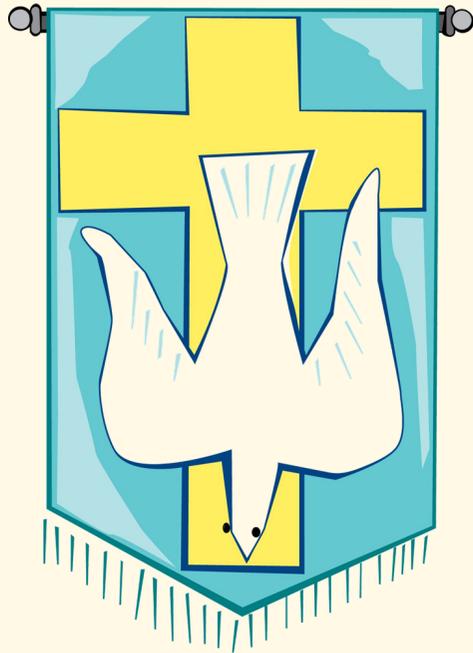


## My Confirmation Preparation



*My Name*

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*My Sponsor's Name*

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## Opening Prayer

In the Name of the Father ....

***We all pray together.***

**Glory be to God who has shown us the Light.**

**Lead us from darkness into Light.**

**Lead us from Sadness into Joy.**

**Lead us from death to immortality.**

**Glory be to God who has shown us the Light. Amen**

**Psalm of the Day with Response**

***We pray together:***

**Into my heart; into my heart**

**Come into my heart, Lord Jesus.**

**Come in today. Come in to stay.**

**Come into my heart, Lord Jesus. (x2)**

**Our Father ....**



# Session 1

## What kind of person do I want to be in the world?



You may already be very familiar with the question “*what do you want to do or be when you grow up or when you leave school?*” and to this question many of you may already have an answer ... *like I want to be a nurse, a chef, a mechanic, an artist or musician, a lorry driver, a hairdresser, a priest, a farmer, a teacher...* the list is endless.

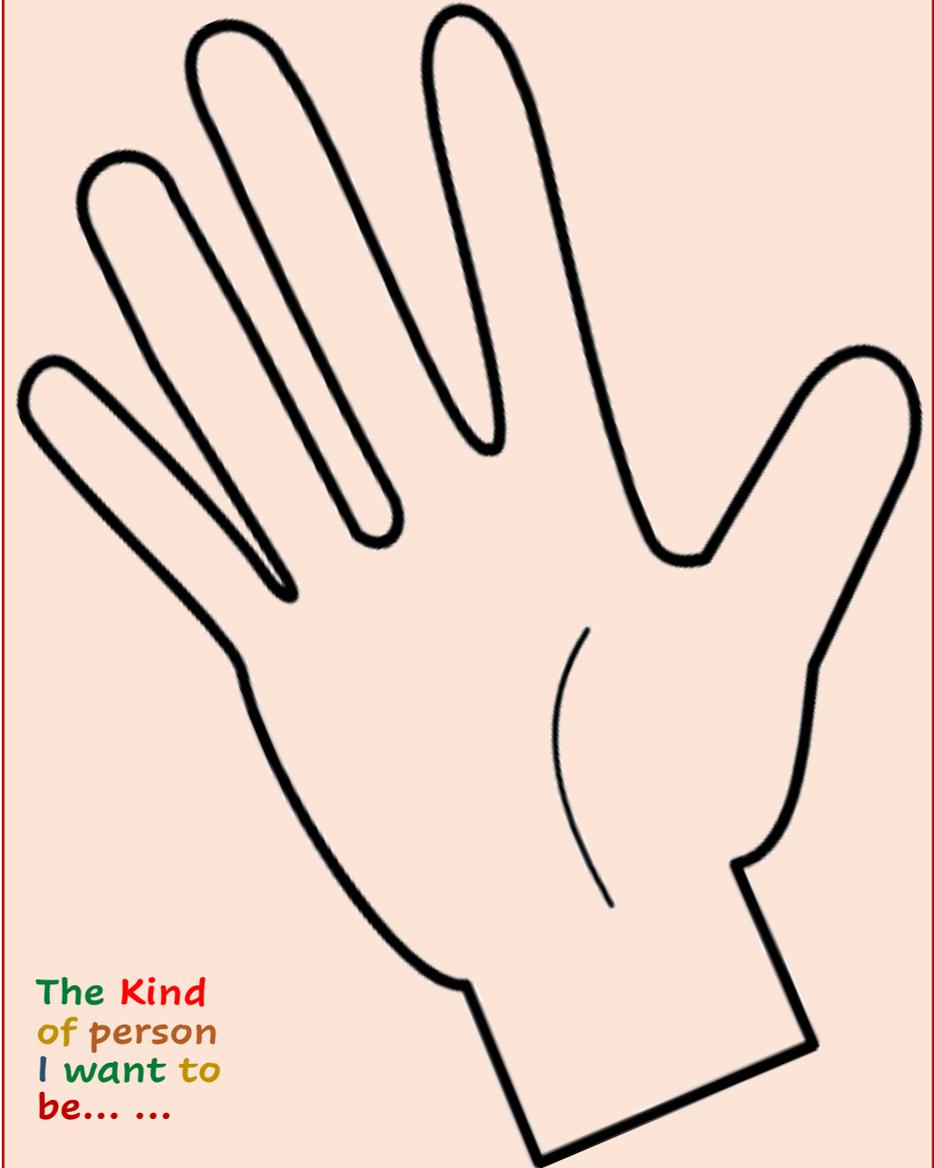
However Pope Francis suggests that there is a more important question that every Christian person needs to ask themselves and this is:

