

10th Grade: Year Two for Preparation for Confirmation 2025-2026

August A retreat(s) can be at the beginning, in November, during Lent, and/or before Confirmation. Visit diolc.org/catechesis/sacramental-prep/confirmation for Retreat Guidelines

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 – Being committed to prayer, receiving the Sacraments and living the Christian life through the power of the grace of the Holy Spirit. The Holy Spirit will guide me by inner promptings.

Theme throughout retreat: Prayer: Why pray? When and how should I pray?
Challenge to Daily Prayer Commitment: reading Gospel of Luke

Sunday after the Retreat: Commitment Sunday

Committing to:

- 1) participate at Mass every Sunday and receiving 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 **Prayer to the Holy Spirit to develop a deeper relationship with Him. Visit:**
diolc.org/prayer 10th Grade for a prayer card. “Going Deeper in Prayer” Initiative

Gathering with parents and-confirmand: Invite a priest or qualified presenter to speak with the parents and the confirmandi about developing a relationship with the Holy Spirit.

The Truth: *Catechumenate (Explain sacramental living and the power to answer the call)*

Session 1 Begin class with 10 minutes of quiet prayer “When did my journey begin?” (Baptism, Your Initiation into God’s Family - **Lesson 9 from “Chosen”**)

Session 2 “Why tell my sins to a priest?” The Healing Power of Confession – **Chosen Session 10**

October

Session 3 Penance Service (downloadable resource from Chosen)

Year Two of a two year suggested schedule: Sessions 9-24 of "Chosen"; TOB Sessions 1-7

- Session 4 Session 12 "How does God help when it hurts?" (Anointing of the Sick and Redemptive Suffering – **Lesson 11 from "Chosen"**)
- Session 5 "Are you talking to me?" (Getting to know God through Prayer – **Chosen Lesson 18**)
Segment 1 Time of quiet prayer – provide a prompt
- Session 6 "Are you talking to me?" (Getting to know God through Prayer – **Chosen Lesson 18**)
Segment 2 Time of quiet prayer – provide a prompt
- Session 7 "Are you talking to me?" (Getting to know God through Prayer – **Chosen Lesson 18**)
Segment 3 Time of quiet prayer – provide a prompt

Session 8 Three Eucharistic Miracles for the 5th Wednesday of October

November

Session 9 Begin class with 10 minutes of quiet prayer: pray silently with a prayer of the Mass. "Who is the Holy Spirit?" (Meeting the Third Person of the Trinity-**Chosen Lesson 12**)
Note: Replace the DVD clips with a Presentation by Msgr. Joseph Hirsch on the Gifts of the Holy Spirit on DVD (70 minutes) available from the Office of Cat. & Evangelization at diolc.org/catechesis/sacramental-prep/confirmation. If necessary, show 35 minutes in Session 13 and 35 minutes in Session 14 along with the Fruits of the Holy Spirit.

Session 10 *Note: If YOU: Life, Love and the Theology of the Body was not taught in 9th Grade, the seven sessions are to be implemented, beginning with this session. See the 9th Grade for the schedule for the 7 sessions.*

The Supernatural Gift of Knowledge \ 9 min. Video clip – St. Patrick, living as a slave in harsh circumstances, receives the gift of knowledge. The Gift of Knowledge allows you to know that there is a space reserved within you solely for the Holy Spirit. No person or object can fill this space. God created you for Himself alone. The supernatural Gift of Knowledge also gives you the capacity to see more deeply into human situations and understand what is happening.

Session 11 **The supernatural Gift of Piety** \ short Video clip on St. Maria Goretti; she places her love for God ahead of everything. The Supernatural Gift of Piety is knowing and loving God, our Heavenly Father as a son or daughter truly would. As members of the Family of God, we are brothers and sisters in Christ and therefore we must treat each other with deep respect.

