

# CONFIRMATION

## SESSION 1

### THE POWER OF THE HOLY SPIRIT



*Every YDisciple session has three parts: CONNECT, DISCUSS, and COMMIT. The CONNECT section is designed to build trust, transparency, and community in the group. The DISCUSS section is designed to introduce topics of the faith, engage critical thinking, and facilitate productive discussion. The COMMIT section is designed to help students take ownership of their faith and put it into practice. This Parent Sheet is designed to give you a look into each section of the session so that you can have a follow-up conversation with your teenager about his or her experience in the small group and encourage spiritual growth.*

## SESSION OVERVIEW

Every year, millions of Catholics receive the Sacrament of Confirmation in their parishes. Confirmation is a once-in-a-lifetime sacrament intended to bestow the seven gifts of the Holy Spirit and empower Catholics to go and spread the Gospel to all the world. When the Apostles were filled with the Holy Spirit, they became some of the most influential people in the world.

The Holy Spirit is powerful—great miracles and mighty works have been done through the power of the Holy Spirit. So why is it that we do not see the same power of the Holy Spirit in the lives of so many Catholics today? Why do we not see the Church and the Gospel spread by the millions of Catholics who received the Sacrament of Confirmation?

In this session, we discussed the power of the Holy Spirit. God intends the grace that He gives us in the Sacrament of Confirmation to set the world on fire with His love.



## CONNECT

We did an activity called “Gifted Group.” The students shared about their talents with one another. Ask your son or daughter the talents that they see in themselves. The Holy Spirit gives us charisms, or gifts, that serve to build up the Church.



## DISCUSS

Dr. Alexis Carrel was a famous French surgeon and biologist who was awarded the Nobel Prize in Medicine in 1912 and made the cover of *Time* magazine in 1938. He went from having no religious faith to becoming a devout Catholic after witnessing a healing miracle at the Shrine of Our Lady of Lourdes. He wrote a book describing his experience and his belief in the miraculous healings of Lourdes. Unfortunately, this had a negative effect on his career and his reputation among some doctors.

» Despite Dr. Carrel's esteemed reputation, people refused to believe him. Why do you think people are skeptical of miracles?

*(Faith takes trust, and because of our fallen nature we have difficulty trusting. Certainly there are hoaxes, and it is prudent to have some skepticism. However, our faith is based upon the greatest miracle of all: the resurrection of Jesus from the dead. There are many well-documented, unexplainable miracles that have occurred in the history of the Church. In fact, verifying miracles is part of the process of canonizing a saint. But if you believe in a miracle, then you believe in God. And if you believe in God, then you will be challenged to change your life. Many people are not ready to change their lives and therefore don't want to believe in miracles.)*

» The Holy Spirit empowered the Apostles to perform many miracles and draw many people into the Church. Why don't we see a greater impact in the Church every year after millions of Catholics are confirmed?

*(The gifts of the Holy Spirit are bestowed at Confirmation, but it is our responsibility to use those gifts to build up the Church. Steve, our video presenter, shared that he didn't even understand what he was receiving when he was confirmed. Consider this example: Imagine you were given a new smartphone for Christmas. If you didn't know what it was and how it worked, you would never utilize its functionality to communicate, accomplish tasks, and stay informed. The same can be said of the gifts of the Holy Spirit given at Confirmation.)*

» How would you respond to someone who says: "If you need miracles to believe in Jesus, then you don't really have faith!"?

*(There is some truth to this statement if someone refuses to seek God until he or she witnesses a miracle. In this sense, it is more of an excuse. However, Jesus performed miracles in His public ministry in order to strengthen the faith of His followers. He promised the Apostles that they would "receive power when the Holy Spirit has come upon you." [Acts 1:8] Faith is understanding that powerful works of the Holy Spirit can be supernatural and miraculous and are part of the Christian life.)*

## COMMIT

This week's commitment for teens is to pray a simple prayer every day when they wake up in the morning and again when they go to bed at night: "Come, Holy Spirit, fill my heart and kindle in me the fire of Your love."



*"Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father. Whatever you ask in my name, I will do it, that the Father may be glorified in the Son."* —John 14:12-13

## PARENT TIP

A Lighthouse Catholic Media talk that we recommend with this session is "All Things are Possible for God" by Fr. Joshua Waltz.

[lighthousecatholicmedia.org/store/title/all-things-are-possible-for-god#](http://lighthousecatholicmedia.org/store/title/all-things-are-possible-for-god#)