What kind of person do I want to be in the world?

This is a very different question, no matter what your occupation (science, engineering, sport, teaching etc) a far more importance issue is the kind of person you are. For example; am I a kind/considerate teacher? am I an honest farmer? am I a generous accountant? am I a fair sports person? am I a loving architect? ...and your journey towards your Confirmation is a great time to begin to think about what kind of person you would like to be in the world....what would you like people to say about you?

Do you agree with this? Yes No DK

Write words or draw symbols in the *Hand* template which describe the kind of person you would like to be when you are older....*put some different quality into each finger and put your name on the wrist*



The Kind  
of person  
I want to  
be... ..

*The Good news is that you get to choose the kind of person you will become later in your life....*

*Lets look at some of the pictures below.... What strikes you?*

**CAN YOU PUT A TITLE ON EACH PICTURE**



## **BECOMING THE PERSON I WANT TO BE....**

I am sure many of you have said that you would like to be a kind person. Kindness is a quality we always admire in someone who has it.

**How do I become a kind/considerate person?**

**Let's take some advice... What does science say?**

Science tells us that if we want to develop any quality in our life we need to practice it regularly – to develop a quality in sport/music we need to give it lots of practice. The same is true of our personality. To become a kind person we need to practice kindness, regular and often.

**Would you like to try over the next 7 days?**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**Monday**

We challenge you to record each day one extra act of kindness you have done especially as part of your Confirmation Preparation programme. It should be something that you don't regularly do something extra – example: I hoovered the sitting room even though I was not asked to do so.....

Take a picture of your completed challenge and email it to [paddy.daly@stjohns.ie](mailto:paddy.daly@stjohns.ie)

Did any of you say that you would like to be a happy person?

- Where does happiness come from?
- What does the world say????? Nice car, big house, lots of money!! Important job, easy life, etc etc.
- As Christians we know that Happiness comes from giving to others, a life of service, a life of humility, a life of doing God's Will because God's will for us is to be happy.

MOTHER TERESA OF CALCUTTA SPOKE OF 3 KEYS TO HAPPINESS:



1. *If you can't help 100 people then help just 1 - happiness comes from giving of ourselves to others - not from things/possessions/being famous etc.*
2. *There are no great things in life only small things with great Love.*
3. *Do everything out of love - joy and happiness follows.*

We sometimes feel like we can't or don't make a difference in the world, like we are but a drop in the ocean. But the ocean would be less without that missing drop. Happiness comes from knowing that we are loved by God and precious to him. We have a unique purpose in life which only we can fulfil. Doing what God has planned for our lives will lead us to happiness and fulfilment.

