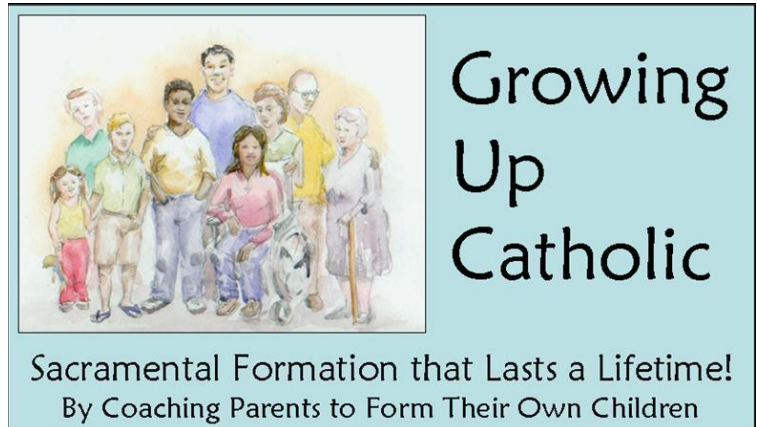


# Welcome to **Growing Up Catholic**

## **Catechist Guide** for Confirmation in Restored Order, Lesson 4

As the catechist for Growing Up Catholic, you will be leading a group of parents with their children through a formation process. This process will change their lives and last forever!

This Guide is intended to help you do this well. There is no need to add to or take anything away from Growing Up Catholic. It's designed to fit into about a one hour window of time.



**Thank you** for leading this process. Please allow the parents to have this time with their children. They may not have a full Catholic vocabulary or full knowledge of their own faith, but by guiding their children using the Growing Up Catholic coaching resource, they will grow themselves by the end of the process. We hope you will also grow in your own faith!

Here is your **Growing Up Catholic** general process.

See below for notes about this specific lesson.

### **Beforehand**

- **Review** each lesson entirely.
- **Make copies** of the lesson plans and have them ready. You may wish to create a packet for each household.
- **Prepare a Prayer Altar** for your space. Use whatever you wish, but always include a Bible, candle, and Cross. Have the Bible laying open to the page on which the reading for the Prayer Celebration is found.
- **Choose a Reader** for the Prayer Celebration. Ask him or her to prepare beforehand.
- **Have sacred music playing** quietly as people arrive. It helps reduce discomfort from awkward silence. Because so much of Growing Up Catholic is based on interaction between parent and child, you may wish to allow background music to provide the

- white noise which helps create privacy. Turn the music off during the Prayer Celebration.
- **Supplies** to gather for each session:
    - Your Prayer Altar + music player + slips for prayer
    - Crayons for the coloring pages
    - A Bible for each household – encourage them to bring one
    - The Growing Up Catholic resource-handout – which is complete and all you need. There are no additional handouts.

### **The Seating & Room Plan**

- **Locate your Prayer Altar** as much in the center of the room as possible. People will be asked to approach it with slips of paper during the Prayer Celebration in each session.
- **Give families privacy** by seating them in clumps around the end of rectangular tables, or on the sides of round tables. It will be pretty tough to use this resource without tables.

### **Greeting and Welcome**

- **Welcome them** with a few words after everyone has arrived. Try to get started on time! Do not open with prayer. The Prayer Celebration is the second step.

### **Page One: Focus**

- About 5 minutes.
- Call everyone's attention to this page and review it lightly.
- Invite the parents to take the lead.
- (If you are working with only a few parents or in a classroom setting, lead this from the front of the room.)

### **Prayer Celebration**

- About 8 minutes
- Use the homily notes which we provide below.
- If you intend to play or sing a song, do so after the Sign of the Cross.
- Ask everyone to make the Sign of the Cross aloud with you. Lead slowly so everyone can follow.
- Pray the opening dialogue.
- After the Reading, give a very short homily. Keep it to 5 minutes or less. This is really your only chance to present during the session. We have chosen to make it a homily so it will be rooted in Scripture.
- Do the activity as outlined in the notes.
- Pray the closing prayer aloud, slowly, together.
- After the prayer, give the parents time to process with their children, following our notes to them. You can lead this.

