

Lesson 1
The Sacraments of Initiation

Review of the Sunday Liturgy – Every session will start with a review of the Sunday Liturgy

Go through the readings

Here is a link to the readings

<https://bible.usccb.org/bible/readings/101721.cfm>

Answer the 2 of the 4 questions posed by Fr John

Q 1 What message do the readings and the homily speak to you today

Faith is more than knowing the teachings of Jesus and the Church. It is about God's relation and love for us and our trust in God at all times. How does your faith help or guide you in your life

Do you pray regularly? What do you pray for? As you continue in the Confirmation program how can you grow as a person of prayer

Considering our present time how would you answer Jesus' question: "When the son of man returns will he find any faith on the earth?"

The Catechism of the Catholic Church states “**Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit...in order to become more capable of assuming the apostolic responsibilities of Christian Life**’ (CCC, 1309)

https://www.youtube.com/watch?v=Lu3MoT_egFI

Watch this clip about Confirmation

Spiritual Development (see below)

Lesson 1

My Spiritual Life Profile

On a scale of 1- 5, indicate how true each of these statements is for you. 1 equals "not true"; 5 equals "very true" (Note: not everything is supposed to be "very true" for you. Answer honestly so that you can get a true picture of your spirituality

- ___ 1. The most important thing about my faith is keeping close to God
- ___ 2. The most important thing about my faith is being a good person
- ___ 3. The most important thing about my faith is that it helps me cope with life's ups and downs
- ___ 4. My faith motivates me to serve others
- ___ 5. My faith brings me a lot of inner peace
- ___ 6. I pray a lot, and prayer helps me feel closer to God
- ___ 7. My faith helps me feel better when I am sad
- ___ 8. Because of my faith, I try to be straight with people
- ___ 9. For me, going to church is an important way to stay close to God
- ___ 10. God and I are close
- ___ 11. My faith guides my decisions about what's right and wrong
- ___ 12. My faith helps me stay hopeful
- ___ 13. Because of my faith, I pay attention to when others need help
- ___ 14. My faith helps me heal from emotional hurts
- ___ 15. Nothing is more important to me than my friendship with God
- ___ 16. My faith brings me a lot of happiness
- ___ 17. I have a strong relationship with Jesus as my friend and savior
- ___ 18. Living in a loving way is the most important thing about my faith
- ___ 19. Because of my faith I feel it is wrong to tell racist or dirty jokes
- ___ 20. My faith helps me deal with my anger
- ___ 21. I'm always interested in learning more about God

In the coming year you will be learning more about yourself, your relationship with Jesus and your responsibility as his disciple to believe and hope in God and to love God and others as Jesus Christ did.

Since this is the first class of the year we will start with a Spiritual Survey of the Students which will help you learn a little more about your spirituality.

Spirituality is 3 dimensional.

- 1) A spirituality that focuses on an individual's relationship with God – **vertical**
- 2) A spirituality that focuses on living a loving life – **horizontal**
- 3) A spirituality that focuses on an emotional well- being – **internal**.

The results of the survey will inform you where you are at the beginning of the year, the strongest as well as the least developed dimensions of your spirituality and indicate where they might want to make changes.

Score each question on the Spiritual Life Profile(see attachment) 1- 5
1 equals not true
5 equals very true

Answer honestly

Once completed explain you will begin the scoring

Vertical

Add up the numbers you gave for statements
#1, #6, #9, #10, 15#, 17#, 21#

Your vertical score is

Horizontal

Add up the numbers you gave for statements

#2, #4, #8, #11, #13, #18, #19

Your horizontal score is

Internal

Add up the numbers you gave for statements
#3, #5, #7, #12, #14, #16, #20

Your internal score is

Remember what was said about what each dimension meant

Q 2 Does this reflect where your spirituality is

Q 3 How do you plan to get a more “balanced” spirituality

We will then spend some time each session talking about how you might want to develop a more spiritual life.

Baptism- Start with a renewal of Baptismal promises

https://www.youtube.com/watch?v=3h-pEo_PM6E&list=PL58g24NgWPIy4HUWplqHmXz0GCEcFy5Vw

Watch this video clip to renew baptismal promises

Spend some time reflecting on these promises

Q 4 Which of the promises do you find easiest to follow and why?

Q 5 Which of the promises do you find most challenging to follow and why?

Q 6 Have you heard these promises since baptism?

If so where & when

(Clue Nicene Creed)

Q 7 What does a promise mean to you?

Q 8 Do you keep your promises?

Always?

Q 9 If not - why not?

Q 10 What if someone breaks a promise to you – how do you feel?

Q 11 Should we always keep promises – if so what about the promises we make (or are made on our behalf) at baptism

The symbols of baptism – water, sacred chrism, candles

It is the “gateway to life in the spirit, and the door which gives access to the other sacraments” CCC,1213

<https://www.youtube.com/watch?v=MDqeKqYFDYU>

This links you to a page by the USCCB on the sacraments – this one is on baptism

Watch this clip

Eucharist – the source and summit of the Christian’s life

Recall your First Eucharist

Q 12 what is your most vivid memory of this day

<https://www.youtube.com/watch?v=TMSiHGTBdGk&t=263s>

Watch this clip

Confirmation – completes the graces received at baptism

<https://www.youtube.com/watch?v=Qt32SyDWuW8>

Look at this clip - excellent summary of the sacrament of Confirmation

Q 13 What was the most important fact you learned from this video

All shall be well exercise –Abide in Peace (see the attachment)

Give yourself 5 minutes to complete this activity

ABIDE
IN PEACE.

BANISH
CARES.

*Take no account
of all that happens.*

JOHN OF THE CROSS

List your cares
Then, one at a time, cross them out and write
PEACE

Always end with personal prayer.

Think if you wish to pray for anything/anyone in particular.

A “task” to complete from this class to the next.

Work on your spiritual development!!