

CONFIRMATION

SESSION 3

MOVED TO MISSION



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

The Sacrament of Confirmation is one of the three sacraments of initiation (CCC 1212). Too often, Confirmation can seem like a graduation or an ending of something. But that is not the case at all. This sacrament is a beginning, an initiation.

In this session we discussed the very purpose of the Sacrament of Confirmation: the Holy Spirit moving the Church to mission. We explored Jesus' mission following His baptism when the Holy Spirit descended on Him, as well as the story of Pentecost and the mission of the Church.



CONNECT

Belonging to a family is a great adventure, isn't it? Every family has its funny stories about things they did together, with siblings or cousins for example. Some are passed on through generations, and some might be your own. An example might be a crazy camping adventure or the one about your uncles who almost set the kitchen on fire.

- » What is the funniest story that you can remember or that you've been told about a member of your family?



DISCUSS

- » On the beatification of Joan of Arc a century ago, it is reported that Pope St. Pius X said: “All the vigor of Satan’s reign is due to the easy-going weakness of Catholics.” What do you think this pope may have meant by that strong statement?

(The Catholic Church is the hope of the world because Jesus established the Catholic Church. Jesus, the Way and the Truth and the Life for every human being, gave the Church the mission to draw as many people as possible into the Way, the Truth, and the Life—that is, into His mystical body, the Church. If Catholics are lukewarm in their faith and do not take this mission seriously, evil will be allowed to flourish.)

- » St. John Bosco worked tirelessly to bring tough, delinquent youth off the streets of Turin, Italy, and provide them with spiritual formation, education, and even apprenticeships for particular trades. He wrote: “When one is convinced that his cause is just, he will fear nothing.” Why is a just cause and courage necessary to make an impact in the world?

(A just cause takes the focus off ourselves and onto mission. We can easily succumb to fear when we stay focused on ourselves. There is no greater cause than spreading the Gospel, because Jesus is the only person who can free someone from their sin and give them life to the full. In Confirmation, the Holy Spirit increases the gift of fortitude which helps us to be courageous in overcoming our fears and doing what is right and generous for others.)

- » Pope Francis reminds us that by virtue of our baptism, all of us—priests, religious, and lay people—are called to be missionary disciples. If you were to create a job description for a missionary disciple, what would be the expectations of the job?

(Let’s start with disciple. A disciple is a fully devoted follower of Jesus. A disciple is committed to disciplines: prayer, accountability, study, service, sacraments, and living the moral life. [See also the H.A.B.I.T.S. acronym in the Commit section.] A missionary is sent into the lives of others to share the good news and serve. In short, a missionary disciple is someone who knows Jesus and wants to make Him known!)



COMMIT

This week's commitment is to recommit to the H.A.B.I.T.S. that we have talked about in previous sessions.

As a reminder, H.A.B.I.T.S. stands for:

- H**oly Hour
- A**ccountability
- B**ible Study
- I**nteract in your parish
- T**ell others about the Faith
- S**acraments

When you invest in these H.A.B.I.T.S. in your life, you create the capacity within your soul to become receptive to the movements of the Holy Spirit. These H.A.B.I.T.S. will change your life because the Holy Spirit will be free to transform you.



"In virtue of their baptism, all the members of the People of God have become missionary disciples."

—Pope Francis, *Evangelii Gaudium*, 120



PARENT TIP

This session discusses the purpose of the Sacrament of Confirmation. We recommend learning more about this Sacrament from the Lighthouse Catholic Media talk "We Must Go Out: The Sacrament of Confirmation" by Fr. Mike Schmitz.

lighthousecatholicmedia.org/store/title/we-must-go-out-the-sacrament-of-confirmation#