



# Confirmation Bible Study

COMPANION TO

***NEVER ALONE***  
*LIFE WITH THE HOLY SPIRIT*



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## ***A KEY TO USING THIS GUIDE:***

**ANYTHING IN ITALICS:** Important information for leaders. Not necessary to share with the group.

**REGULAR FONT:** To be shared aloud with the group.

**LEADER TIPS:** Check out the “Leader Tip” boxes in the margins for helpful hints.

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# *WELCOME TO THE CONFIRMATION BIBLE STUDY*

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Welcome to YDisciple's Bible study on Confirmation.

While it can be completed on its own, **we strongly recommend that this Bible study is facilitated after having completed the YDisciple video series, *Never Alone: Life with the Holy Spirit*.**

This 4-week Bible study is not intended to give a full catechesis on the sacrament of Confirmation. Rather it is designed to help teens:

- Become more comfortable with reading the sacred scripture
- Discover the roots of Confirmation in the Bible
- Address common misconceptions of the sacrament
- And, most of all, see how the scripture applies to their lives

Each session uses only one scripture passage. There are certainly many more verses we could have used and even supplemented each session with, but it is our desire to teach teenagers to focus on a single passage and really wrestle with it. In fact, you will read this single passage aloud at least 3 times during the course of your meeting! We have a maxim we follow at YDisciple: "Don't try to get through the scriptures, let the scriptures get through you."

Using these passages, you will follow the same structure each time: READ, REFLECT, REACT. This process has been developed by the team here at NET Ministries and has been used with real teenagers around the U.S. for many years. Here's the method behind our madness:

In the READ portion, you will, of course, read the scripture aloud. You will also ask very concrete questions about the setting, specific words, etc. It may seem silly and superficial, but what you are doing is helping to set a scene as well as give them questions that they can be confident in answering. You don't have to know a lot of background information about the Bible to begin engaging it.

In the REFLECT portion, you will read it again and begin to interpret the content. This section will have plenty of saint quotes and Catechism references that will help you, the leader, keep this section of discussion on track and give you the confidence of answering with true Church teaching.

The final portion of REACT is the most important. Yes, you will read the passage aloud again. Here you will begin to answer the question: What does this have to do with my life? It is no good for us to simply know facts about the Bible and about faith. We need to put them into practice.

As with all YDisciple materials, we strongly recommend that each participant read the passage from a real Bible, not an app, nor just the passage printed on a page. Everyone is also strongly encouraged to highlight and take notes directly in their Bible.

Above all, get ready for the Holy Spirit to show up. The Scripture is not just words about God; it is the Word of God. If God is speaking and teens are open to listening, powerful things will happen.

*SESSION 01:*

# **The Basics**



# *THE BASICS*

CONFIRMATION BIBLE STUDY  
SESSION 01 LEADER GUIDE

## Overview:

In this session, you will consider the basic elements of Confirmation in the Bible, introduce simple sacramental theology, look at the effects of Confirmation as laid out in the Catechism, and address the misconception that Confirmation makes one an “adult in the faith.”

## Theme Scripture:

### ACTS 8:14-17

“Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, who went down and prayed for them, that they might receive the Holy Spirit, for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus. Then they laid hands on them and they received the Holy Spirit.”

# CONNECT

## 1. Check-In

*It is always good to check-in and ask, "How was your week?" demonstrating that you care about what is going on beyond your small group. You can ask generally or have them share "Highs and Lows." (High - best part of your week; Low - worst part). Ask about their commitment from the week before.*

## 2. Accountability

*In the last session of "The Invitation," your group was introduced to the concept of "The 5 S's of Accountability." These are 5 things that a disciple should be striving toward. Check-in each time you meet to see how everyone is progressing.*

The 5 S's of Accountability: Service, Praying with Scripture, Sacraments, Overcoming Sin, Sharing Jesus with Others

## 3. Optional Activity

*Before diving into content, have fun together! Download our free ebook of small group games at [YDisciple.shop](http://YDisciple.shop) or by scanning the QR code.*

*Are games not your group's thing? Try simply playing a sport or sharing a meal together.*



## 4. Opening Prayer

*Ask the Holy Spirit to inspire your time together as you dive into Sacred Scripture. Consider including in your prayer time the traditional 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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### LEADER TIP

Ideally, you would be doing this study together after having done The Invitation, a 4-part video series on discipleship. In that first session, you take time to set up group guidelines and expectations.

### LEADER TIP

For more on accountability, check out this quick [leader training video](#).

### LEADER TIP

Make sure you pass out the Participant Guides at the beginning. The teens will be able to follow along and pray this prayer.

# DISCUSS

- **FOR THOSE IN CONFIRMATION PREP: WHY ARE YOU HERE? WHY ARE YOU GETTING CONFIRMED?** *Don't shy away from sharing your own experience of Confirmation/Confirmation prep.*
- **FOR THOSE WHO HAVE ALREADY BEEN CONFIRMED: WHY DID YOU GET CONFIRMED?**

We are going to be taking the next few meetings to take a closer look at the sacrament of Confirmation through the lens of the Bible. Each week we will spend a good amount of time reading specific passages from the Bible concerning Confirmation and the Holy Spirit.

## Read

Look up Acts 8:14-17. Read it aloud while everyone follows along in their Bibles. Encourage everyone to think about what's happening.

- **WHERE DOES THIS PASSAGE TAKE PLACE?** *Samaria. The people of Samaria, known as Samaritans, had once been Jewish like the people in Jerusalem, but had over the years adopted many religious practices of other pagan religions around them. They were considered by the Jews in Jerusalem to be "religious half-breeds." This is significant because when this city comes to have faith in Jesus, it breaks down old animosities between the two groups.*
- **WHO WAS SENT TO BE WITH THIS NEW CHURCH IN SAMARIA?** *Peter and John.*
- **WHAT DO WE ALREADY KNOW ABOUT PETER AND JOHN?** *They were two of Jesus' best-known disciples. John is often referred to as "the beloved disciple" (see John 20:2). As Catholics, we believe that Peter was the first Pope (see Matthew 16:18).*

### LEADER TIP

Even if you think you know the youth's answers, or this is a Confirmation requirement, still ask these questions! It helps the young people to open up and helps you know where they're coming from.

### LEADER TIP

Everyone should have their own Bible that they can write in. If they do not have one, consider buying them one as a gift. All of the Bible quotes in YDisciple studies are from the NABRE translation.

### LEADER TIP

Help them find the passage. Some of your group may not be familiar with how to use the Bible, but may be too embarrassed to admit it. You can also share the short YDisciple video, "[How to Read the Bible.](#)"

### LEADER TIP

These "READ" questions might seem superficial, but they are important both for cementing the scene in the reader's mind and for getting conversation moving. If we begin by asking simple, concrete questions, we can move to more complex, abstract questions down the line.

