

## **10<sup>th</sup> Grade: Year Two for Preparation for Confirmation**

### **Confirmation Retreat**

A retreat(s) can be at the beginning, in November, during Lent, and/or before Confirmation.

See **Guidelines for a Confirmation Retreat**: [diolc.org/catechesis/sacramental-prep/confirmation](http://diolc.org/catechesis/sacramental-prep/confirmation)

#### **Suggested Content for a Confirmation Retreat**

1. What is the main purpose for my life? Living in relationship with Christ.
2. The History of God's Family (my Family if I am baptized and follow His Commandments) – focus on Jesus' love in the Crucifixion. (Power point and simple content for The Story of the Bible)
3. Sin separates me from Jesus' love – Conversion and Sacrament of Confession – healing.
4. The Holy Spirit helps me to be committed to Jesus in daily prayer.
5. Discipleship – The Holy Spirit guides me by inner promptings to live the Christian life.

Theme throughout retreat-Prayer: Why pray? When and how should I pray?  
Challenge to Daily Prayer Commitment

### **Sunday after Retreat: Commitment Sunday:**

Commitment to:

- 1) participate at Mass every Sunday and receive the Sacrament of Confession regularly
- 2) pray on a daily basis,
- 3) live according to the Ten Commandments and the Beatitudes,
- 4) perform some charitable works in the name of Jesus Christ,
- 5) come to class each week, ready to learn more about the Faith and to share it with others.

Rite of Commitment to prepare for the Sacrament of Confirmation from the Diocese of La Crosse

### **September – Parent/Confirmandi Meeting**

Gathering with parents and-confirmandi to provide a teaching on the Sacrament of Confirmation and what is expected during this year of direct preparation: Bishop Callahan's (3 ½ min) words of encouragement at [diolc.org/catechesis/sacramental-prep/confirmation](http://diolc.org/catechesis/sacramental-prep/confirmation). schedule, service hours, saint project etc.

Session 1 Begin with a few icebreakers

#### **Theology of the Body: YOU: Life, Love and the Theology of the Body**

TOB Chapter 1: Created for Love (for 2021-2022 where not implemented prior)

**Prayer to the Holy Spirit to develop a deeper relationship with Him.** Visit:

[diolc.org/prayer](http://diolc.org/prayer) 10<sup>th</sup> Grade for a prayer card. "Going Deeper in Prayer" Initiative

Session 2 Begin class with 10 minutes of quiet prayer, including Prayer to the Holy Spirit

TOB Chapter 2: **Naked without Shame**

### **October**

Session 3 TOB Chapter 3: **Love Defined**

Session 4 Begin class with 10 minutes of quiet prayer

TOB Chapter 4: **Hope and Redemption in Christ**

Session 5 Begin class with 10 minutes of quiet prayer

Year Two: 19 Sessions from Diocesan Confirmation Program; TOB Sessions 1-7 (for 2023-2024)

