch?v=3ZkHv8iTJPo&feature=emb_title

Scripture

In your bible read the creation story (Genesis 1-2:4) or watch this video - https://www.youtube.com/watch?v=yZ1Fd_SPC18&feature=emb_title

Hero of our Faith

“Faith and reason are like two wings on which the human spirit rises to the contemplation of truth, and God has placed in the human heart a desire to know the truth – in a word, to know himself...” Pope St. John Paul II, Fides et Ratio

Input

Testimony - Francis Collins - Director of the Human Genome Project - https://www.youtube.com/watch?v=Pl-fhLjz2Ac&feature=emb_title

Situation

Your friend dismisses faith because of something they have read on the internet. How could you respond based on what you have learnt so far today?

Discussion

What do you find challenging in relation to faith and science?

YOUCAT

“There is no insoluble contraction between faith and science, because there cannot be two kinds of truth...Faith reminds science that it is supposed to serve creation and not set itself up in place of God”

YOUCAT #23

“Mathematics is the alphabet with which God wrote the world”

Galileo

“I would not believe if I did not realize that it is reasonable to believe”

St Thomas Aquinas

Where to find out more

Links to Alpha Youth Series, Salford Youth Ministry and Reason and Faith science websites.

Time of Prayer

Song - Holy Spirit living breath of God (Getty) and prayer to the Holy Spirit

Social Time

Count the seconds. Everyone closes their eyes (except for the leader). The leader says an amount of time (1. 40 secs, 2. 52 secs, 3. 62 secs) and the young people have to put up their thumbs when they think that amount of time has elapsed. The person whose thumb went up the closest to the time wins a point.



Session 2 - Understanding (Divine Revelation)

Overview

The aim of this unit is to help young people understand that our faith is based on Divine Revelation that reaches its highpoint with Jesus. This means we are not just making it up to make ourselves feel better. God wants to make Himself known to us. Mystery in this sense means something is revealed to us, not something that we would ever find out for ourselves.

Diocesan Youth Prayer

Ice breaker

Guess the picture game. The following pictures have been zoomed in. You must guess what they are. The first one to guess them wins. Answers - 1. Pencil, 2. Salford Cathedral, 3. Holy Spirit Window in St Peter's Rome.

What is Divine Revelation?

Animation from 3 Minute Theology - God wanting to make Himself known to us so that we can understand that He exists any what He is like

- https://www.youtube.com/watch?v=-n7aETt_9u0&feature=emb_title

Two slides on God revealing Himself as 'I am' and Jesus using the 'I am' statements about Himself.

Scripture

Who do you say I am? (Matthew 16:13-19)

Reflection

Video and hymn from Jo Boyce- Face of your mercy written for the Year of Mercy. Jesus is the face of the Father's Love and Mercy for us.

Input

Matthew Kelly from Dynamic Catholic asks 'who is Jesus?'

https://www.youtube.com/watch?v=l0ZguZJFrao&feature=emb_title

Hero of our Faith

I have no imagination. I cannot picture God the Father. All that I can see is Jesus"
St Teresa of Calcutta

Situation

Based on scripture reading for today someone says that Jesus was a teacher, a good man but nothing more. How could we respond based on what we have hear so far today?

Discussion

This is the 'Jesus Question' where the young people reflect on who Jesus is to them.

YOUCAT

“God would very much like to be known so he has revealed Himself. He remains faithful even when we have fallen away from Him in sin. God shows us in Jesus Christ the full depth of his merciful love. In Jesus, God himself came to earth. He is God’s last Word.”

YOUCAT 7-10

“In Jesus Christ, God took on a human face and became our friend and brother.”

“The happiness you are seeking, the happiness you have a right to enjoy, has a name and a face: it is Jesus of Nazareth.

Pope Benedict XVI

Where to find out more

Links to Alpha Youth Series and Sycamore episodes on ‘Who is Jesus?’