- **WHAT WERE JOHN AND PETER SENT TO SAMARIA TO DO?** *Pray for the Holy Spirit to come down upon them.*
- **HOW DO THEY CALL THE HOLY SPIRIT DOWN UPON THEM?** *They lay hands on them.*

## Reflect

Invite someone to read the passage again and encourage everyone to think about what it means.

This scripture is where we get much of the foundation for the sacrament of Confirmation.

- **WHY DO YOU THINK IT WAS SIGNIFICANT THAT PETER AND JOHN WENT TO THE NEW CHURCH?** *This “calling down” of the Holy Spirit isn’t done by just anyone. They called the apostles. This is significant from our perspective as Catholics.*
- **DO YOU KNOW WHO CALLS DOWN THE HOLY SPIRIT ON YOU FOR YOUR CONFIRMATION?** *Ordinarily, the bishop or a priest delegated by him.*

As Catholics, we believe in something called “apostolic succession.” Bishops have a special authority in the Church. Every Catholic bishop can trace his spiritual lineage back to one of the twelve apostles thanks to the sacrament of Holy Orders. The apostles would lay hands, a form of anointing, on the person they intended to take their place as a spiritual leader before they died or left an area. Then that anointed person would do the same when they stepped down or moved, and so on until our current time. The bishop’s authority comes from God himself, so when you are anointed in the sacrament of Confirmation, it is symbolic of God anointing you. Remember though, this is not just a symbol! God himself is anointing you at your Confirmation!

- **THERE IS CLEARLY A CONNECTION BETWEEN BAPTISM AND CONFIRMATION IN THIS TEXT. WHAT DO YOU SEE HAPPENING?** *This laying on of hands and calling down the Holy Spirit completes what baptism began. The Catechism says, “the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace,” (CCC 1285).*

### LEADER TIP

Catechism: A book that gives a comprehensive summary of Catholic faith and morals.

It is interesting that Peter and John don’t just pray out loud that the Holy Spirit would come upon these people. There is an action that comes along with the prayer, laying their hands on the people. This exact same action happens at a Confirmation. The bishop lays his hands on your head. This very real connection between the physical (laying on of hands) and the spiritual (receiving the Holy Spirit) is at the heart of what we believe about sacraments.

- **WHAT OTHER SACRAMENTS CAN YOU NAME?** *Baptism, Eucharist, Confession/Reconciliation, Anointing of the Sick, Marriage, Holy Orders.*

St. Augustine said, "Sacraments are visible signs of invisible grace." Take baptism, for example. Having water poured on a person symbolizes that person being cleansed. But at our baptism, the water isn't just a symbol. We believe that we are actually cleansed of the stain of original sin, in real life, when the water is poured over us. It isn't just symbolic.

- **LET'S LOOK AT ANOTHER SACRAMENT. WHAT ARE THE VISIBLE SIGNS OF THE EUCHARIST?** *Bread and wine are consecrated by a priest. They actually become the Body and Blood of Christ.*

At Confirmation, you are anointed with chrism (a holy oil) and the bishop lays his hands on your head. And you actually receive the Holy Spirit just like in this scripture passage.

## React

*Invite someone to read one last time and encourage everyone to think about how it applies to their own lives.*

A common misconception about Confirmation is that it is a "rite of passage" that makes you an "adult in the faith." This simply isn't true. Babies in danger of death can get confirmed. In some places, children are confirmed when they receive their first Holy Communion. So instead of thinking of it as a rite of passage into spiritual adulthood, instead remember it completes the grace of our Baptism.

We've been talking here about how Confirmation completes the grace of Baptism and how the church in Samaria needed the Holy Spirit to come after their Baptism.

This "completion of baptismal grace" has the following effects according to the Catechism:

- "It roots us more deeply in the divine filiation which makes us cry 'Abba! Father!'"
- It unites us more firmly to Christ.
- It increases the gifts of the Holy Spirit in us.
- It renders our bond with the Church more perfect.
- It gives us a special strength to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ more boldly, and never be ashamed of the Cross." (CCC 1303)

Let's look at each of those effects and talk about how they can play out in our everyday lives.

### LEADER TIP

"The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions." -CCC 1131

"It roots us more deeply in the divine filiation which makes us cry 'Abba! Father!'" "Divine filiation" refers to the fact that we are children of God. Think back to the first video session we did when we talked about belonging and identity. Nic talked about how in our baptism we become children of God [Never Alone, Session 1, 9:16-10:30].

- **DO YOU FIND IT EASY OR DIFFICULT TO BELIEVE THAT YOU ARE A BELOVED CHILD OF GOD?**

"It unites us more firmly to Christ."

- **ON A SCALE OF 1-10, HOW WOULD YOU RATE YOUR RELATIONSHIP WITH JESUS?**

"It increases the gift of the Holy Spirit in us."

- **WHO IN YOUR OWN LIFE DO YOU KNOW THAT IS DIFFERENT BECAUSE OF THE ACTION OF GOD IN THEIR LIVES?**

"It renders our bond with the Church more perfect."

- **JUST ONE OF THE MANY REASONS WE NEED THE CHURCH IS THAT WE NEED COMMUNITY. WHY DO YOU THINK COMMUNITY IS IMPORTANT WHEN IT COMES TO FAITH?**

"It gives us special strength to spread and defend the faith."

- **WHO IS SOMEONE WHO HAS SHARED THEIR FAITH WITH YOU? WHAT DID THAT LOOK LIKE?**
- **FOR MOST PEOPLE SHARING THEIR FAITH ISN'T EASY. WHY DO YOU THINK THAT IS?**

These are the things that happened in Samaria, but it doesn't end there. These are the things that are available to anyone who gets confirmed. Notice that none of the effects are, "It makes you an adult in the Church."

# COMMIT

This week commit to:

- Reading Acts 8:14-17 every day.
- Inviting the Holy Spirit into your daily actions by praying, "Come, Holy Spirit" throughout each day.

## LEADER TIP

Of course the spiritual life cannot be quantified, but questions like this help them think about it in a concrete way. You can also check out [The Connect Deck](#) for a tool to help teens articulate an answer to this question.

## Closing Prayer

*Begin with the Sign of the Cross, then reread the theme verse (Acts 8:14-17). Invite them to share aloud anything they would like to pray for (people, circumstances, etc.). Conclude with a rote prayer such as the Our Father.*

## ***FOLLOW-UP CHECKLIST***

- Send the Parent Sheet.
- Remind them to bring a Bible to every meeting.
- Consider sending them a reminder between sessions of the COMMIT.
- Pray!



# THE BASICS

## CONFIRMATION BIBLE STUDY SESSION 01 PARTICIPANT GUIDE

### Main Points:

In this session, we will consider the basic elements of Confirmation in the Bible, introduce simple sacramental theology, look at the effects of confirmation as laid out in the Catechism, and address the misconception that Confirmation makes one an “adult in the faith.”