Write one thing you can do to bring more happiness into your life:



*I am guessing some of you said you would like to be a fit and healthy person.*

We are so lucky to live in a time where science has taught us so much about our health and how to live a healthy life. This year of your confirmation as you get ready to move into secondary school is a good time to take more responsibility for your own health.

- Importance of eating breakfast
- Get into a habit of drinking water – early & often
- Use every opportunity you get to walk, run or cycle – build exercise into your life
- Take up some sport – there are so many different sports there is definitely one there for you.



FAITH  
HOPE  
LOVE

Finally did anyone say that you would like to be a person of Faith.

St. Augustine of Hippo said *“my heart will not rest until it rests in you”*

Many studies with old & young have shown that having a faith is a key element to living a happy and fulfilled life. Faith is a very positive support to you in life and to your wellbeing.

*Jesus waits at the door and knocks, seeking our permission to let him enter into our lives. Our next session will examine whether it is realistic to have faith in Jesus.*

Being a Christian means that you are a member of a very large family along with all others who believe – a family who love, support and care for one another.

Our parish of St. John’s here in Tralee and the Spa Parish are a second home for you, a place you can come to if you need support, help in time of difficulty or just perhaps a place to spend time with God on you own after a difficult day. You can include us on your friends list.

Try to take some time this week to visit your closest Parish Church – St. John’s, Curraheen, Fenit, Churchill, or the Immaculate Conception in Rathass. Light a candle and say a prayer for someone you love.

*Write one positive from this first session for you:*



A reading from St. Paul’s letter to the Corinthians  
13: 4 -8 (Love is patient, love is kind...)

## *Acclamation of Faith*

*We all pray together ...*

I believe in God, the Father;

I believe in God, his Son;

I believe in God, their Spirit;

Each is God, yet God is one.

I believe what God has spoken.

Through his Church, his word is true;

Boldly she proclaims his Gospel,

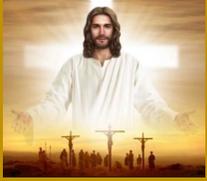
Ever old, yet ever new.

*Let us share a little kindness – Harry Styles*



## Session 2

### Is Jesus for real ?



As a Christian, the story of Jesus is at the very heart of our Faith. Christians believe that following a long history of God revealing himself to the Jewish People beginning with Abraham & Sarah, God promised his people a Saviour who would bring us the Good News and one day lead us to everlasting life with God in Heaven.

Most believers at the time of the birth of Jesus were awaiting a Saviour who would be a powerful King/Leader and someone who would free the Jewish People from the Tyranny of Roman Rule.

However, the Saviour sent by God, was born to a young girl in a stable in Bethlehem, practically unnoticed except for some Shepherds and a small group of other believers.

After 3 short years of public ministry Jesus was taken by the Authorities and killed by crucifixion on a cross because he was seen as a threat to those in Power. But amazingly some days after his death his followers began to say that Jesus has risen from the dead and had appeared to them. For a time the friends of Jesus were very afraid to talk about him because they feared the Authorities would deal with them as they had dealt with Je-

sus. But Jesus promised his friends a Helper who would be with them as they proclaimed the Good News of his Resurrection. This helper is the Holy Spirit who descended on the apostles at Pentecost and this event marks the beginning of our Christian church when the disciples of Jesus began to boldly tell everyone of what had happened to Jesus and how God had raised him from the dead – offering eternal life to all who believe in Him.

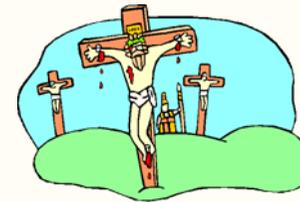


## My Reaction to this Story about Jesus

Is this story about Jesus credible – can you believe it?



I wonder if this happened in our time how would you react?



I wonder do many people today believe this really happened?



I wonder do you believe in this story about Jesus of Nazareth and if you do what difference does it make to your life?

## Lets talk Science again!

There is a Science called "Textual Criticism" which looks at old writings to see whether they are real accounts of someone's life (credible) or not. For example they might look at old writings about the Roman Emperor Caesar Augustus to see if they a fake or not. Of all ancient writings that exist in the world today the Bible stands out as by far the most Credible and Reliable. Few if any Scholars of Ancient History doubt that Jesus did live and that he was crucified as we are told about in the scriptures.



