***10th 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](https://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-confirmand to provide a teaching on the Sacrament of Confirmation and what is expected during this year of direct preparation: Invite a priest or qualified teacher to present on the purpose of the Sacrament of Confirmation. Plan to increase the amount of teaching and formation that the parents receive.

Session 1 Begin with a few icebreakers

Videos from **Chosen: Lesson 2 – ‘What makes me happy?” Discovering God as the Source)**

**Prayer to the Holy Spirit to develop a deeper relationship with Him.** Visit: [diolc.org/prayer](https://diolc.org/catechesis/prayer/) 10th 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

Videos from **Chosen: Lesson 4 – “How do I know that God is real” Understanding Divine Revelation”**

**October**

Session 3 Videos from **Chosen: Lesson 5 – “Who is Jesus**” (The Person and Mission of Christ)

Session 4 Begin class with 10 minutes of quiet prayer

Videos from **Chosen** **Lesson 6: “Why be Catholic?” (Discovering the Church Jesus Founded)**

Session 5 Begin class with 10 minutes of quiet prayer

Videos from **Chosen** **Lesson 10: “Why tell my sins to a priest?” (The Healing Power of Confession**

Session 6 Begin class with 10 minutes of quiet prayer

Videos from **Chosen** **Lesson 15 “Why do I have to go to Mass?” Encountering Jesus**

**in the Eucharist**

**Session on Eucharistic Miracles for the 5th Wednesday of October**

**November**

Session 7 Begin class with 10 minutes of quiet prayer: begin with a prompt

Videos from **Chosen** **Lesson 12 “Who is the Holy Spirit?” (Meeting the Third Person of the Holy Spirit)**

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](https://diolc.org/catechesis/prayer/) 10th 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

Include videos from **Chosen, Lesson 20: What Would Jesus Do? (The Beatitudes as the Path to True Happiness)**

Mass for Thanksgiving

**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 12Preparing for Christmas - “Praying with Scripture” prayer worksheet at:

diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture

**Prayer Meditation (Lectio Divina): Matthew 1:18-25**

**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. Maximillian 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](https://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**, available at [diolc.org/catechesis/sacramental-prep/confirmation](https://diolc.org/catechesis/sacramental-prep/confirmation/).

**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

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 Mass for Ash Wednesday – February 18, 2026

Session 20 **The Supernatural Gift of Fortitude – Courage** \ 10 min. Video clip of St. Paul

**March**

Session 21 **The Supernatural Gift of Understanding** / 6 min. Video clip of the Scarlet and the Black

Session 22 **The Supernatural Gift of Wisdom** 8 min. Video clip of Romero  
Stations of the Cross

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

Penance Service

Session 24 **The Supernatural Gift of Right Counsel** / 8 min. Video clip of Mother Teresa

Stations of the Cross

**April**

Session 25 **“Praying with Scripture”** prayer worksheet: Luke 23:13-49 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

**Easter: April 5, 2026**

Session 26 **Adoration of the Blessed Sacrament – He is Risen!** **“Praying with Scripture”** prayer worksheet: Luke 23:50-24:12 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/)**Teaching on The Sacrament of Confirmation** / Signs and Symbols of the Sacrament of Confirmation; Videos from **Chosen, Lesson 14 “Why have I been Chosen?” (Sealed and Sent in Confirmation)**

Session 27 **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.

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

Session 28

Video from **Chosen Lesson 23 “How do I build the Kingdom?” (Saying “Yes” to the Mission of Christ and His Church.**

**May**

Session 29 **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)  
Include videos from **Chosen, Lesson 19: “Who is Mary?” (Meeting the Mother of God – and Your Heavenly Family**