Time of Prayer

Song from Hillsong - ‘So will I’ followed by a prayer of thanksgiving.

Social time

Game - ‘Go Get’. In a moment we will call out a household item you need to get from somewhere in your house (it can’t be from the same room you are in now).

The first one back wins but please be careful as you get the item

(1. A book, 2. A pen, 3. A shoe).

Another option is to play ‘20 questions’ where you choose a character and people have to guess who it is by asking questions, the only allowed response is yes or no.



Session 3 - Knowledge (Salvation Story)

Overview

In this unit we are looking at the story of Salvation which is our faith story as Roman Catholics that has been handed on from one generation to the next through the Church. It is important that we actually know this story and are able to tell this story ourselves.

Diocesan Youth Prayer

Ice breaker

Look at this painting from Elizabeth Wang. What do you see? What do you think is it trying to say? The painting is called 'Christ is our bridge to Heaven.' Due to original sin and our sins a gulf was formed between Heaven and Earth. We were stuck and had no way back to the Father. Jesus by His cross paid the price for sin. He has reconciled us to the Father and destroyed death forever. By His cross and resurrection we can now enter into eternal life.

Introduction to the Gift of the Holy Spirit

11-minute animation video on God's love story with us - Salvation History - https://www.youtube.com/watch?v=Jnm5wPdy_m4&feature=emb_title

Scripture

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16)

John 3:16 is one of the most quoted bible verses. You sometimes see it on signs at sports events. In this one line, our entire faith is summed up. Reflect on what it means to you that the God loved you so much he came to save you so he could be with you forever.

Reflection/Input

Animation from David Wells from Flame - Love chooses you https://www.youtube.com/watch?v=z-sKNhQvWzE&feature=emb_title

Hero of our Faith

A wonderful video about the life of Blessed Carlo Acutis

Situation

A friend of yours doesn't know anything about Christianity and asks you what is it all about? What could you tell them based on what you have heard so far in this session?

Discussion

Who has handed on the faith to you? The Church passes on our faith story from generation to generation which means we all are called to do this as we grow up.

YOUCAT

“We hand on the faith because Jesus commands us: ‘Go therefore and make disciples of all nations’” (Mt 28:19) YOUCAT 11

“You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”
Acts 1:8

“In virtue of their baptism, all the members of the People of God have become Missionary Disciples”
Pope Francis

Where to find out more

Links to apps - bible in one year, pray as you go, the holy bible and universalis.

Time of Prayer

Song - ‘Reckless love’ by Cory Asbury. Prayer of thanksgiving.

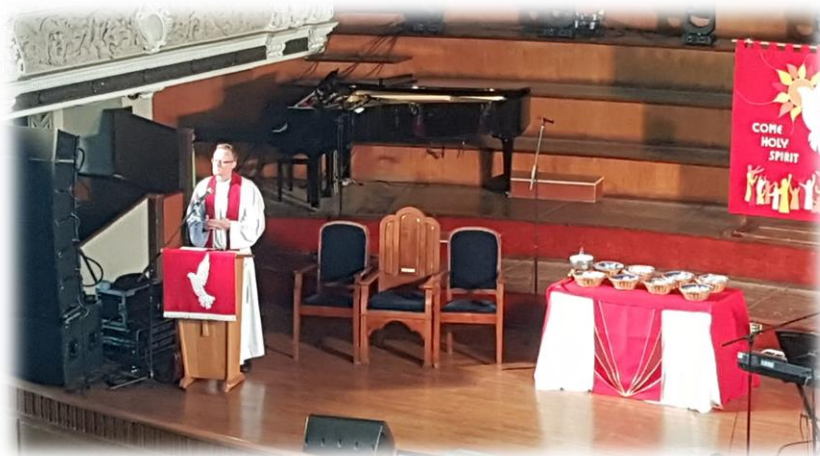
Social time

This game involves good listening, a good memory and good story telling. The leader starts by saying: ‘I went to the shop and bought (add item)’

Then going around the squares on the screen, unmute yourself, say all the items which went before and add an item each time, for example

‘I went to the shop and bought some bread, some milk, etc....’