So we can be certain that Jesus did live among us and that he performed miraculous deeds even raising people from the dead! He did and said some amazing things that we still read about nearly 2000 years since the time of his death.

More books are written about Jesus, more stories are told about Jesus than about any other person who has ever lived – and the Bible is the best selling book in the world, each year and every year!

### *But one big question remains for us – Who is Jesus?*

Is he who he said he was "the Son of God" come down from Heaven or was he some imposter who filled us with lies doing this while he went around preaching, healing and offering comfort to those in need.

God is Truth. There is no incompatibility between science and religion. Both are seeking the same truth. Science shows that God exists.

— Derek Barton —

**Bono lead singer of rock Band U2 once said "Either Jesus is the Son of God or he was a fraud. And I don't believe that billions of people across the world have been taken in by some Nutter!"**

## Can I believe in Jesus?

Let's meet some famous people who believe Jesus is the Son of God and invite him into their hearts and lives.

Initials	Quote from them
<b>JK</b>	<b>Jesus is the most important person in history</b>
<b>JB</b>	<b>Jesus has never failed me</b>
<b>KT</b>	<b>My faith in God is the most important thing in my life</b>
<b>QE</b>	<b>Jesus guides my life</b>
<b>CL</b>	<b>Faith is something we can all hold onto now and grasp with 2 hands</b>
<b>CU</b>	<b>Jesus take the wheel. Take it from my hands ....</b>

**1 thing I learned this evening.**

**1 question I still have**

**My favourite Gospel story about Jesus**

**Draw a symbol or image of your favourite Gospel story**

**What does the story tell you about Jesus?**

**How can I be like Jesus today?**



## *Session 3*

# What kind of World do I want to live in?

Welcome back to our 3<sup>rd</sup> session of your Confirmation Preparation Programme – Let's pause and pray together.

***We begin this session by reading together some words that were spoken by Pope Francis to a gathering of over 1,000,000 young people at World Youth Day in Poland.***



***"The time we are living in does not call for young couch potatoes but for young people with shoes – or better – boots laced,"*** Francis exhorted the youth and he went on to say that:

***"It only takes players on the first string, and it has no room for benchwarmers. The Lord wants to work one of the greatest miracles we can experience: he wants to turn your hands, my hands, our hands, into signs of reconciliation, of communion, of creation. Today, we adults need you to teach us how to live in diversity, in dialogue, to experience multiculturalism not as a threat but an opportunity. Have the courage to teach us that it is easier to build bridges than walls!"***

## Let's talk about these strong words from Pope Francis!



How many of us have become “Couch Potatoes” spending hours and hours of precious time on the phone, gaming, social media, Netflix, Facebook, Snapchat and on and on and on.... endless hours watching others.

**Hard Question: Do you think you spend too much of your time on devices and not enough with your shoes on out in the World?**

COVID-19 has been tough for us and one of the ways we have coped is by using our screens to connect with others. But COVID-19 will pass (soon we all hope) and we need be ready to give up the security of our screens and meet again with our friends and get involved in our communities and make our mark on the world.

What line strikes you most from the words of Pope Francis to young people?

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Is there any response you would like to give to the Pope Francis?

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## 9 Young People who are making a difference in the World

### 1. Malala Yousafzai

As a child, Malala Yousafzai attended her father's school—one of the few in Pakistan that educates young girls. After surviving a shot to the head by a Taliban gunman while on her way to school, she became a passionate advocate for a woman's right to education.

July 12th is Malala Day in commemoration of when Malala spoke at the UN to present education as an international human right. If you work with students over the summer, this can be a great opportunity to teach your students how just one person can make a

### 2. Greta Thunberg

Greta Thunberg is an inspirational person for students who want to reduce the effects of climate change. When Greta began protesting the Swedish government's limited action against climate change at her school, she received worldwide attention for her desire to help save the planet.

In 2019, Greta was named Person of the Year by Time Magazine, she said concerning the importance of environmentalism, “We can't just continue living as if there was no tomorrow, because there is a tomorrow.”