Mass for Thanksgiving

Year Two of a two year suggested schedule: Sessions 9-24 of “Chosen”; TOB Sessions 1-7

December **Advent begins November 30th, 2025**

- Session 12 **The supernatural Gift of Fortitude** – Courage \ 10 min. Video clip of St. Paul. Fortitude gives me the strength to be faithful to Christ even when it is difficult to do so. Fortitude is the gift that gives me the courage to overcome the obstacles that would harm my relationship with Jesus.
- Session 13 Penance Service
- Session 14 Preparing for Christmas - “Praying with Scripture” prayer worksheet at: diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture
Matthew 1:18-25
The supernatural Gift of Understanding / 6 min. Video clip of the Scarlet and the Black. One of the functions of the supernatural Gift of Understanding is that it helps me to realize that sin separates me from this relationship with Jesus. For instance, when I break one of the Ten Commandments and my friendship is broken with Jesus, my heart is led to repentance and I seek to be reunited with Jesus in receiving the Sacrament of Confession.

January

- Session 15 **The supernatural Gift of Wisdom** 8 min. Video clip of Romero. Adoration of the Blessed Sacrament. The Gift of Wisdom inspires me to worship God and to love Him as my Heavenly Father. His love leads me to want to know and do what is right and good.
- Session 16 **The supernatural Gift of Fear of the Lord** / 10 min Video clip of Joan of Arc. The supernatural Gift of Fear of the Lord is a holy fear that fills us with a loving reverence towards God and helps us avoid anything that may displease Him.
- Session 17 **The Supernatural Gift of Right Counsel** / 8 min. Video clip of Mother Teresa. The Supernatural Gift of Right Counsel guides me to make correct decisions about God’s will for my life.
- Session 18 “What does the Holy Spirit do for me?” (Gifts for the Journey – **Chosen Lesson 13**)
Note: **Replace the DVD clips from Chosen with 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> (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. Use “Chosen” workbook for discussion.

Year Two of a two year suggested schedule: Sessions 9-24 of “Chosen”; TOB Sessions 1-7

February

Session 19 “Why have I been *Chosen*?” (Sealed and Sent in Confirmation – **Chosen Lesson 14**)

Session 20 “Why do I have to go to Mass?” (Encountering Jesus in the Eucharist – **Chosen Lesson 15**)

Session 21 **Mass for Ash Wednesday – February 18, 2026**

Session 22 Begin class with 10 minutes of quiet prayer
“What does it mean to say, ‘I do’?” (Marriage, a Sign of God’s Love – **Chosen Lesson 16**)
Possible time for a retreat (downloadable resource)

March

Session 23 “Who’s calling?” (Holy Orders and Vocational Discernment – **Chosen Lesson 17**)
Stations of the Cross

Session 24 “Who is Mary?” (Meeting the Mother of God and Your Heavenly Family – **Chosen Lesson 19**)

The Life: Discipleship (Final preparation for a life of discipleship)

Session 25 “What would Jesus do?” (The Beatitudes as a Path to True Happiness – **Lesson 20**
Note: **Replace the DVD clips from Chosen with Episode 2, part 1 Catholicism DVD Program** by Bishop Robert Barron (first 23 min.) This series is available at every parish in the Diocese. Use “Chosen” workbook for discussion or discussion questions from Office of Catechesis and Evangelization.
Stations of the Cross

Session 26 Do I have what it takes?” Building Virtue – Your Spiritual Workout:
Chosen Lesson 21 See also the Diocesan Virtue Program:
diolc.org/catechesis/understanding-and-living-the-virtues
Penance Service

April

Session 27 “**Praying with Scripture**” prayer worksheet: Luke 23:13-49 on the Crucifixion
diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture

Easter: April 5, 2026

Session 28 “Why wait?” (God’s Plan for Love and Sex – **Lesson 22 from “Chosen”**)

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Session 29 “How do I build the Kingdom?” (Saying “Yes to the Mission of Christ and His Church – **Lesson 23 from Chosen**) Pre-Confirmation Interviews (downloadable resource)
Stations of the Cross

May

Session 30 “Where do I go from here?” (The Journey Continues – **Lesson 24 from “Chosen”**)
Possible Confirmation Retreat, Rehearsal and Rite of Confirmation
**Consider showing Lesson 14 and 18 again before the young people are confirmed.