### Opening Prayer:

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### Commit:

This week commit to:

- Reading Acts 8: 14-17 every day.
- Inviting the Holy Spirit into your daily actions by praying, “Come, Holy Spirit” throughout each day.

### Theme Scripture:

**ACTS 8:14-17**

“Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, who went down and prayed for them, that they might receive the Holy Spirit, for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus. Then they laid hands on them and they received the Holy Spirit.”



# THE BASICS

## CONFIRMATION BIBLE STUDY SESSION 01 PARENT SHEET

### Dear Parents,

Welcome to the *Confirmation Bible Study*! For this study, each session uses only one scripture passage. There are certainly many more verses we could have used and even supplemented each session with, but it is our desire to teach teenagers to focus on a single passage and really wrestle with it. In fact, they will read this single passage aloud at least 3 times during the course of their small group meeting! The reason for this style of reading scripture can be summed up by the maxim, "Don't try to just get through the scriptures, let the scriptures get through you."

In this session, your teen considered the basic elements of Confirmation in the Bible, was introduced to simple sacramental theology, looked at the effects of confirmation as laid out in the Catechism, and addressed the misconception that Confirmation makes one an "adult in the faith."

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from small group that stood out to you?
- Why are you getting confirmed?
- Which effect of Confirmation are you most intrigued by? Why do you think that one caught your attention?

**COMMIT:** Every session, group members accept a personal challenge to apply what was discussed to their everyday lives. This week our commitment was to read Acts 8:14-17 every day and invite the Holy Spirit into our daily actions by praying, "Come, Holy Spirit" throughout each day.

### Theme Scripture

"Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, who went down and prayed for them, that they might receive the Holy Spirit, for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus. Then they laid hands on them and they received the Holy Spirit."

**ACTS 8:14-17**

*SESSION 02:*

# **The Gifts**



# *THE GIFTS*

CONFIRMATION BIBLE STUDY  
SESSION 02 LEADER GUIDE

## Overview:

In this session you will discover where we find the traditional list of the Gifts of the Spirit in scripture, discuss how each of these gifts apply to our lives, and address the misconception that at Confirmation we confirm our faith.

## Theme Scripture:

**I S A I A H 11:1-3 A**

"But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the LORD shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD."

# CONNECT

## 1. Check-In

*It is always good to check-in and ask, "How was your week?" demonstrating that you care about what is going on beyond your small group. You can ask generally or have them share "Highs and Lows." (High - best part of your week; Low - worst part). Ask about their commitment from the week before.*

## 2. Accountability

*In the last session of "The Invitation," your group was introduced to the concept of "The 5 S's of Accountability." These are 5 things that a disciple should be striving toward. Check-in each time you meet to see how everyone is progressing.*

The 5 S's of Accountability: Service, Praying with Scripture, Sacraments, Overcoming Sin, Sharing Jesus with Others

## 3. Optional Activity

*Before diving into content, have fun together! Download our free ebook of small group games at [YDisciple.shop](http://YDisciple.shop) or by scanning the QR code.*



*Are games not your group's thing? Try simply playing a sport or sharing a meal together.*

## 4. Opening Prayer

*Ask the Holy Spirit to inspire your time together as you dive into Sacred Scripture. Consider including in your prayer time the traditional 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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### LEADER TIP

Make sure you pass out the Participant Guides at the beginning. The teens will be able to follow along and pray this prayer.

# DISCUSS

- **WHAT IS THE BEST GIFT YOU REMEMBER RECEIVING AS A YOUNG CHILD? TELL THE STORY.**
- **WHAT IS THE GIFT YOU ARE MOST PROUD OF GIVING SOMEONE ELSE? TELL THE STORY.**

## Read

Look up Isaiah 11:1-3a. Invite someone to read it aloud while everyone follows along in their Bibles. Encourage everyone to think about what's happening.

- **WHAT IS THE IMAGERY IN VERSE 1?** A shoot or sprout growing off a stump and flowering.
- **BONUS QUESTION! DOES ANYONE KNOW WHO JESSE IS?** Jesse was the father of King David.
- **WHAT DOES THE SPIRIT OF THE LORD DO IN VERSE 2?** The spirit rests on "him," the subject of this passage.
- **WHAT ARE THE QUALITIES OF THE SPIRIT LISTED IN VERSES 2-3A?** Wisdom, understanding, counsel, strength, knowledge and fear of the LORD.

This is where we get the traditional list of the Gifts of the Holy Spirit: Wisdom, Understanding, Knowledge, Fortitude, Counsel (or Right Judgement), Piety (or Reverence), and Fear of the Lord (or Awe & Wonder)

## Reflect

Invite someone to read the passage again and encourage everyone to think about what it means.

In the New Testament, it is understood that the "branch" or "shoot" at the beginning of this passage refers to Jesus (see Romans 15:12 and Revelation 5:5)

### LEADER TIP

Help them find the passage. Some of your group may not be familiar with how to use the Bible, but may be too embarrassed to admit it. You can also share the short YDisciple video, "[How to Read the Bible.](#)"

### LEADER TIP

They may be confused over why the words in the list of gifts aren't identical to the scripture. (Example: verse 2 reads "strength", but the gift is listed as courage or fortitude.) It is important to remind them that the Bible wasn't written in English. Different translators use different words.

- **VERSE 2 READS, “THE SPIRIT OF THE LORD SHALL REST UPON HIM.” HOW IS THIS SIMILAR TO THE LAST MEETING’S PASSAGE FROM ACTS?** *The apostles call the spirit down on the believers with a laying on of hands. There is a pattern in scripture of when the spirit shows up he “overshadows.”*

Let’s take a look at each of the gifts of the Holy Spirit and consider them more deeply.

WISDOM is the highest gift of the Holy Spirit. *It enables us to see everything with the eyes of God.* In our lives, our judgements and thoughts are built around our experiences, not excluding hate or envy. Wisdom lifts us from our human thought patterns to see things as God does, feel for others with his heart, and to speak using his words.

- **WHO DO YOU KNOW THAT HAS THIS KIND OF WISDOM? WHAT DOES IT LOOK LIKE IN REAL LIFE?**

UNDERSTANDING *enables us to go beyond the exterior of a reality.* A great example of this is in Luke 24:13-35 when Jesus appears to two of the disciples for the first time after dying and rising from the dead while they are walking to Emmaus: “...their eyes were opened and they recognized him.”

- **HAVE YOU EVER HAD THE EXPERIENCE OF A “FACT” YOU’VE KNOWN BECOMING MUCH MORE PERSONAL AND REAL?** *For example, knowing that your parents love you.*

KNOWLEDGE. *Not limited by human knowledge, this gift leads us to be able to grasp the greatness of God’s love and his profound relationship with every creature.* Knowledge sets us in vivid harmony with God to participate in the clarity of his vision and judgement.