## Learning pages

- About 30-40 minutes (including the coloring break)
- See our notes below for each page. Your role is to prompt, support, encourage, and lead the parents. Keep the various family groups together as much as possible for this. Move from page to page as a group. Don't let any one family speed ahead too quickly.
- Meeting Jesus in the Bible is one of the learning pages. See our notes below about how to approach it in this session.
- Color This Picture is another learning page. It is meant to be a little break for both kids and parents. Refresh beverages, go to the toilet, but keep the group focus on the activity.
- Learning about the Rite follows as another learning page. See our notes below about this particular lesson.

## At Home This Week

- Review this page with the group. Explain the activities we are suggesting and lead them to the web site for further help and resources. See our notes below.

## Closing

- When all is said and done, close with a simple thank you to everyone. Invite anyone with questions to see you privately. Invite them to continue their faith formation, especially if preparation for First Eucharist follows this Confirmation preparation.
- Close by drawing them together with this closing prayer:

Dear Jesus,  
we know you are with us here.  
You are present in this room.  
We love you and want to love you more.  
Help us be more loving this week.  
Thank you for giving us faith.  
Increase our faith every day.

Now let us pray together:

Glory Be to the Father, and to the Son, and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, world  
without end, Amen.

In the Name of the Father, and of the Son, and of the Holy  
Spirit. Amen.

# 4 We grow in holiness

**Baptism** begins our journey of faith.

**Confirmation** makes us stronger.

Soon we will receive **Holy Communion** and be a full member of the Church.



### How do we grow in Faith?

- To be holy is to be **close to God**
- It is to **do what God wants**
- The Holy Spirit makes us holy
- The **gifts of the Spirit** are the "tools" we need
- We are in the process of **growing up Catholic**

**God loves YOU!**

1 As you welcome people to this session, remind them that this is the conclusion of the preparation process for Confirmation in restored order.

For many of the children and their parents, they will go on now to prepare for First Eucharist. The first session of that process in Growing Up Catholic picks up exactly where this leaves off.

2 The parents will be talking with their children about holiness in this session. You may wish to teach about the meaning of this word. You may use Growing Faith booklet #35 to assist you.



### Prayer Celebration:

A prayer to confirm our faith and prepare us for the Sacrament of Confirmation

**Begin with the Sign of the Cross: Everyone says it aloud together:**  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Leader:** We thank you, Jesus, for giving us Baptism, where we received grace to be children of God.

**Parents & Children:** Jesus, we love you. We want to love you more!

**Leader:** Help us prepare for the Sacrament of Confirmation.

**Parents & Children:** Open our hearts to your Holy Spirit.

**Leader:** Let us open our hearts now to hear God's word and to grow in our faith.

**Reader:** Please listen now to God's Word from the Bible: (Philippians 1:3-6)

A reading from the Letter to the Philippians...

... This is the Word of the Lord

All: Thanks be to God!

Listen to the Leader.

Each child and adult in the room write on the clip of paper what personal commitment they will make to live their faith after being confirmed.

All (pause after each line)  
Jesus, we accept your invitation  
to grow closer to you in love  
and to be confirmed in our faith.  
Please bless us and be with us. Amen.



3 When all seem ready, invite everyone to move toward the altar table you have prepared. It's OK for them to move in a jumble, without moving the tables at all. They can simply jostle their chairs into a loose gathering around the altar.

Use the homily notes on the following page.

## Prayer Celebration - Homily

### For Confirmation in restored order Formation Sessions

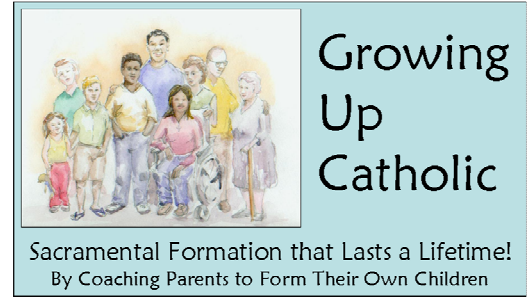
to be presented by the prayer leader

**Philippians 1:3-6**

### Session 4: A Prayer to Confirm our Faith and Prepare for the Sacrament of Confirmation

After the reading...

...using these or similar words.



In this reading, St. Paul was telling his close friends how thankful he was that they were living their faith. Let me read this to you again, saying it in my own words:

"I thank my God every time I remember you.

I pray constantly with joy in my heart for you,  
because you have heard the Gospel and lived it  
from the very beginning until now!

You said "Yes" to Jesus and you really meant it!

You are growing up as young Catholics  
with a strong faith that can change the world!

I know that the Holy Spirit, who began this good work in you,  
will bring you to a life filled with love  
until you see Jesus in heaven.