See if we can get to the end without forgetting anybody's item, Good Luck!



Session 4 - Counsel (Vocation)

Overview

In this unit we consider how each of us has a calling from God, a plan for us, a purpose in life that will bring us true meaning and fulfilment. We are each given different gifts and talents and if we use them for the greater glory of God and the good of others, we will discover who God is calling us to be and enjoy a deep sense of joy and peace in our lives.

Diocesan Youth Prayer

Ice breaker

Think of all the different jobs that are needed to make a school function. The more we think of the more there are and they are all important. Examples on the next slide.

Introduction to the Gift of the Holy Spirit

The Holy Spirit can help us discern who God is calling us to be.

‘What’s your calling’ video from Ascension Presents -

https://www.youtube.com/watch?v=4ifo6nYmK10&feature=emb_title

Scripture

You did not choose me, but I chose you - John 15:9-18

Reflection

St John Henry Newman - Some definite purpose

Slide on different states of life but how we are all called to holiness.

Hero of our Faith

Sr Clare Crockett SHM - short video on her life

And Professional Footballer to Priesthood - Fr. Philip Mulryne OP

Situation

One of your friends thinks they are no good at anything and not worth anything. How can you encourage them based on what you have learnt so far?

Discussion

What do you think brings true happiness?

YOUCAT

Through Baptism Christ has made us into a kingdom of “priests to his God and Father” (Rev 1:6). Through the universal priesthood, every Christian is called to work in the world in God’s name and to bring blessings and grace to it. In the Upper Room during the Last Supper and when he commissioned the Apostles, however, Christ equipped some with a sacred authority to serve the faithful; these ordained priests represent Christ as pastors (shepherds) of his people and as head of his Body, the Church.
YOUCAT 259

“Christ has no hands but ours to do his work today”
St Teresa of Avila

Where to find out more

Video from Fr Mike Schmitz on Vocation
Link to Diocese of Salford Vocations Office
God calls app
National Vocation Office link

Time of Prayer

Song - ‘Open Space’ by Housefires. As you listen to this song, ask the Holy Spirit to show you what He wants you to do with your life by praying the words “Speak Lord, your servant is listening”.

Social time

Acting Game. Each person must act out a certain job/vocation and the rest of the group must guess what it is.

I am a link in a chain,
a bond of connection between persons.
God has not created me for naught.

St John Henry Newman



Session 5 - Fortitude (Making the right decisions)

Overview

In this unit we consider that in life we have a choice between right and wrong and there is pressure on us when we make these decisions. The Holy Spirit helps us to make the right choices and to be brave enough to make the right choices. Emphasis on peer pressure and pressure from prevailing opinion in society. Link with the teachings of the Church.

Diocesan Youth Prayer

Ice breaker

Would you rather? You need to make a choice between option 1(raise you left hand) or option 2 (raise your right hand).

Introduction to the Gift of the Holy Spirit

Life is full of choices. Sometimes it is clear which is the best option. Sometimes we know when something is bad and something is good and we make the right choice. Other times we are not too sure. The Holy Spirit and the gift of Fortitude helps us to choose good and keep choosing good no matter what.

Decision Point video - Your Choices Matter -

https://www.youtube.com/watch?time_continue=3&v=YK06JrqkVGc&feature=emb_title

Scripture

Enter through the narrow gate - Matthew 7:13-14.

Reflection

Standing up for those in need and how the Holy Spirit helps us to do this - video on the life of St Oscar Romero.

Hero of our Faith

Video on the life of Blessed Chiara Badano.

Input

Input on the Moral Life and Decision Making by Fr Stephen Wang (Sycamore) -

https://www.youtube.com/watch?v=LpulEJwiQ6Y&feature=emb_title

Situation

A friend of yours keeps making bad choices and getting themselves into trouble through peer pressure.