- TOB Chapter 5: **Truth and Freedom**
- Session 6 TOB Chapter 6: **Free, Total, Faithful, Fruitful**
- November**
- Session 7 Begin class with 10 minutes of quiet prayer: begin with a prompt  
TOB Chapter 7: **Language of the Body**
- Session 8 **The Holy Spirit: the Lord and Giver of Life**  
Begin class with 10 minutes of quiet prayer – Prayer to the Holy Spirit  
[diolc.org/prayer](http://diolc.org/prayer) 10<sup>th</sup> Grade for a prayer card. “Going Deeper in Prayer” Initiative
- Session 9 **Teachings of Christ – the Beatitudes and the Sermon on the Mount**  
The difference between living the Beatitudes and living the world view
- December**
- Session 10 **The Sacrament of Baptism and the supernatural Gift of Faith**  
Faith: My personal response to Jesus and the Christian Way of Life.
- Session 11 Penance Service
- Session 12 Preparing for Christmas - “Praying with Scripture” prayer worksheet at:  
[diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture](http://diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture)  
**Prayer Meditation (Lectio Divina): Luke 1:26-38**
- January**
- Session 13 **The Supernatural Gift of Hope**, 8 min. Video clip – Corrie Ten Boom in the Hiding Place (sneaking a Bible into a concentration camp)  
Time of quiet prayer – provide a prompt
- Session 14 **The Supernatural Gift of Charity (Love)** 9 min. Video clip – St. Maximilian Kolbe gives up his life for another prisoner in a concentration camp \ Time of quiet prayer – provide a prompt  
Choosing a Saint’s Name: This is about coming to know a Saint as a Friend in Heaven and who will be an Intercessor
- Session 15 **The Coming of the Holy Spirit and the public manifestation of the Catholic Church**  
Pentecost, Acts 1 & 2: Gifts of the Holy Spirit  
Presentation by Msgr. Joseph Hirsch on **the Gifts of the Holy Spirit on DVD** (70 minutes) available at [diolc.org/catechesis/sacramental-prep/confirmation](http://diolc.org/catechesis/sacramental-prep/confirmation). Show 35 minutes in Session 15 and 35 minutes in Session 16.  
Time of quiet prayer – provide a prompt
- Session 16 Begin class with 10 minutes of quiet prayer: pray silently with a prayer of the Mass.  
Presentation by Msgr. Joseph Hirsch on **the Gifts of the Holy Spirit** on DVD, available at [diolc.org/catechesis/sacramental-prep/confirmation](http://diolc.org/catechesis/sacramental-prep/confirmation).

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## February

Session 17 **The Supernatural Gift of Knowledge** \ 9 min. Video clip – St. Patrick, living as a slave in harsh circumstances, receives the gift of knowledge

### Mass for Ash Wednesday – February 14, 2024

Session 18 **The Supernatural Gift of Piety** \ short Video clip on St. Maria Goretti; she places her love for God ahead of everything

Session 19 **The Supernatural Gift of Fortitude – Courage** \ 10 min. Video clip of St. Paul

## March

Session 20 **The Supernatural Gift of Understanding** / 6 min. Video clip of the Scarlet and the Black

Session 21 **The Supernatural Gift of Wisdom** 8 min. Video clip of Romero Adoration of the Blessed Sacrament

Session 22 **“Praying with Scripture”** prayer worksheet: John 19:23-30 on the Crucifixion [diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture](https://diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture)  
Stations of the Cross

Session 23 **The Supernatural Gift of Fear of the Lord** / 10 min Video clip of Joan of Arc Penance Service

### Easter: March 31, 2024

## April

Session 24 **Adoration of the Blessed Sacrament – He is Risen!** **“Praying with Scripture”** prayer worksheet: John 20:19-29 on the Resurrection [diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture](https://diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture)

Session 25 **The Supernatural Gift of Right Counsel** / 8 min. Video clip of Mother Teresa

Session 26 **Teaching on The Sacrament of Confirmation** / Signs and Symbols of the Sacrament of Confirmation

**The Fruits of the Holy Spirit by Bishop Robert Barron** based on Galatians 5:22. Bishop Barron explains that seeing the fruits of the Holy Spirit in our lives is how we know we are on the right track. <http://www.youtube.com/watch?v=1INut0Gi09Q>

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(12 minutes) See also Luke 6:43-45. You can know what kind of person someone is by who they are and what they have done - the fruit of their life.

Session 27 **Living Life in the Holy Spirit** – learning to recognize and to be docile to His promptings

- Daily Prayer: Scripture, quiet time, examination of conscience
- Prayer Commitment: Book of Acts of the Apostles
- Monthly Confession to stay in tune with the Holy Spirit

## May

Session 28 **Teaching on Mary** - Marian Devotion / Mary will lead us to Her Son, Jesus  
Marian Apparition – Our Lady of Guadalupe  
Possible Confirmation Retreat at the Shrine of Our Lady of Guadalupe  
Pre-Confirmation Interviews (downloadable resource)