

## **Lesson Plan Lesson 1 – What is Confirmation?**

### **Prayer:**

“God, be with us as we begin our preparation for the sacrament of Confirmation. Help us to understand what this sacrament is all about, and to be open to the gifts we will receive from it. Please bless all these students, their teachers, and their families, so that by the end of this journey we will all be closer to you. Amen.”

*Administer pre-test*

*Read the chapter for this week, stopping periodically to ensure student understanding of the text.*

### **Journaling prompt:**

Why do you want to receive the sacrament of Confirmation?

### **Other Discussion Questions:**

- Where is the battle between good and evil obvious in our world?
- Why do you think God gave us the sacrament of Confirmation?

### **Activity:**

One of the greatest weapons we have in our struggle against evil is prayer. Discuss different ways students pray, and introduce them to the Rosary. Just pray one decade today, any one you choose. If you have students without much of a religious education background, pick one they will be familiar with, like the birth of Jesus.

But take time to teach and explain the Rosary to students who may be unfamiliar with it. Emphasize that the most important part of the Rosary is meditating on the Mysteries of the Rosary. Teach them how to use the beads to keep track of the prayers, and let them know that by the repetition of familiar prayers, our goal is not to impress, or “bribe” God with how many prayers we pray. We are creating a rhythm for our minds so that they will be freer to meditate.

- *Note: The U.S. Conference of Catholic Bishops has a useful guide about how to pray the Rosary. It is found at: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>  
You may want to print copies for your students.*

### **Challenge:**

Pay attention this week. Look for examples of the struggle between good and evil in your environment, and within yourself. Think about how you usually react to this struggle, and how do you want to be strengthened by the sacrament of Confirmation?

*Close with prayer*