

Junior High

Catechist Guide



# GIFTED WITH THE SPIRIT CONFIRMATION



**SAMPLE  
STUDENT LESSON  
AND TEACHER  
GUIDE PLAN  
INSIDE**



**Pflaum** .....  
SACRAMENTAL PREPARATION

Lesson  
2

# Accepting God's Call

**Your Confirmation  
will strengthen  
the relationship  
with God that began  
at your Baptism.**





## We Pray

**Reader 1:** In everything we do, we can choose the lower or the higher way.

**Reader 2:** We can just drift along, or we can take responsibility.

**Reader 3:** We can ignore our inner lives, or we can try to know our hearts.

**Reader 4:** We can take the easy road, or we can strive to make a difference.

**Reader 5:** We can struggle along alone, or we can accept God's invitation to love and be loved.

**Reader 6:** Which path will you choose? Keep in mind what Jesus promises us when we follow his way.

**Reader 7:** Read John 14:1–7.

## In My Own Words...

Jesus often told *parables*—stories set in everyday life—to challenge people to follow him. In the Parable of the Good Samaritan (Luke 10:25–37), Jesus asks us to consider carefully who our neighbors are.

If you rewrote this parable to reflect your life today, how would you change the story? Who would be the man who needs help? Who would be ignoring him? Who would be the Samaritan?

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"Each day, each of us faces the choice of being a good Samaritan or an indifferent bystander."

—Pope Francis



## Virtues

A *virtue* is a habit that enables a person to perform an action with ease. Virtues can help us to live out the Commandments in our lives. Some virtues—prudence, temperance, justice, and fortitude—are developed by practice (CCC, 1835–1838). They are called *human virtues*. Faith, hope, and charity are virtues given as gifts from God (CCC, 1842–1844). They are called *theological virtues* and help us live in relationship with God.

Virtue helps us develop good consciences. Your conscience tells you whether an action is right or wrong, and it urges you to do good and to avoid evil. Educating your conscience in light of the Word of God will be a lifelong task. You can count on the guidance of the Holy Spirit, the teaching of the Church, and the advice of others to help you.

Mind Map of the theological virtues



## Activity 2

The theological virtues help you live a moral life. Though some of their names might be unfamiliar to you, you probably already have several of them without even realizing it.

By yourself or with a partner, create a mind map of the theological virtues. Look up their dictionary and *Catechism* definitions if you need to. How do you think these virtues relate to each other? How will you show these relationships in your map—with lines, designs, colors?

Relationships

## Participating in the Life of the Church

Being in covenant with God is not just about breaking or keeping rules. God calls us to be members of the Church and the *Communion of Saints*, which includes all faithful people, living and dead.

Sacraments connect us. Above all, we connect by participating in the Eucharist—the Mass—each Sunday. The Eucharist is the heart and summit of the Church's life. The whole spiritual good of the Church—Christ himself—is contained in the Eucharist, the Body of Christ. Christ is present in the Eucharist, pouring out the grace of salvation to all members of his Body—the Church. The Eucharist unites us with all believers into one Body in Christ.

Our covenant with God also calls us to participate actively in the sacramental life of the Church. This participation gives us grace to

transform ourselves, our family, our neighborhood, and our society.

The following five rules are the *precepts of the Church*—positive laws that the Church has given us to guarantee that each of us will grow in love of God and neighbor:

1. *You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.*
2. *You shall confess your sins at least once a year.*
3. *You shall receive the Sacrament of the Eucharist at least during the Easter season.*
4. *You shall observe the days of fasting and abstinence established by the Church.*

5. *You shall help to provide for the needs of the Church. (CCC, 2042–2043)*

For his part of the covenant, God gives us, by his grace, a share in his own inner life of love within the Holy Trinity. Jesus, the Word of God made flesh, loves us immensely—beyond all we can imagine. He loves us to the point of dying on the Cross so that he could offer us the promise of eternal life after death. This eternal life of love and joy begins even now in the sacraments. God, the Holy Trinity, wants to live this life together with us. He establishes a covenant relationship with us, loves us, and remains with us, simply because God is Love.



*“Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor.... Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation. Do not repay anyone evil for evil; be concerned for what is noble in the sight of all.”*

—Romans 12:9–10, 16–17



# Called to Be Priest, Prophet, and King

**D**id you know that, since your Baptism, you participate in the *common priesthood of the faithful*? When we participate at Mass and receive the sacraments, we become one with Christ as he offers himself for the life of the world, especially in the Eucharist. The Sacrament of Confirmation strengthens us for this role.

The *common priesthood* is different from the *ordained priesthood*. In the Sacrament of Holy Orders, an ordained priest becomes consecrated to act in the person of Jesus Christ. Ordained priests serve and support the priesthood of all believers.

Reflect on one of the following questions:

How do you participate at Mass now?