- **WHAT IS THE DIFFERENCE BETWEEN KNOWING IN YOUR HEAD AND KNOWING IN YOUR HEART? CAN YOU IDENTIFY THIS DIFFERENCE IN SOME OF YOUR RELATIONSHIPS WITH OTHERS OUTSIDE OF GOD?**
- **HOW CAN WE APPLY THIS TO OUR RELATIONSHIP WITH GOD?**

COUNSEL is a threefold gift. *It awakens sensitivity to God’s voice, asks what God desires, and speaks truths into the lives of others when asked for guidance.*

- **IN SESSION 2 OF THE VIDEO SERIES, NEVER ALONE, WE TALKED ABOUT HOW THE HOLY SPIRIT GUIDES US IN A PROCESS CALLED DISCERNMENT. HAVE YOU SINCE TAKEN THE TIME TO ASK GOD’S HELP IN MAKING A DECISION, BIG OR SMALL? WHAT WAS THAT LIKE?**

FORTITUDE *gives us strength to overcome obstacles in our own lives.* The Holy Spirit does this by lifting us out of natural inclinations towards attitudes like laziness and discouragement and into a new strength and enthusiasm for our daily lives.

- **WHAT SITUATIONS IN LIFE CAUSE PEOPLE TO BE AFRAID AND NOT DO THE RIGHT THING?**

PIETY is our relationship with God lived with the heart, moving us naturally to prayer. Commonly reduced to superficial expression, piety stirs a sense of affection, gratitude, and praise in our hearts for all God is.

- **BY NOW YOU HAVE HEARD US TALK ABOUT THE IMPORTANCE OF PRAYER OVER AND OVER AGAIN. DO YOU FIND IT EASY OR DIFFICULT TO PRAY? WHAT STANDS IN YOUR WAY?**

FEAR OF THE LORD is the gift in which we are reminded of how small we are before God. This gift does not mean being afraid of God. In it, we place every fear and expectation in his hands and in return take comfort in his strength and greater plan for our lives.

- **HOW DO YOU THINK THIS GIFT WOULD CHANGE HOW WE ACT IN OUR EVERYDAY LIVES?**

When you are confirmed, the bishop (or priest) will anoint your forehead with oil and say "Be sealed with the Gift of the Holy Spirit." These very gifts we just talked about will be given to you.

The oil used at your Confirmation is called "chrism." It is a combination of balsam oil and olive oil. It gives off a wonderful fragrance. This fragrance is symbolic of how once Confirmed, you are called to spread the beautiful fragrance of God everywhere you go. Oil also symbolizes health and strength, which are given to you as you are sent on your mission.

The oil is placed on your forehead, often in the sign of the Cross. This symbolizes your being marked or sealed with the cross of Jesus Christ. It is placed on the forehead to remind you that your faith is not a secret to be ashamed of, but a sign to profess proudly.

This seal, again, is not just symbolic. When your forehead is sealed, we believe that your soul is sealed with an indelible mark. Indelible: a mark that cannot be removed for all eternity. Even in heaven, you will still have this mark on your soul.

## Read

*Invite someone to read one last time and encourage everyone to relate it to their own lives.*

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### LEADER TIP

This is a great moment for you to share your own experience of acting with courage with the Holy Spirit's help.

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### LEADER TIP

"Like Baptism which it completes, Confirmation is given only once, for it too imprints on the soul an *indelible spiritual mark*, the "character," which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness." -CCC 1304

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Let's keep this scripture in mind as we look at another common misconception about Confirmation: that it is you, the person receiving the sacrament, that is confirming your faith or making the faith your own. How many of you have heard this?

Let's get to the bottom of this misconception with this excerpt from the Catechism:

"Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts." -CCC 1303

- **ACCORDING TO THE CATECHISM, WHO DOES THE CONFIRMING?**

*When we are confirmed we are not the ones doing the confirming. It is Jesus who confirms, strengthens his grace in you. The action is His. It is our job to be open to it.*

Remember from the video series the many names and images to describe the Holy Spirit. One of these terms Jesus used for the Holy Spirit is "Paraclete," meaning "he who is called to one's side" or "Consoler." When our inner world feels chaotic and dark, or when we feel directionless, if we feel like we can't find God, it is important for us to know that if we can remain still and be open, the Holy Spirit comes to us.

While it is important for us to seek God with our own minds and hearts, we can have confidence that the Holy Spirit will come to the aid of all those who are lost and seeking him, no matter where they are.

- **WHAT ARE SOME OBSTACLES THAT YOU THINK GET IN THE WAY OF PEOPLE ACCEPTING THE GIFT OF THE HOLY SPIRIT HIMSELF?**
- **WHICH OF THE GIFTS THAT WE HAVE DISCUSSED DO YOU WANT/NEED MORE OF IN YOUR LIFE? WHY?**

# COMMIT

This week commit to:

- Reading Isaiah 11:1-3a every day.
- Inviting the Holy Spirit into your daily actions by praying, "Come, Holy Spirit" throughout each day.

## Closing Prayer

*Begin with the Sign of the Cross, then reread the theme verse (Isaiah 11:1-3a). Invite them to share aloud anything they would like to pray for (people, circumstances, etc.). Conclude with a rote prayer such as the Our Father.*

## ***FOLLOW-UP CHECKLIST***

- Send the Parent Sheet.
- Remind them to bring a Bible to every meeting.
- Consider sending them a reminder between sessions of the COMMIT.
- Pray!



# THE GIFTS

## CONFIRMATION BIBLE STUDY SESSION 02 PARTICIPANT GUIDE

### Main Points:

In this session you will discover where we find the traditional list of the Gifts of the Spirit in scripture, discuss how each of these gifts apply to our lives, and address the misconception that at Confirmation we confirm our faith.

### Opening Prayer:

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### Commit:

This week commit to:

- Reading Isaiah 11:1-3a every day.
- Inviting the Holy Spirit into your daily actions by praying, "Come, Holy Spirit" throughout each day.

### Theme Scripture:

#### ISAIAH 11:1-3A

"But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the LORD shall rest upon him: a spirit of wisdom and of understanding, A spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD."



# THE GIFTS

## CONFIRMATION BIBLE STUDY SESSION 02 PARENT SHEET

### Dear Parents,

In this session, your teen discovered where we find the traditional list of the Gifts of the Spirit in scripture, discussed how each of these gifts apply to our lives, and addressed the misconception that at Confirmation we confirm our faith.

The Gifts of the Spirit that we dove into are:

- WISDOM
- UNDERSTANDING
- KNOWLEDGE
- COUNSEL or Right Judgment
- FORTITUDE
- PIETY or Reverence
- FEAR OF THE LORD or Wonder & Awe

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from small group that stood out to you?
- Do you remember what is the name of the oil you will be anointed with? (*Chrism*)
- What gift of the Holy Spirit are you most interested in?

