



9th Grade: The Confirmation Experience

Session 1: Life is Choices

Introduction: Navigation

- Your Choices Matter
- The Best Way to Live
- God's Dream for You
- Be a Rebel
- Decision Point ○ To demonstrate that God's way and the way of the world are very different, and invited candidates to choose to walk with God.

Session 2: What's Holding You Back?

Introduction: What Are You Doing?

- The Quest for Happiness
- Stinking Thinking
- Hungry for the Truth
- This Is Personal
- Introduce "Going Deeper in Prayer" prayer card, diolc.org/prayer
The Prayer for the year-long focus is Praying with Scripture, including a simple prayer worksheet.
- Decision Point ○ To help candidates to recognize who and what is holding them back from living the incredible life God invites them to.

Session 3: The Jesus Question

Introduction: Looking for Judas

- Who Is Jesus?
- The Problem and the Solution
- Jesus Was a Radical
- Second Chances
- Decision Point ○ To help candidates recognize the power and importance of having a personal relationship with Jesus.

Session 4: The Prayer Process Introduction:

Silence

- Why Pray?
- The Big Question

- The Prayer Process
- The Best Way to Learn
- Decision Point ○ To encourage candidates to develop a daily routine of prayer.

Session 5: The Bible

Introduction: Unexpected Gifts

- A Map for the Journey
- Introduction to the Bible • How Should I Use the Bible?
- The Power of Habit
- Decision Point ○ To encourage candidates to develop the habit of reading the Bible regularly.

Session 6: Relationships

Introduction: Bear Bait •

What Is the Purpose?

- Choose Your Friends Wisely
- What Is Love?
- Your Quest for Love
- Decision Point ○ Demonstrate that developing healthy relationships is essential to the life God is calling us to live.

Session 7: TOB Chapter 1: Created for Love

- Theology of the Body: YOU: Life, Love and the Theology of the Body Begin class with 5 minutes of quiet prayer: begin with a prompt
- A Parent Letter informing them about the implementation of Theology of the Body and Parent Summaries of each session are available here: diolc.org/tob

Session 8: TOB Chapter 2: Naked without Shame

Begin class with 5 minutes of quiet prayer: begin with a prompt

Session 9: TOB Chapter 3: Love Defined

Session 10: TOB Chapter 4: Hope and Redemption in Christ

- Begin with 10 min. of prayer: “Praying with Scripture” prayer worksheet: John 19:23-30
diolc.org/catechesis/catechist-training-resources-for-teaching/praying-withscripture

Session 11: TOB Chapter 5: Truth and Freedom

Session 12: TOB Chapter 6: Free, Total, Faithful, Fruitful

Session 13: TOB Chapter 7: Language of the Body

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

Sessions to Include:

Advent begins November 29th, 2026

Session: Making a good Advent - “Praying with Scripture” prayer worksheet: Luke 1:26-38

Session: Penance Service

- Preparing for Christmas - “Praying with Scripture” prayer worksheet Luke 2:1-19
Download worksheet: diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture

Ash Wednesday – February 10, 2027

Session: Stations of the Cross

Session: Penance Service

Easter: March 28, 2027

Session: Time of Adoration of the Risen Lord, “Praying with Scripture” John 20: 11-18



10th Grade: The Confirmation Experience

Session 1: 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
- Gather with parents and-confirmand: Invite a priest or qualified layperson to provide a compelling teaching on the Holy Spirit.

Session 2: The Eucharist

Introduction: The Epidemic

- The One Thing
- The True Presence
- The Power of the Eucharist

- Get Close and Stay Close
- Decision Point ○ To teach candidates how to enter into a Eucharistic relationship with God, and explain the transformational power the Eucharistic can have in their lives.

Session 3: The Holy Spirit

Introduction: The Right Thing •

Who Is the Holy Spirit?

- Unopened Gifts
- The Fruits of the Holy Spirit
- Prompted
- Decision Point ○ To teach candidates to allow the Holy Spirit to guide them in their decisions.

Session 4: The Gifts of the Holy Spirit

- 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/sacramentalprep/confirmation. Show 35 minutes followed by discussion

Session 5: The Gifts of the Holy Spirit (continued)

- 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/sacramentalprep/confirmation. Show 35 minutes followed by discussion

Session 6: Gifts of the Holy Spirit – The Gift of Knowledge

- Note: *If YOU: Life, Love and the Theology of the Body was not taught in 9th Grade, the seven sessions should be started, beginning with this session. See the schedule as laid out in Grade 9.* A full teaching on each of the seven Gifts of the Holy Spirit is available from the Office for Catechesis and Evangelization Contact us at 608-791-2658

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. There is nothing that 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 taking place.

Session 7: Gifts of the Holy Spirit – The Gift of Piety

Begin class with 5 minutes of quiet prayer: begin with a prompt

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.

Session 8: Gifts of the Holy Spirit – The Gift of Fortitude

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 9: Gifts of the Holy Spirit – The Gift of Understanding

- Begin with 10 min. of prayer: “Praying with Scripture” prayer worksheet: John 19:23-30
diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture

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.

Session 10: Gifts of the Holy Spirit – The Gift of Wisdom

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 11: Gifts of the Holy Spirit – The Gift of Fear of the Lord

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 12: Gifts of the Holy Spirit – The Gift of Right Counsel

- Begin class with 10 minutes of quiet prayer: begin with a prompt
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 13: The Church and the Fruits of the Holy Spirit

Introduction: Counter Cultural

- The First Christians and the Early Church
- One, Holy, Catholic, and Apostolic
- The Good, the Bad, the Ugly, and the Lies
- Ten Great Reasons to be Catholic
- To help candidates recognize that the Church can play a powerful role in their lives, and that they play a unique and vital role in the mission of the Church.

The Fruits of the Holy Spirit by Bishop 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 14: Confirmation

Introduction: If You Get the Man Right

- What Is Confirmation
- The Power of Preparation
- How Will Confirmation Change You?
- On the Day
- Decision Point ○ To help candidates recognize that Confirmation is not the end of something, but the beginning of an incredible new phase in their faith journey.

Session 15: Made for Mission

Introduction: Everything Is Connected

- The World Is a Mess
- A World Without Neighbors
- Finding Your Mission
- Your Untapped Greatness
- Decision Point
- To help candidates discover the mission God is calling them to.

Session 16: Holiness is Possible

Introduction: Perseverance

- The Holy Moment
- Everything Is an Opportunity • Your YES Can Change The World!
- Review
- Dream!
 - To teach candidates how to say yes to God and that their yes can make a huge difference

Sessions to Include:

Advent begins November 29th, 2026

Session: Making a good Advent “Praying with Scripture” prayer worksheet: Matthew 1:18-25

Session: Penance Service

- Preparing for Christmas - “Praying with Scripture” prayer worksheet Matthew 2:1-12
Download worksheet: diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture

2026-2027

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Session: Penance Service

Easter: March 28, 2027

Session: Time of Adoration of the Risen Lord, “Praying with Scripture” John 20: 19-31

The Seven Gifts of the Holy Spirit

The brief descriptors below are taken from the Diocesan Confirmation Program and the sessions are available upon request.

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