How could you help them based on what we have learnt so far in this session?

Discussion

What are the big decisions that you have to make between right and wrong at the moment and how do you make them?

YOUCAT

“We must work at forming our character so that we can freely, joyfully, and easily accomplish what is good. A firm faith in God, in the first place, helps us to do this, but also the practice of the virtues, which means developing within ourselves, with God’s help, firm dispositions, not giving ourselves over to disorderly passions, and directing our faculties of intellect and will more and more consistently toward the good. The most important virtues are: prudence, justice, **fortitude**, temperance. These are also called the cardinal virtues”

YOUCAT 300

“Fortitude is the capacity to say no when the world wants to hear ‘yes’”
Erich Fromm

Where to find out more

- Extra video on the moral life.
- Decision Point videos
- Ascension Presents YouTube channel
- Life Teen website

Time of Prayer

As your prayer for this week watch this video of Matt Maher singing Lord I need you on his knees before Jesus present in the Blessed Sacrament. Over 3 million young people joined Pope Francis on Copacabana Beach in Brazil for World Youth Day in 2013 singing this same prayer.

Social time

Take it in turns to tell two truths and one lie, you shouldn’t lie but it’s allowed for this game only, and the rest of the group needs to guess which is the lie. If they get the wrong lie, you will.



Session 6 - Piety (Prayer)

Overview

In this unit we look at prayer as an important part of our relationship with God and the call to holiness, to be a saint! To help the young people find ways that they can pray and make this part of their daily lives.

Diocesan Youth Prayer

Ice breaker

Communications Game. This game will test your listening skills. One person starts and says an interesting fact about themselves and then randomly picks someone to carry on the game. Hopefully the chosen person has been listening carefully because they need to thank the person for choosing them, comment on what they just said and add their own fact before choosing someone else.

Introduction to the Gift of the Holy Spirit

Sycamore video - the amazing adventure of prayer -

https://www.youtube.com/watch?v=3r2vCOdJhEM&feature=emb_title

Scripture

The Our Father - Matthew 6:5-15

Reflection

There are many ways we can pray. Praying through song is a powerful way. St Augustine said 'those who sing pray twice'. Watch this video of millions of young people singing 'Jesus Christ you are my life' at World Youth Day Poland 2016. Can you make this your prayer too?

Hero of our Faith

A video about the amazing life of Blessed Pier Giorgio Frassati.

Input

Fr Mike Schmitz talks about the importance of prayer in our lives -

https://www.youtube.com/watch?v=kiAMzghLcMA&feature=emb_title

The next slide shows some of the different ways we can pray.

Situation

A friend of yours says that prayer is a waste of time.

Based on what you have heard and learnt so far in this unit how could you answer them?

Discussion

What helps you to pray?

What makes it difficult to pray?

What way could you make prayer more part of your life?

YOUCAT

“Prayer is turning the heart toward God. When a person prays, they enter into a living relationship with God. We pray because we are full of an infinite longing and God has created us all for himself: “Our hearts are restless until they rest in you” (St. Augustine). But we pray also because we need to: Mother Teresa says, “Because I cannot rely on myself, I rely on him, twenty-four hours a day.”
YOUCAT 469-470

“Prayer is the oxygen of the soul.”