**COMMIT:** Every session, group members accept a personal challenge to apply what was discussed to their everyday lives. This week our commitment was to read Isaiah 11:1-3a every day and invite the Holy Spirit into our daily actions by praying, "Come, Holy Spirit" throughout each day.

### Theme Scripture

"But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the LORD shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD."

**ISAIAH 11:1-3A**

*SESSION 03:*

# **The Proof**



# *THE PROOF*

CONFIRMATION BIBLE STUDY  
SESSION 03 LEADER GUIDE

## Overview:

In this session you will learn about the fruits of the Holy Spirit and consider how each plays out in daily life, look at the effects of Confirmation as laid out in the Catechism, and address the misconception that Confirmation ought to “magically” change people.

## Theme Scripture:

**GALATIANS 5:22-23**

“In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such, there is no law.”

# CONNECT

## 1. Check-In

*It is always good to check-in and ask, "How was your week?" demonstrating that you care about what is going on beyond your small group. You can ask generally or have them share "Highs and Lows." (High - best part of your week; Low - worst part). Ask about their commitment from the week before.*

## 2. Accountability

*In the last session of "The Invitation," your group was introduced to the concept of "The 5 S's of Accountability." These are 5 things that a disciple should be striving toward. Check-in each time you meet to see how everyone is progressing.*

The 5 S's of Accountability: Service, Praying with Scripture, Sacraments, Overcoming Sin, Sharing Jesus with Others

## 3. Optional Activity

*Before diving into content, have fun together! Download our free ebook of small group games at [YDisciple.shop](http://YDisciple.shop) or by scanning the QR code.*



*Are games not your group's thing? Try simply playing a sport or sharing a meal together.*

## 4. Opening Prayer

*Ask the Holy Spirit to inspire your time together as you dive into Sacred Scripture. Consider including in your prayer time the traditional 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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### LEADER TIP

Make sure you pass out the Participant Guides at the beginning. The teens will be able to follow along and pray this prayer.

# DISCUSS

## Read

Look up Galatians 5:22-23. Read it aloud while everyone follows along in their Bibles. Encourage everyone to think about what's happening.

- **WHAT IS THIS PASSAGE TALKING ABOUT? THE WHAT OF THE SPIRIT?** *Fruit.*
- **WHAT ARE THE FRUITS OF THE SPIRIT LISTED HERE?** *Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.*

### LEADER TIP

Help them find the passage. Some of your group may not be familiar with how to use the Bible, but may be too embarrassed to admit it.

### LEADER TIP

Some translations of the Bible interchange the words "generosity" and "goodness."

## Reflect

Invite someone to read the passage again and encourage everyone to think about what it means.

The word "fruit" can be misleading. It can make us think of a cheesy poster in a kids' preschool classroom with grapes and apples. Instead of getting distracted by actual fruit, let's interchange that word with "proof." This is a list of attributes a person who is living in the Holy Spirit has. They are the fruit of, the proof or evidence of, the Holy Spirit at work in you.

The fruits come about when we allow the Holy Spirit to work in us by receiving his gifts, which we discussed last time.

Everyone desires most of these fruits. Who, even a non-religious person, doesn't want joy and peace? Most everyone wants a world that is more kind, generous, patient, and good. We are all seeking the things on this list, but we as Catholics believe that they are the fruits that come from living a life in union with the Holy Spirit and his gifts.

It's important to note that even those who do not explicitly profess faith in God can still be very kind, patient, generous, etc. God is good, and he is at work in every human heart until the end. However, these gifts thrive in their fullness when we are in union with God.

As we open ourselves up more to receive the gift of the Holy Spirit, we begin to see more of His fruits in our daily lives.

Let's look at each of these fruits of the Spirit individually.

• **WHAT IS THE FIRST FRUIT LISTED?** *Love.*

We have talked about many abstract, and difficult to understand things about the Holy Spirit, but let's not forget this essential point that we talked about in the first video session: The Holy Spirit is the love of the Father and the Son.



1. The Father loves the Son and the Son loves the Father.
2. The love between the Father and Son is so real that it is a Person, the Holy Spirit.
3. The Father, Son, and Holy Spirit are the three persons of the Trinity. The Trinity is God. And this is how we can claim "God IS love."
4. "God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to share in his own blessed life." CCC 1.

We are going to compile a list of "evidence" of the Holy Spirit that we see in our lives. Who would like to write them down? You can do this with a pen and paper or on a note in your phone.

• **WHERE HAVE YOU SEEN EVIDENCE OF GOD'S LOVE WORKING THROUGH OTHER PEOPLE IN YOUR LIFE?** *Make sure they get written down.*

**LEADER TIP**

Have one person in the group writing down the list of "evidence" of the Holy Spirit. You will come back to this list at the end.

- **WHAT IS THE NEXT FRUIT?** *Joy.*
- **HOW MIGHT GOD DEFINE JOY? HOW WOULD THIS BE DIFFERENT THAN HOW A DICTIONARY DEFINES IT?** *Help them discuss that joy is different than a superficial and circumstantial happiness.*

The best way to understand joy might be to look at what it is not. It is not happiness that depends on circumstances. It is also the *opposite* of indifference.

- **WHERE HAVE YOU SEEN EVIDENCE OF JOY IN YOUR LIFE? THIS CAN ALSO BE AN EXAMPLE YOU HAVE SEEN PLAY OUT IN SOMEONE ELSE'S LIFE.** *Make sure they get written down.*
- **WHAT IS THE NEXT FRUIT LISTED?** *Peace.*
- **HOW MIGHT PEACE AS COMING FROM THE HOLY SPIRIT BE DIFFERENT THAN THE BROADER UNDERSTANDING OF PEACE AS "WORLD PEACE" OR "ABSENCE OF CONFLICT"?**

True inner peace comes from having confidence in God. St. Teresa of Avila said it this way, "May today there be peace within. May you trust God that you are exactly where you are meant to be... May you be content knowing you are a child of God. Let this presence settle into your bones." Peace is a tranquility that comes from confidence in God.

- **WHERE HAVE YOU SEEN EVIDENCE OF THIS KIND OF PEACE IN YOURSELF OR IN OTHERS? WHO DO YOU KNOW THAT IS CONFIDENT IN GOD?** *Make sure to write these down.*
- **WHAT IS THE NEXT FRUIT?** *Patience.*

A simple way of understanding patience is the ability to see everything and everyone as worth your time. A Catholic nun by the name of Mother Angelica said, "Patience is adjusting your time to God's time."

- **WHERE HAVE YOU SEEN EVIDENCE OF THIS KIND OF PATIENCE IN YOUR LIFE OR IN OTHERS?** *Make sure to write this down.*
- **FOR THE SAKE OF TIME, WE ARE GOING TO CLUMP THE NEXT TWO FRUITS TOGETHER. WHAT ARE THEY?** *Kindness & Generosity (or Goodness, depending on translation).*

Here are simple definitions of each:

Kindness allows you to recognize the dignity of people and treat them well. Goodness inclines you to do good to everyone and choose to live by the truth.