You are ready now to celebrate Confirmation! I am so proud of you!"

This is what St. Paul was telling his friends  
and it's what I tell you now.

How do you commit yourself to Jesus? What does that mean? (tease this out a little)

- you talk with Jesus and Mary every day
- you obey your parents and teachers
- you love others and are kind to everyone
- and so forth...

Invite each child and adult in the room to write on the slip of paper what personal commitment they will make to live their faith after being confirmed.

### After the prayer ends: **reflection on the prayer**

Ask each child and parent in the room to pause for just a moment, look back over the prayer we just prayed, and circle two things that they noticed in it. They can circle a word, several words, or a picture. Then

invite them to share that with someone sitting close to them. Take only a minute or two for this. After the sharing, invite several people to share with the large group, very briefly, about what struck them in this prayer.

**When finished, thank everyone and go on.**

Session 4: Confirmation in Restored Order-Child Text Growing Up Catholic

### Living Our Faith

For each item below, circle the ones God wants you to do.

Love God above all **OR** love myself most

Be kind to everyone **OR** only be nice to my friends

Always tell the truth **OR** sometimes tell lies

Always obey your parents **OR** only if you want to

Ignore your teachers **OR** do what they tell you

Skip Mass if you want **OR** attend Mass on Sunday

Be satisfied with what you have **OR** always want something new and shiny

Keep everything to yourself **OR** share your things with others

Never steal anything **OR** take things that aren't yours


Treat others like you want to be treated yourself **OR** be mean to some and nice to others

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1 We have here an exercise which will be **complex** for young children. We want their parents to walk them through this, helping the children understand both (1) that we make certain choices to either live our faith or not, and (2) at the same time, there is often a large gray area where it's not perfectly clear.

2 You may wish to teach briefly about this, **using examples from the exercise itself**. For example, we're called to love God, but there is also a time for us to love ourselves. How can this be? Or we are tempted to keep everything for ourselves and not share, but we must keep some things for ourselves, don't we?

Session 4: Confirmation in Restored Order-Child Text Growing Up Catholic



### Meeting Jesus in the Bible


At baptism we become friends with Jesus, who is our friend first. He chooses us because he loves us very much.

### Jesus Teaches Us How to Live a Holy Life

Jesus was teaching the people and this is what he said.  
 We should love our enemies and do good to those who hate us.  
 We should offer a blessing to those who do mean things to us.  
 If someone strikes you on the cheek, we should offer the other as well.  
 Give to everyone who asks something from you.  
 Do unto others as you would have them do to you.

If you love only those who love you, what good is that?  
 Even sinners can do that!  
 If you are good only to those who do good to you, what good is that?  
 Even sinners do the same!

Do good. Love others.  
 You will receive a big reward from God.



(Matthew or Luke 6:27-36)

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3 When all seem finished, move the group as a whole to the paraphrase from Scripture.

You may wish to invite one or two to retell this story for the whole group.



➔ **1** Allow this coloring exercise to be a break for those needing rest rooms. It's also a good time for refreshments and snacks. Encourage the parents to work closely with their children, however, to do this project.

Ask them to tell a story that they think might convey the meaning of this coloring picture.

Session 4: Confirmation in Restored Order Child Text Growing Up Catholic

**The Sacrament of Confirmation**  
The final blessing and being sent forth

- At the end of Confirmation, the bishop tells us to go and live what we believe
- This means we should follow what Jesus and the Church tell us

We receive the

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to help us.

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➔ **2** In this session we treat the part of the Rite when the bishop or presider sends everyone out to live their faith. This is often an overlooked dimension of the sacrament, but Confirmation above all leads us to live as followers of Jesus in the power of the Spirit.

You may wish to include the homework in this session's work.

Session 4: Confirmation in Restored Order Child Text Growing Up Catholic



**At home this week**  
Work on this together at home as a way of continuing the process of preparing for the Sacrament of Confirmation

**Make a Plan!**  
In each empty box, write one way you will live your faith in order to prepare to celebrate the Sacrament of Confirmation.

What happens	What I will do
Someone at school was mean to me and I want to get back at them	
My mom or dad asks for my help but I want to watch TV instead	
I don't really want to say my prayers before meals or bedtime	
I did something wrong and I feel bad about it	

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➔ **1** Before you move to the closing prayer, make sure you review this homework with everyone. It is not enough to simply send it home without an explanation.

If you used this homework as part of the session, simply send them on their way with your blessing!