St Padre Pio

Where to find out more

Links to:

- Sycamore YouTube Channel
- Pray as you go app
- Father’s love letter
- Jesuits prayer app with Daily Examen

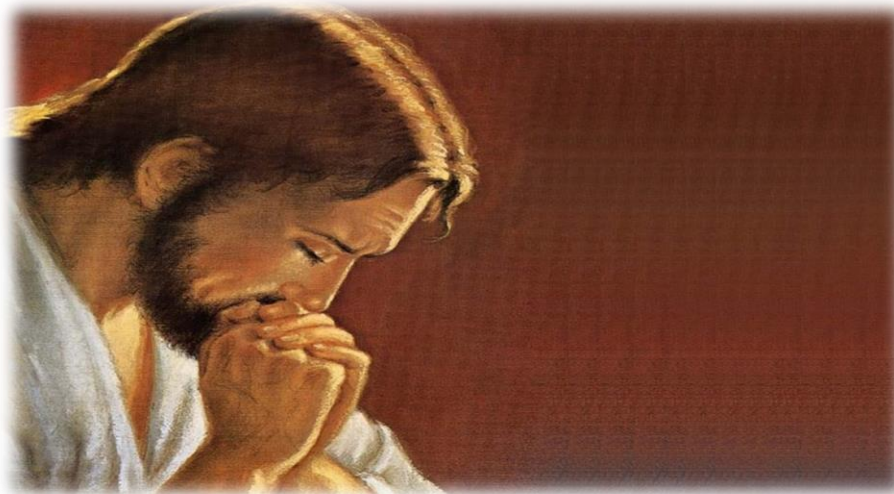
Time of Prayer

Video - Many of us worry about the future but we can trust God that He has our futures sorted. Watch this meditation from Fr Chris and remember this simple prayer which you can say each day.

Lord give me your peace and the gifts and graces that I need for today.
Amen

Social time

Pictionary - This game will test your visual communication skills. The leader chooses a person to go first. The first person chooses a word from today’s session and must draw a visual representation of the word for the rest of the group to guess. You cannot include words, numbers, or symbols.



Session 7 - Awe (Sacraments)

Overview

The aim of this unit is to help the Young People understand the abiding presence of Jesus in the sacraments which are key moments of encounter with God for us. This is why participating in the celebration of the sacraments is important. Confirmation is one of the seven sacraments that help us on our faith journey.

Diocesan Youth Prayer

Ice breaker

Going around the group, using groups of seven (e.g. days of week) you have to try and choose something linked with seven that no one else chooses!

Introduction to the Gift of the Holy Spirit

Sycamore video on why we need the Sacraments. We are a physical people. We like to be able to touch, smell, taste and see things. God knew this when He gave us the Sacraments. They are an outward sign of an inward reality and help us to think about things we can't see.

Scripture

“And know, I am with you always, to the end of time.” - Matthew 28:16-20

Reflection

Song - ‘What a beautiful name’ it is by Hillsong.

Hero of our Faith

Video about St Josephine Bakhita - patron saint for victims of Human Trafficking.

Input

Talk from Fr Stephen on Holy Mass -

https://www.youtube.com/watch?v=NHgxu_pSnEQ&feature=emb_title

Situation

One of your friends says that there is no point going to Mass.

Based on what you have heard and learnt so far today how could you respond to that?

Discussion

What helps you participate in the sacraments especially coming to Mass?

What makes it difficult?

What could you do to make the difference?

YOUCAT

“We need sacraments in order to outgrow our petty human life and to become like Jesus through Jesus: children of God in freedom and glory. In Baptism fallen children become cherished children of God; through Confirmation the weak become strong, committed Christians; through Penance the guilty are reconciled; through the Eucharist the hungry become bread for others; through Matrimony and Holy Orders

individualists become servants of love; through the Anointing of the Sick the despairing become people of confidence. The sacrament in all the sacraments is Christ himself. In him we, lost in selfishness, grow and mature into the true Life that has no end.