### 3. Joanne O Riordan

Joanne was born with a disability which meant that her body developed with no arms or no legs. However, her family decided from early on that she should be able to experience life in the same way as other children. She attended school along with her brother and right up through primary and secondary got involved in all activities that were on offer. She made many friends and has also reached out to other people with disabilities. She was recently interviewed by the St. John's Parish youth group and today she works as a Sports Journalist for The Irish Times.

#### 4. Marley Dias

At 11 years old, Marley Dias was frustrated that most children's books she saw didn't represent the cultural diversity of herself or her peers. That's why she decided to launch the #1000BlackGirlBooks Twitter campaign to collect and donate books that would help black girls feel seen.

Marley was able to donate more than 9,000 books through the program, she said of her experience, "I'm working to create a space where it feels easy to include and imagine black girls and make black girls like me the main characters of our lives."

#### 5. Donal Walsh

Donal Walsh grew up in Tralee Co. Kerry and was a fun loving young lad with lots of friends, into sport etc but at aged 12 he was diagnosed with a serious form of Cancer. For 5 years he battled cancer and with the support of his family, friends and his own positive brave attitude he refused to give up on life and also reached out to many other young people who were struggling with mental health issues. In his last few months and as he knew death was approaching he continued to live life to the limit, while trying to change the world as he did. Since Donal's death his family & many friends have set up a foundation in his memory "Donalwaslhivelife Foundation" and his name continues to inspire young people across the globe.

#### 6. Jazz Jennings

Jazz Jennings is a young LGBTQ advocate who decided from a young age to speak out about her experiences and stand for others like her. She founded the Purple Rainbow Foundation to spread awareness for transgender children and teenagers, as well as to provide support for homeless transgender youth. She has written about her experiences in 2 books, which are called *I Am Jazz* and *Being Jazz*.

#### 7. Jasilyn Charger

While growing up on the Cheyenne River Reservation in South Dakota, Jasilyn gained first-hand experience with the mental health struggles teenagers can face. She co-founded the One Mind Youth Movement to help youth who are a part of the Cheyenne River Sioux Tribe find support and resources when they are in crisis. You can also inform students about Jasilyn's work by sharing her speech "Protecting Mother Earth" which she gave at the 2018 Indigenous Environmental Network Conference.

#### 8. Sophie Cruz

When she was just five years old, Sophie Cruz gained national attention when she gave Pope Francis a letter asking him to advocate for undocumented immigrants in the U.S., like her parents. In her letter, she shared, "I have a right to live with my parents. I have a right to be happy. . . . Immigrants just like my dad feed this country. They deserve to live with dignity. They deserve to live with respect. They deserve an immigration reform." Since then, she has been a young advocate for immigration rights

#### 9. Abigail Lupi

When 10-year-old Abigail Lupi visited her grandmother in a nursing home, she became aware of the silent struggle with loneliness many nursing home residents face. To support and comfort these nursing home residents, she founded the CareGirlz organization.

CareGirlz helps nursing home patients in New Jersey feel loved and less alone by matching them with young volunteers. "I like to brighten up people's days and help them have a fun time," said Abigail in an interview with The Inspire a Kid Podcast. "If I do my best, they'll have a smile on their faces by the end."

**Activity;**

**Which of the 9 young people mentioned above inspires you most?**

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**What issue in the world today concerns you most?**

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**Is there any one action you can do during the next week to begin to address this important global issue? Write down what you plan to do.**