- **WHERE HAVE YOU SEEN EVIDENCE OF KINDNESS AND/OR GENEROSITY IN YOUR LIFE OR IN OTHERS?** *Make sure to write this down.*
- **WHAT IS THE NEXT FRUIT?** *Faithfulness.*

We can look at faithfulness in two ways: First, confidence in love of God and second, in being reliable to others.

- **WHERE HAVE YOU SEEN EVIDENCE OF FAITHFULNESS IN YOURSELF OR OTHERS?** *Make sure to write these down.*

Remember in the second session of the video series, we learned about Fr. Walter Cizek, a priest who spent many years in a Soviet prison camp (*Never Alone*, Session 2, 6:57-9:48). He said he used the fruits of the Spirit to help him discern what God wanted him to do in particular, peace, joy, and confidence (conviction).

- **WHAT IS THE NEXT FRUIT?** *Gentleness.*

Gentleness can often be misinterpreted as passiveness. But consider this quote from St. Francis de Sales "Nothing is so strong as gentleness, nothing so gentle as real strength."

- **WHAT DO YOU THINK HE MEANS BY THAT?**
- **WHERE HAVE YOU SEEN EVIDENCE OF GENTLENESS IN YOURSELF OR OTHERS?** *Make sure to write these down.*
- **WHAT IS THE LAST FRUIT OF THE HOLY SPIRIT LISTED?** *Self-control.*

Again, this is one that can be better understood when we think about where we see a lack of self-control.

- **IN WHAT AREAS DO YOU SEE PEOPLE YOUR AGE OVERINDULGE?** *Try to get them thinking about things like social media, Netflix, junk food, etc. The goal is not to shame them or their peers but to get them to notice.*
- **SO BACK TO THE FRUIT OF THE SPIRIT, WHICH IS THE POSITIVE SIDE OF THIS, WHERE HAVE YOU SEEN SOMEONE OR EVEN YOURSELF, ACT WITH SELF-CONTROL?** *Make sure to write these down.*

## React

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*Invite someone to read one last time and encourage everyone to relate it to their own lives.*

Remember in the beginning we talked about how the "fruit" of the Spirit is the "proof" of how He is at work in people's lives. Let's look at all the "evidence" we came up with during our discussion. It is so easy to forget or not notice that God is working in the world around us. But look! Look at all the ways we came up with in a relatively short discussion.

Another common misconception of Confirmation is that it is some sort of magic that should automatically "make people patient, and gentle, and faithful, etc." But remember in the last episode of the video series (*Never Alone*, Session 4, 11:03-11:59) that we need to allow God's grace to work in and through us.

- **WHAT ARE SOME OBSTACLES THAT YOU THINK GET IN THE WAY OF PEOPLE ACCEPTING THE GIFT OF THE HOLY SPIRIT HIMSELF?**
- **AFTER THIS DISCUSSION, WHAT ARE THE FRUITS OF THE HOLY SPIRIT YOU HOPE TO SEE MORE CLEARLY IN YOUR LIFE?**

I also want to repeat something we started with: Even those who do not explicitly profess faith in God can still be very kind, patient, generous, etc. God is good, and he is at work in every human heart until the end. However, these gifts thrive in their fullness when we are in union with God explicitly and fully.

Above all, remember it takes time to bear this fruit. God meets you where you are. Change usually comes in increments.

## COMMIT

This week commit to:

- Reading Galatians 5:22-23 every day.
- Inviting the Holy Spirit into your daily actions by praying, "Come, Holy Spirit" throughout each day.

## Closing Prayer

*Begin with the Sign of the Cross, then reread the theme verse (Galatians 5:22-23). Invite them to share aloud anything they would like to pray for (people, circumstances, etc.). Conclude with a rote prayer such as the Our Father.*

## FOLLOW-UP CHECKLIST

- Send the Parent Sheet.
- Remind them to bring a Bible to every meeting.
- Consider sending them a reminder between sessions of the COMMIT.
- Pray!

# THE PROOF

## CONFIRMATION BIBLE STUDY SESSION 03 PARTICIPANT GUIDE

### Main Points:

In this session you will learn about the fruits of the Holy Spirit and consider how each plays out in daily life, look at the effects of Confirmation as laid out in the Catechism, and address the misconception that Confirmation ought to “magically” change people.

### Opening Prayer:

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### Commit:

This week commit to:

- Reading Galatians 5:22-23 every day.
- Inviting the Holy Spirit into your daily actions by praying, “Come, Holy Spirit” throughout each day.

### Theme Scripture:

**GALATIANS 5:22-23**

“In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such, there is no law.”



# THE PROOF

## CONFIRMATION BIBLE STUDY SESSION 03 PARENT SHEET

### Dear Parents,

This week, your teen looked at the fruit of the Holy Spirit, but the word “fruit” can be misleading. It can make us think of a cheesy poster in a kids’ preschool classroom with grapes and apples. Instead of getting distracted by actual fruit, we interchanged that word with “proof.” This is a list of attributes a person who is living in the Holy Spirit has. They are the fruit of, the proof or evidence, of the Holy Spirit at work in you.

We dove into how each fruit plays out in daily life, and looked at the effects of Confirmation as laid out in the Catechism, addressing the misconception that Confirmation ought to “magically” change people.

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from small group that stood out to you?
- What fruit of the Holy Spirit do you want to see more of in your life?
- Who is someone in your life that is an example of the fruits or evidence you talked about?

**COMMIT:** Every session, group members accept a personal challenge to apply what was discussed to their everyday lives. This week our commitment was to read Galatians 5:22-23 every day and invite the Holy Spirit into our daily actions by praying, “Come, Holy Spirit” throughout each day.

### Theme Scripture

“In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such, there is no law.”

**GALATIANS 5:22-23**

*SESSION 04:*

# **The Mission**



# *THE MISSION*

## CONFIRMATION BIBLE STUDY SESSION 04 LEADER GUIDE

### Overview:

In this session you will discuss the need to evangelize (to share one's faith), connect the sacrament of Confirmation to a life of mission, and address the misconception that Confirmation is "graduation from the Church."

### Theme Scripture:

#### ACTS 1:6-11

"When they had gathered together they asked him, 'Lord, are you at this time going to restore the kingdom to Israel?' He answered them, 'It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.' When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, 'Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.'"