YOUCAT 173

Where to find out more

Links to Sycamore video on the power of the Sacraments and Universalis Daily Readings and Prayers of the Church

Time of Prayer

The Empty Chair - A calming guided meditation video

Social time - Quiz

1. How many years are there in a millennium?
2. What is a baby goat called?
3. What magical item does Aladdin use to fly around on?
4. What is the name of the snowman in Frozen?
5. What is the name of the painting technique that uses small dots of colour to create patterns and then an image?
6. Where does the UK prime minister live?
7. What were the names of Christopher Columbus' three ships?
8. Which travels faster, light or sound?
9. What's the name of the cowboy in Toy Story?
10. Who is the Prime Minister of Britain?
11. How many wives did Henry VIII have?
12. What is the name of the world's largest reef system?
13. What famous islands were extensively studied by Charles Darwin?
14. What is the name of the third Harry Potter book?
15. Which one of these is not a type of penguin? Emperor, Royal, King and Jack
16. What is the Gruffalo scared of?
17. Which city has the largest population on Earth?
18. How many sides does an octagon have?
19. What kind of fish is Nemo from the Finding Nemo film?
20. Who was behind the Gunpowder Plot on the Houses of Parliament in 1605 - remembered every year on Bonfire Night?

Answers -

1. 1,000
2. a kid
3. a carpet
4. Olaf
5. Pointillism
6. 10 Downing Street
7. Niña, Pinta and Santa Maria
8. Light
9. Woody
10. Boris Johnson
11. Six
12. Great Barrier Reef
13. Galapagos Islands
14. Harry Potter and the Prisoner of Azkaban
15. Jack
16. A mouse
17. Tokyo
18. Eight
19. Clownfish
20. Guy Fawkes

The Rite of Confirmation

Overview

This session is designed to help the young people know and understand what will actually happen in the Rite of Confirmation itself. It will also help refresh in the minds of the young people the rest of the course that they have done as there may be a time lapse between the end of the course and date of Confirmation. Emphasis on them seeing other young people taking part in the liturgy and being Confirmed.

Reinforcement through talking heads, in particular the homily. Opportunity to check practicalities such as sponsor, confirmation name, who is going to be involved and date, time and location and number of people allowed. Opportunity to explain what will happen under present circumstances.

Diocesan Youth Prayer

Ice breaker

Fill in the blanks.

(Answers) The 7 Gifts of the Holy Spirit are:

1. Wisdom
2. Understanding
3. Knowledge
4. Counsel
5. Fortitude
6. Piety
7. Awe

(Answers) The 12 Fruits of the Holy Spirit are:

1. Kindness
2. Generosity
3. Joy
4. Charity
5. Self-control
6. Faithfulness
7. Gentleness
8. Goodness
9. Chastity
10. Peace
11. Patience
12. Modesty

Introduction to the Gift of the Holy Spirit

Sycamore video on the Sacrament of Holy Communion

Structure of the Rite

1. Gathering & Opening Rites
2. Liturgy of the Word
3. Homily
4. Prayers of Intercession
5. The Role of the Sponsor
6. Laying on of Hands, Anointing with the oil of Chrism & The Sign of Peace
7. Concluding Rites & Dismissal

Gathering

Video on the Introductory Rites at Mass from Fr Richard Howard.

Practical Questions: check they know time, date, location, how many people can attend the service.

Prayer to the Holy Spirit: You may wish to print these out for your group or make your own. The young people could say this each day as preparation.

Prayer to the Holy Spirit

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

O, God, who by the light of the Holy
Spirit, did instruct the hearts of the
faithful, grant that by the same Holy
Spirit we may be truly wise and ever
enjoy His consolations,
Through Christ Our Lord,
Amen.



Liturgy of the Word

Video on the Liturgy of the Word from Fr Mark Paver.

Practical: give the young people a Pentecost reading that they can read each day and think about.

The Story of Pentecost - Acts 2:1-12

When Pentecost day came round, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'



The Homily

Homily from Bishop Barron give to Confirmation candidates -
https://www.youtube.com/watch?v=f-UuMAU7qT0&feature=emb_title

Prayers of Intercession

A short video on the importance of the Prayers of the Faithful

The role of the Sponsor

Short video about the role of the sponsor

Practical: at this point it is worth making sure all the candidates have a suitable sponsor (not a parent, over 16, confirmed Catholic) and that the sponsors have the details of the Confirmation (date, time, location).

