

CONFIRMATION

SESSION 5

THE RITE



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

Catholics understand Liturgy to be the greatest form of prayer and worship that we can offer to God. The *Catechism of the Catholic Church* states, “A sacramental celebration is woven from signs and symbols. In keeping with the divine pedagogy of salvation, their meaning is rooted in the work of creation and in human culture, specified by the events of the Old Covenant and fully revealed in the person and work of Christ” (CCC 1145). This means that every sign and symbol within the Liturgy is communicating a deep spiritual reality.

Catholics who don’t understand the meaning of the signs within a Liturgy will have difficulty entering into worship. As a result, a sacrament like Confirmation can seem like a “nice ceremony” rather than a powerful encounter with the Holy Spirit. In this session, we discussed the signs and symbols that are present in the Rite of Confirmation.



CONNECT

To consider the use of symbolism while also getting to share about themselves, teens were each presented with one or more of the following pairings and asked to explain which best reflected their deeper personality or character.

1. Trapeze artist or circus clown
2. Sprinter or distance runner
3. Magnifying glass or telescope
4. 1st and 10 or 4th and goal
5. Candle or light bulb
6. Amusement park or library
7. Home phone or cell phone
8. New York City or Omaha
9. Bridge or tower
10. Oak tree or evergreen



DISCUSS

The *Brothers Karamazov*, by Fyodor Dostoyevsky, is considered to be one of the greatest philosophical novels of all time. Here is a quote from the book:

“You must know that there is nothing higher and stronger and more wholesome and good for life in the future than some good memory, especially a memory of childhood, of home. People talk to you a great deal about your education, but some good, sacred memory, preserved from childhood, is perhaps the best education.”

» In what ways does this quote stress the importance of ceremonies in our lives?

(Ceremonies create memories and it is important for us to have good memories of important events in our lives. These memories can provide for us hope, joy, and a sense of purpose throughout our lives. If there were no God, and life had no meaning, then ceremonies would be meaningless, but, in truth, there is a God who created us for a purpose and therefore life is meaningful at every moment. Ceremonies usually contain ritual to emphasize the importance of the event or rite of passage.)

» As important as ceremonies are, why is Confirmation more than “a nice ceremony”?

(Confirmation is a ceremony with God as the guest of honor. Moreover, God is not there as an observer but rather acts in the ceremony by giving His life to those receiving the sacrament. The Catechism states: “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” [1131].)

» Imagine you are talking to someone who left the Catholic Church for a mega-church. How would you respond to this comment: “In my church we don’t have dead ritual. We have awesome music, inspiring video, and a great message from our pastor.”

(The question to ask is, “Why do we go to church?” Worship is not about what we get but what we give, and ritual guides our worship as a group. Catholics understand that true worship offers God adoration and sacrifice. The Catechism states: “To adore God is to praise and exalt him and to humble oneself, as Mary did in the Magnificat, confessing with gratitude that he has done great things and holy is his name” [2097]. It also says, “The only perfect sacrifice is the one that Christ offered on the cross as a total offering to the Father’s love and for our salvation. By uniting ourselves with his sacrifice we can make our lives a sacrifice to God” [2100]. Adoration and sacrifice takes place in every Mass.)

COMMIT

The early Church stoked the fire of the Holy Spirit in their lives by doing four things: “They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers” (Acts 2:42). This week, the teens’ commitment is to focus on improving one of these practices: study, fellowship, sacraments, or prayer.



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—CCC 1131

PARENT TIP

In this session we discussed the signs within the Rite of Confirmation. We recommend learning more about this sacrament from the Lighthouse Catholic Media talk “Confirmation: The Sacrament of Evangelization and Martyrdom” by Dr. Brant Pitre.

lighthousecatholicmedia.org/store/title/confirmation-the-sacrament-of-evangelization-and-martyrdom