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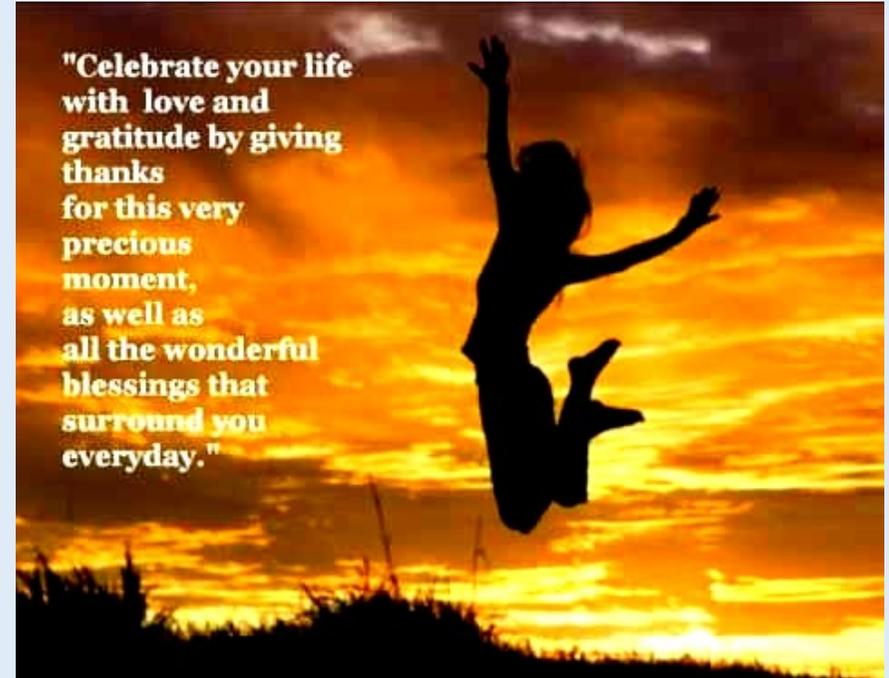
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*Did you know!!! The simple act of writing down an intention you have gives you an 80% better chance of actually following up on that intention and taking some action.*



**"Celebrate your life with love and gratitude by giving thanks for this very precious moment, as well as all the wonderful blessings that surround you everyday."**

*Let's pause and lets pray together.*



*Scripture:*

*Prayer:*

*Song:*



*Well done everyone! Our final evening is on next Monday. Please finish out the programme with us, we may have a few surprises for you next week!!!*

# Session 4

## Do I want the Holy Spirit in my life



Let us begin by praying together...

### Who is the Holy Spirit?

Since the beginning of the Church, Christians have believed that while there is One God – God is made up of 3 persons - Father, Son & Holy Spirit.



God the Father is God the Creator, the God who is Love, the God who leads his people out of slavery, the God who desires that we all enter into relationship with him, the God who speaks to us in the Scriptures (Bible), the God who offers us eternal life with him in Heaven.

God the Father sent his Son Jesus to come into our World, so that through his life, teaching, example and witness we too may be saved from death and sin. Out of love for us Jesus gave himself to the point of death on a cross and before that happened he also gave himself to us for all time in the Eucharist (we share his body and blood in Holy Communion).

After his Resurrection from the dead, Jesus, knowing how difficult life can be and how hard it can be to follow God's ways, promised his followers a Helper (*the Holy Spirit*), so that we would have the **strength**, wisdom and courage to follow on his path of **love**, of kindness to all, of **service** to the needy and of witness to the **truth** of God's ways.

At Confirmation you are confirmed in God's Holy Spirit – you are ready to become a follower of Jesus and ready to witness to God in the world. This is a huge privilege and a great responsibility.



lightbulb

3 things I have learned about God

- 1.
- 2.
- 3.

2 questions I have now

- 1.
- 2.

1 thing I would like to hear more about.

- 1.

Account of the coming of Holy Spirit on the first disciples



*Let's hear now from Some  
People who have invited  
the Holy Spirit into their Lives.*

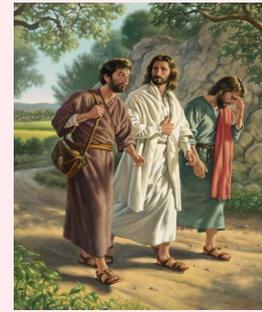
*Br. Ronan*

*Sabrina*

- ◆ **What is your earliest memory of feeling the presence of the Holy Spirit in your life?**
- ◆ **Is there a moment in your life where you felt very powerfully the presence/voice of the Holy Spirit?**
- ◆ **Do you really need the Holy Spirit in your life?**
- ◆ **If you could say just one thing to our Confirmation Candidates of 2021 about the Holy Spirit what would that be?**

*Debriefing with Youth  
Group Response to our  
Witnesses*

- ◆ What do you think about what you have just heard – any one thing strike you?
- ◆ How do you feel about the Holy Spirit in your life?