# CONNECT

## 1. Check-In

*It is always good to check-in and ask, "How was your week?" demonstrating that you care about what is going on beyond your small group. You can ask generally or have them share "Highs and Lows." (High - best part of your week; Low - worst part). Ask about their commitment from the week before.*

## 2. Accountability

*In the last session of "The Invitation," your group was introduced to the concept of "The 5 S's of Accountability." These are 5 things that a disciple should be striving toward. Check-in each time you meet to see how everyone is progressing.*

The 5 S's of Accountability: Service, Praying with Scripture, Sacraments, Overcoming Sin, Sharing Jesus with Others

## 3. Optional Activity

*Before diving into content, have fun together! Download our free ebook of small group games at [YDisciple.shop](http://YDisciple.shop) or by scanning the QR code.*



*Are games not your group's thing? Try simply playing a sport or sharing a meal together.*

## 4. Opening Prayer

*Ask the Holy Spirit to inspire your time together as you dive into Sacred Scripture. Consider including in your prayer time the traditional 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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### LEADER TIP

Make sure you pass out the Participant Guides at the beginning. The teens will be able to follow along and pray this prayer.

# DISCUSS

- **WHAT IS SOMETHING YOU HAVE BEEN WRONG ABOUT? IT CAN BE ANYTHING FROM LIKING CERTAIN FOOD TO SOMETHING MORE SERIOUS.**

In this final session of our Bible study we are going to be looking at what happens to the Apostles when the Holy Spirit comes to them and how this upends everything they thought was true of Jesus' mission.

The book of Acts opens with the story of Jesus' ascension. He was crucified, died, and rose from the dead. Over the course of the next 40 days, Jesus appeared to many eyewitnesses. Now he is getting ready to return, or *ascend*, to Heaven.

## Read

Look up Acts 1:6-11. Invite someone to read it aloud while everyone follows along in their Bibles. Encourage everyone to think about what's happening.

- **WHAT DO THEY THINK JESUS IS GOING TO DO? (SEE VERSE 6).** *"Restore the Kingdom of Israel."* Most Jews believed that the Messiah would overthrow their earthly enemies, political oppressors-like Rome.
- **HOW DOES JESUS RESPOND TO THIS? (SEE VERSES 7 AND 8).** *Paraphrase: It is not for you to know when that will happen... but you will receive power to be my witnesses.*
- **TO WHOM WILL THEY BE WITNESSES?** Verse 8b *"in Jerusalem, throughout Judea and Samaria, and to the ends of the earth."*
- **WHAT DO THE "TWO MEN DRESSED IN WHITE GARMENTS" ASK THE APOSTLES?** *"Why are you looking at the sky?" (verse 11)*
- **WHERE DO THEY GO AT THE END OF THIS PASSAGE?** *Jerusalem.*

### LEADER TIP

Help them find the passage. Some of your group may not be familiar with how to use the Bible, but may be too embarrassed to admit it. You can also share the short YDisciple video, ["How to Read the Bible."](#)

### LEADER TIP

Use this map to help them visualize what this means.



# Reflect

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*Invite someone to read the passage again and encourage everyone to think about what it means.*

We have already looked at Acts 1:8 “You will receive power” in Session 3 of the video series. But this passage gives us the context around that verse.

- **HOW DO YOU THINK THE APOSTLES FELT WHEN THEY REALIZED THAT JESUS WASN'T GOING TO “RESTORE THE KINGDOM OF ISRAEL” BEFORE HE LEFT? DISAPPOINTED? CONFUSED?**
- **IN VERSE 8 JESUS TELLS THEM THEY WILL BE WITNESSES. WHAT IS A WITNESS?** *Someone who has seen or experienced something and can, therefore, talk about it with authority.*
- **SO, WHAT IS A WITNESS IN/TO THE FAITH?** *Someone who has had an experience with Jesus and shares it with others.*
- **WHAT IS THE DIFFERENCE BETWEEN WHAT THEY EXPECTED (POLITICAL UPRISING) AND WHAT JESUS PROMISES?** *They would spread the gospel around the world.*

In verse 8 Jesus mentions very specific places they will be witnesses: Jerusalem, throughout Judea and Samaria, the ends of the earth.

- **WHAT MIGHT BE THE SIGNIFICANCE OF THESE PLACES?** *Jerusalem is where they are when the Holy Spirit comes and it is the center of Judaism. The gospel is for God's chosen people, BUT...*
- **THINK BACK TO SESSION 1 OF THIS BIBLE STUDY. WHAT IS THE SIGNIFICANCE OF SAMARIA?** *The people of Samaria were not considered religiously “pure” by the Jews. But Jesus telling the Apostles to witness in Samaria tells us that the gospel is for God's chosen people, the Jews, AND for people considered outsiders. This was unexpected for the Jews.*

There is another common misconception about the Sacrament of Confirmation that Confirmation is “graduation from the Church.” But look at everything we have read in scripture so far.

- **IS THE HOLY SPIRIT COMING TO PEOPLE AN END, OR A BEGINNING?** *Beginning. When the Holy Spirit comes, it is usually followed by an action. Think of Mary “going in haste” to Elizabeth or the disciples being tasked with proclaiming the name of Jesus to the nations after Pentecost.*

According to the Catechism (CCC 1212), Confirmation is one of the 3 sacraments of Initiation along with Baptism and Eucharist.

- **WHAT DOES “INITIATION” MEAN?** *The dictionary defines initiation as “the beginning of something.”*

Confirmation is not Catholic graduation. It can be easy to think of Confirmation as the last big hurdle you have to overcome before you’re “done” with all the Church stuff. But, Confirmation is just the beginning! At your Confirmation, your initiation into the Church has been completed. Initiation into the Church means that now you have a mission and all the equipment you need to fulfill it.

## React

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*Invite someone to read the passage one last time and encourage everyone to relate it to their own lives.*

Before Jesus leaves, he tells them that they will be “my witnesses” (verse 8), not just “witnesses” in general. Jesus is telling them, and is telling us that we will share in his mission.

- **WHY DO YOU THINK WE SHOULD SHARE OUR FAITH, SHARE JESUS WITH OTHERS? WHY NOT KEEP ALL THESE GIFTS WE’VE BEEN TALKING ABOUT TO OURSELVES?**

To help us answer this question, we’re going to turn our attention to a particular body of water in the Middle East where Jesus lived.

Remember we talked about the Dead Sea in Session 3 of the video series (*Never Alone*, Session 3, 9:12-9:51). But to remind us: the Dead Sea is a landlocked body of water between Jordan and Israel. It is the lowest point of elevation on the earth’s surface. Because of this, water only flows into the Dead Sea, never out.

Because rivers and streams flow into the Dead Sea carrying all of their sediment (salt, in particular) and there is nowhere else for the sediment to go, as the Seawater evaporates in the desert heat, the remaining water is left with an extremely high level of salt. It is actually so dense with sediment that humans can float on the surface without effort! However, this also makes the Dead Sea entirely uninhabitable for aquatic life. Any fish that flow in from the river will die.

You and I don’t want to be like the Dead Sea. We don’t want to just receive. We need an outlet—we need to pour out into the world to live! That’s why the Church says every Christian has the duty and the right to evangelize.