Laying on of Hands, anointing with oil & sign of peace

Short video about the symbolism of this. The Bishop or priest will pray that you are filled with the Holy Spirit by stretching out his hands, then you will be anointed with the oil of Chrism which is blessed at the Cathedral each year then will give you the sign of peace. N.B. With the current restrictions this may be done differently this year but the same blessings will be received.

Choosing a Confirmation Name

Short video about choosing a saint's name. Good opportunity to ask: Have you chosen your Confirmation name? Have you researched into the life of the saint you have chosen and asked them to pray for you?

Concluding Rites and Dismissal

Video emphasising how we are to go out and live our lives as a witness to Christ and the gifts of the Holy Spirit help us to do this.

Opportunity for questions

This is a good time to reassure everyone and check practicalities.

A time of Prayer

Taize Chant - 'Veni Sancte Spiritus'

Social Time

A game of Rock, Paper, Scissors in pairs, the winner stays on.

Confirmation - Now What?

Overview

The aim of this unit is to encourage young people who have been confirmed to grow more in their faith by being involved in the life of the parish and in doing so being witnesses to others. Looking at different opportunities within the parish that already exist, thinking about other possibilities based on their gifts and talents and what they enjoy doing and courses and qualifications that are in place to help them.

Diocesan Youth Prayer

Ice breaker

Describe your Confirmation Journey in 5 words.
Describe in 4 words how you prepared for your Confirmation.
Describe in 3 words why you chose the particular Saints name.
Describe in 2 words how you felt when you were just about to be Confirmed
Describe in one word, how you feel now you are Confirmed.

Introduction



Look at the picture of the swimming pool. Pick a character which reflects your relationship with God. Are you watching from the sides or fully in the water? Do you think this has changed since doing these sessions and being Confirmed?

Scripture

Now you together are Christ's body; but each of you is a different part of it -
1 Cor 12:12-14,27

Reflection

Short animation on the scripture celebrating our differences and unity.

Input

Video from Bishop on Hope in the Future and the importance of helping our parishes develop. This is followed by '7 steps' young people can actively get involved in the life of the parish by helping with various roles. You may wish to mention, a great starting point may be to speak to your Parish Priest or another young person who is involved in the parish and ask how you can help out.

There is also information on the CYMFED Faith in Action award and the Post Confirmation Leadership Programme.

Reflection

Having heard all the ways, you could serve your parish, take time to prayerful discern how you can use your Gifts and Talents to build up your parish. At the heart of all vocations is a YES. If you say yes, God can use you in amazing ways. Remember, in Confirmation, God has given you all you need to do what He is asking of you. Have a listen to this hymn 'I give myself away so you can use me'.

Where to find out more

Links to Salford Youth Ministry website, social media, and email address for more information and to keep up to date.

Time of Prayer

Song - 'Build my life' by Housefires followed by a prayer.

Social time

Human Bingo

Find someone....		
Who has the same Confirmation name as you?	Who shares their birthday in the same month as you?	Who has a pet?
Who can name the Gifts of the Holy Spirit?	Who has enjoyed their Confirmation preparation and can explain why?	Who can describe themselves in 3 words?
Who would like to learn more about the Post Leadership Confirmation Programme.?	Who enjoys team sports?	Who would like to support other young people with their Confirmation preparation.

With thanks to all who helped to put this resource together:

*Fr Chris Gorton, John Griffin, Lorraine Leonard, Fr Paul Daly, Fr Gavin Landers,
Sr Anna Yeo, Sr Linda Pergega, Catherine Moss and Anna Nuttall*



DIOCESE OF SALFORD

Department for Formation

Cathedral Centre, 3 Ford Street, Salford, M3 6DP

Tel: 0161 817 2214

Email: formation@dioceseofsalford.org.uk

Web: www.dioceseofsalford.org.uk/faith/sacraments/confirmation