*We will now listen to singer/song  
writer Jess Ray speak of the presence of  
God's Holy Spirit in her life*

## **Did Not Our Hearts Burn**

*(Jess Ray)*

When I was young, I said a prayer, quiet and innocent  
I can't recall what I said, I must have meant it  
On that night began a fire that burns inside my chest  
A mystery came over me, I don't regret it

Did not our hearts burn inside our chests?  
Did not our hearts burn inside our chests?

Years ago, down in Orlando, I heard an old man speak  
I was not prepared for what he shared, sitting in the bleacher seat  
He spoke of God like his dearest friend and read the Giving Tree  
A mystery came over me, and I began to weep

Did not our hearts burn inside our chests?  
Did not our hearts burn inside our chests?  
Did not our hearts burn inside our chests?  
Did not our hearts burn inside our,  
Burn inside our, burn inside our chests?

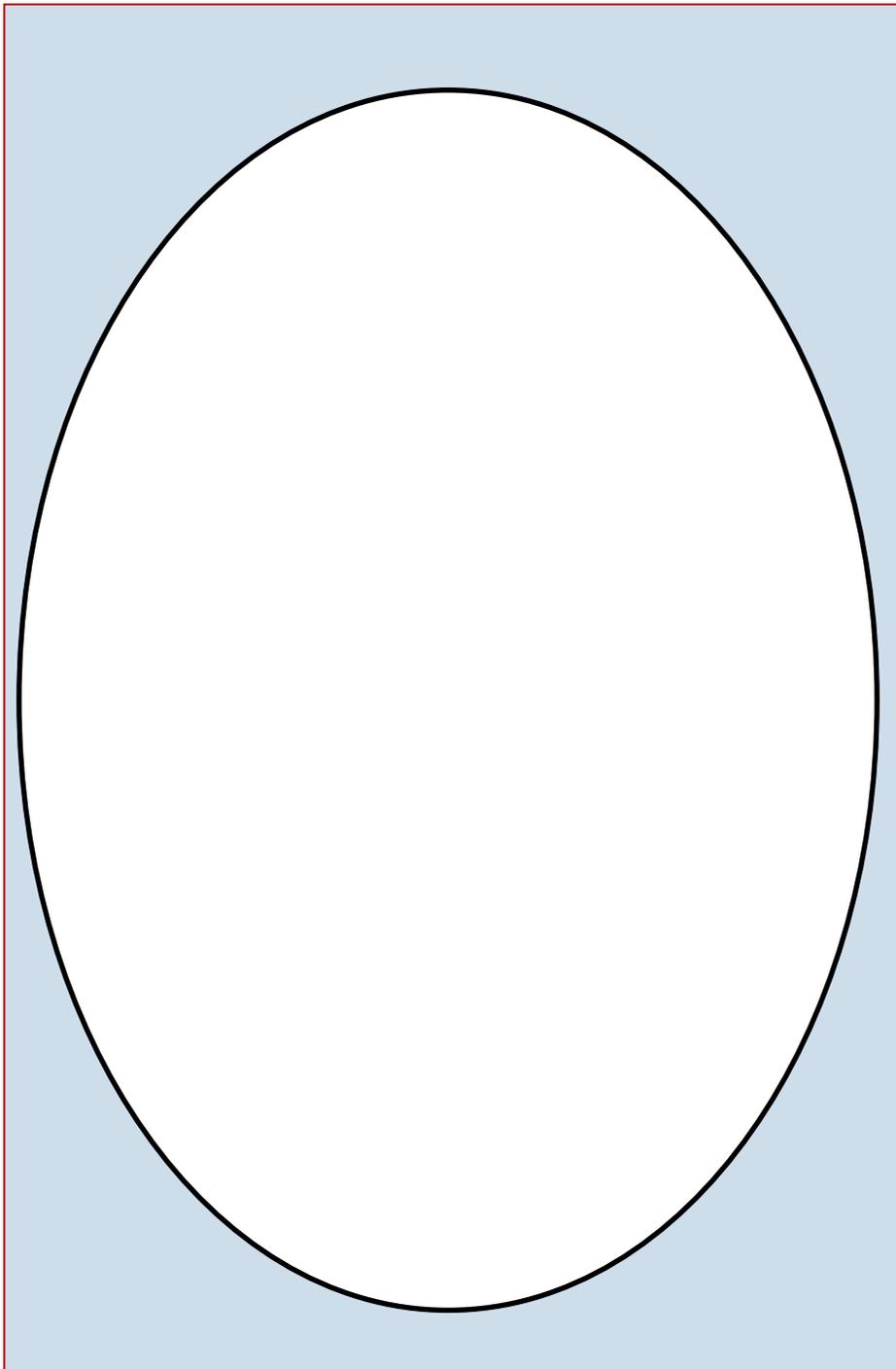
I've heard of him, the mighty wind, one hundred stories  
'Til I was convinced to let him in, he waited for me  
From black and white to technicolour bright,  
he changed the way I see  
A mystery came over me, wonder and glory