We read in this passage that the Holy Spirit empowers us not just generally but specifically to be witnesses, to share our faith.

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### LEADER TIP

Evangelize: The proclamation of Christ and his Gospel by word and the testimony of life, in fulfillment of Christ’s command.

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### LEADER TIP

Gospel: Literally translated as “good news.” The “good news” of God’s mercy and love revealed in the life, death, and resurrection of Christ.

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### LEADER TIP

Consider using [THE FOUR wristbands](#) and YDisciple’s free ebook, [How to Share the Gospel in FOUR Steps](#) as a follow up to this series.

- **WHERE AND WHEN HAVE YOU WITNESSED GOOD METHODS OF EVANGELIZATION? WHAT MADE IT GOOD?**
- **HOW COULD YOU DO SOMETHING SIMILAR?**

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## LEADER TIP

Instead of reading these ask them to pull out their smartphone and look up "Where did Peter preach? How did St. Peter die?" for each apostle. Make it interactive!

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The apostles all went on to preach the gospel far and wide with amazing success. Although they converted many and were loved by many, the tradition actually tells us that all but one of the apostles were martyred, or killed for their faith, by those who opposed Christianity.

- Peter: Preached in modern-day Italy and Asia, was crucified upside down in Rome for his faith.
- Andrew: Preached in Asia Minor (Turkey), Greece, and Macedonia. Crucified in the shape of an "X" for his faith.
- James the Greater: Preached in modern-day Spain. First Apostle to be martyred. Beheaded for his faith.
- John: Preached ... the only apostle not martyred. Was exiled to an island for a while. Later freed and died at age 88.
- Simon: Preached in Persia with his brother Jude. Crucified for his faith.
- Jude: Preached in Persia with his brother Simon. Clubbed to death for his faith.
- James the Lesser: First Bishop of Jerusalem. Thrown off a wall and clubbed to death for his faith.
- Philip: Preached in Greece. Was crucified upside down like Peter for his faith.
- Bartholomew (or Nathanael) preached the faith in India and Asia minor. He was skinned alive for his faith and also beheaded.
- Matthew: Preached the faith in Africa. He was martyred near present-day Egypt, but the way he died is debatable.
- Thomas: Preached the faith in Persia and India. He was stabbed to death for his faith.
- Matthias (who replaced Judas): Preached in Judea, then Cappadocia, and finally Asia minor. His martyrdom is also not known in detail.

The apostles spread the gospel even in the face of death because of the strength and determination they were given by the Holy Spirit. Now, it is unlikely that you or I will be called upon to die for our faith, but we will likely have to face other, little deaths in the form of hardships and rejection.

- **WHAT ARE SOME HARDSHIPS THAT YOU MIGHT FACE WHEN TRYING TO SHARE THE GOSPEL?**
- **WHAT ARE SOME OF THE THINGS THAT KEEP US FROM LIVING OUT OUR MISSION TO MAKE CHRIST KNOWN AND LOVED?**

We discussed earlier about the places Jesus told them they would be witnesses in verse 8. Jerusalem was to the Jews, to the people like them. Samaria was telling them they would go outside their comfort zone to share the gospel with people not like them. Then he tells them to go to the ends of the earth. The gospel is for everyone. This is a formula for us. We share our faith with those closest to us, with those who might make us uncomfortable, and reminds us that the gospel is for everyone.

- **WHAT ARE SOME EXAMPLES IN OUR OWN LIVES OF “JERUSALEM” – PEOPLE WHO ARE CLOSEST TO US WITH WHOM WE NEED TO SHARE OUR FAITH?**
- **WHAT IS YOUR “SAMARIA” – SITUATIONS THAT MIGHT BE OUT OF OUR COMFORT ZONE?**

The thought of sharing our faith might make us uncomfortable, but this is the heart of our Confirmation. A confirmed Catholic is given the power to spread and defend the faith (CCC 1303). Ask the Holy Spirit for the gift of courage! The world needs Jesus. And they need you to share his gospel.

# COMMIT

This week commit to:

- Reading Acts 1:6-11 every day.
- Inviting the Holy Spirit into your daily actions by praying, “Come, Holy Spirit” throughout each day.

## Closing Prayer

*Begin with the Sign of the Cross, then reread the theme verse (Acts 1:6-11). Invite them to share aloud anything they would like to pray for (people, circumstances, etc.). Conclude with a rote prayer such as the Our Father.*

# FOLLOW-UP CHECKLIST

- Send the Parent Sheet.
- Remind them to bring a Bible to every meeting.
- Consider sending them a reminder between sessions of the COMMIT.
- Pray!

# THE MISSION

## CONFIRMATION BIBLE STUDY SESSION 04 PARTICIPANT GUIDE

### Main Points:

In this session you will discuss the need to evangelize (to share one's faith), connect the sacrament of Confirmation to a life of mission, and address the misconception that Confirmation is "graduation from the Church."

### Opening Prayer:

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

### Commit:

This week commit to reading Acts 1:6-11 every day and inviting the Holy Spirit into your daily actions by praying, "Come, Holy Spirit" throughout each day.

### Theme Scripture:

#### ACTS 1:6-11

"When they had gathered together they asked him, 'Lord, are you at this time going to restore the kingdom to Israel?' He answered them, 'It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.'

When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, 'Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.'"



# THE MISSION

## CONFIRMATION BIBLE STUDY SESSION 04 PARENT SHEET

### Dear Parents,

In this session, your teen discussed the places Jesus told his disciples they would be his witnesses (verse 8), and how this can play out in their own lives. Jerusalem was to the Jews, to the people like them. Samaria was telling them they would go outside their comfort zone to share the gospel with people not like them. Then he tells them to go to the ends of the earth. The gospel is for everyone. This is a formula for us. We share our faith with those closest to us, with those who might make us uncomfortable, and reminds us that the gospel is for everyone.

Confirmation is inextricably linked to evangelization - sharing one's faith with others. The thought of sharing our faith might make us uncomfortable, but this is the heart of our confirmation. A confirmed Catholic is given the power to spread and defend the faith (CCC 1303).

Consider asking your teen these questions to continue processing what was discussed in their small group:

- What is something from small group that stood out to you?
- What are some examples in our own lives of "Jerusalem" – people who are closest to us with whom we need to share our faith?
- What is your "Samaria" – situations that might be out of our comfort zone?

**COMMIT:** Every session, group members accept a personal challenge to apply what was discussed to their everyday lives. This week our commitment was to read Acts 1:6-11 every day and invite the Holy Spirit into our daily actions by praying, "Come, Holy Spirit" throughout each day.

### Theme Scripture

"When they had gathered together they asked him, 'Lord, are you at this time going to restore the kingdom to Israel?' He answered them, 'It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.' When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, 'Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.'"

### ACTS 1:6-11



**YDISCIPLINE**

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