Did not our hearts burn inside our chests?  
Did not our hearts burn inside our chests?  
Did not our hearts burn inside our chests?  
Did not our hearts burn inside our,  
Burn inside our, burn inside our chests?

*Come Holy Spirit*



*Teach Us...  
Guide Us...*



*Concluding Prayer*



*Confirmation Prayer*

*O Holy Spirit of God,  
take me as your disciple;  
guide me, illuminate me, sanctify me.  
Bind my hands that they may do no evil;  
cover my eyes that they may see it no more.  
Sanctify my heart  
that evil may not dwell within me.  
Be my God, be my guide.  
Wherever you lead me, I will go;  
whatever you forbid me, I will renounce;  
and whatever you command me,  
in your strength, I will do.  
Lead me, then,  
unto the fullness of your truth.  
Amen.*

*(Cardinal Henry Edward Manning)*



*Thank you for participating in and completing all four sessions  
of our Confirmation Preparation Programme.*

# Prayers to the Holy Spirit



Holy Spirit, I want to do what is right,  
 Help me.  
 Holy Spirit, I want to live like Jesus,  
 Guide me.  
 Holy Spirit, I want to pray like Jesus,  
 Teach me.



Come Holy Spirit, fill the hearts of your faithful.  
 Enkindle in us the fire of your love.  
 Send forth your Spirit, and we shall be created,  
 And you shall renew the face of the earth.

O God, who has taught the hearts of the faithful  
 by the light of the Holy Spirit,  
 Grant us in the same spirit to be truly wise,  
 And ever to rejoice in his consolation,  
 through Jesus Christ, our Lord. Amen



## ABUNDANCE PRAYER

Father, Son and Holy Spirit,  
 I adore you,  
 I love you,  
 I thank you for the wonder of my being,  
 and the miracle of your presence in me.



## Seven Gifts of the Holy Spirit

Seven Days a week  
 Continue to pray for one each day.

### **Holy Spirit, give me the gift of understanding.**

Help me to understand how people are feeling inside.

Help me to never do anything to hurt others.

Help me to understand those whose needs are greater than my own, the very young and the very old, those who are sick and those who are poor.

### **Holy Spirit, give me the gift of wonder and awe in God's presence.**

Help me to see signs of God's presence in my life and in the world around me.

Help me to see God in the love and care of my parents and friends.

Help me to see God in new life and growth in the people around me in the world.

### **Holy Spirit, give me the gift of courage.**

Help me to continue to do what is right even if others oppose me.

Help me to speak the truth even if it means I must suffer the consequences.

Give me courage especially when life is most difficult, when I am lonely and afraid.

### **Holy Spirit, give me the gift of wisdom.**

Help me to know always what is the best thing to do.

Help me to know the needs of the people around me.

Help me to find ways of working together as a team for God's Kingdom.

### **Holy Spirit, give me the gift of right judgement.**

Help me not to be too quick in judging others.

Help me not to be prejudiced.

Help me to be quick to admit when I am wrong.

### **Holy Spirit, give me the gift of knowledge.**

Help me to know the reason why things are as they are.

Help me to know God better.

Help me to know what it is that God wants me to do.

### **Holy Spirit, give me the gift of reverence.**

Help me to love God as Jesus did.  
 Help me to be aware of God's love for me and enable me to bring this love to others.

My Notes