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What do you offer up in Christ for the life of the world? What could you offer?

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## We Pray

**Leader:** Please join now in three classic Catholic prayers of devotion to God. The first is the **Act of Faith**.

**All:** O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

**Leader:** The second is the **Act of Hope**.

**All:** O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

**Leader:** The last is the **Act of Love**.

**All:** O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

**Leader:** We pray for faith, hope, and love in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

—Prayers from the Compendium of the Catechism of the Catholic Church

PfLAUM PUBLISHING GROUP

This edition of *Gifted with the Spirit* is printed pending ecclesiastical approval. Imprimatur: Most Reverend Robert J. McManus, S.T.D., Bishop of Worcester, April 2, 2017



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## The Ten Commandments

### 1 I am the LORD your God...you shall not have other gods before me.

God calls you to believe in him and to have hope in him. Responding to God's loving call means to love him above all else and to worship him in thought, word, and deed. This includes keeping your promises to him.

### 2 You shall not take the name of the LORD your God in vain.

Respecting holy names and holy language is a must, especially names associated with God, Mary, or any saint.

### 3 Remember the sabbath day, to keep it holy.

*The Lord's Day*—Sunday—is the day on which Jesus rose from the dead. Because of this, Sunday is the most important day of the week for Christians, our *Sabbath*. It is our duty to celebrate and worship God by participating in Mass on Sunday. Avoiding unnecessary work, relaxing with family and friends, engaging in prayer and worship, and simply enjoying this day of the week—these activities are so good for us that God, out of love for us, actually commands us to do them.

### 4 Honor your father and your mother.

Obedying this Commandment involves showing a special love, respect, and concern not only for your parents, but also for relatives, teachers, and others in authority. It simply makes sense to respect and try to learn from those with legitimate authority and more experience in life.

### 5 You shall not kill.

We respect life because it comes from God, our Creator. Abortion, euthanasia, murder, and suicide violate respect for human life and the dignity of each human person. The Good News of Jesus is a Gospel of life that calls for all people to be free from physical and emotional harm.

### 6 You shall not commit adultery.

Adultery is a sin against chastity. *Chastity*—a healthy, holy attitude toward sexuality—is the key to obeying this Commandment. All of us are called by God to be *chaste*—to accept our sexuality as a gift to be used wisely. God made us male and female, each with dignity and a call from God either to live as a married person or to remain single, each for the sake of his heavenly Kingdom. With Jesus as our model, we must strive to live chastely in whatever state of life God has planned for us.

### 7 You shall not steal.

Not only is stealing forbidden in our covenant of love with God, but loss from theft or intentional damage of another's property must be repaid. Any misuse of one person's property or services is an injustice because it wastes good things that God created for humanity's benefit.

### 8 You shall not bear false witness against your neighbor.

Truth is essential to society. *Lying*—saying something that is false with the intention of deceiving someone—hurts both the liar and the person lied to or about and damages social trust. Harmful speech also includes gossip and spreading rumors.

### 9 You shall not covet your neighbor's wife.

Striving for purity of heart and body enables us to see the human body—our own and our neighbor's—as a temple of the Holy Spirit. The virtue of modesty helps us to act, dress, and speak in ways that honor this dignity.

### 10 You shall not covet...anything that belongs to your neighbor. (Exodus 20:2–17)

This Commandment forbids greed and gathering excessive earthly goods and riches. It also warns against envying others' possessions or talents. If we keep God's covenant by using well our possessions and talents, God will keep his covenant by rewarding us—if not in this life, then certainly in the next.



## Activity 1

Imagine yourself at school with your friends, laughing and talking between classes. A student with few friends walks by, some people begin to say mean things, and a couple of your friends laugh.

You Decide

What is your conscience saying to you?

What Commandment does the ridicule go against?

What could you have done to change the situation and honor the Commandment?



# The Truth Catholic Tradition

“The goal of a virtuous life is to become like God.”  
—Saint Gregory of Nyssa

## God’s Word

*Sacred Scripture* is the Word of God. God chose human authors who were inspired by the Holy Spirit to write the books of the Bible. Through Sacred Scripture, God reveals himself and his plan for our salvation—a plan that involves **covenants** between God and human beings.

### What is a covenant?

A **covenant** is a solemn agreement that calls for commitments on both sides. Throughout history, God has made covenants with humanity.

The Old Testament records salvation history from creation through the Old Covenant. God gradually revealed himself and reached out in love to the Hebrew people. He established the Old Covenant when he revealed the Ten Commandments to Moses. In the New Testament, Jesus fulfills and perfects the Old Covenant. Through Jesus, God reveals himself and his love for us completely. While the Old Covenant was given to God’s Chosen People, the New Covenant offers salvation to all people through Jesus Christ.

## Living Our Faith

The *Creed*, or statement of beliefs, that we pray together at Sunday liturgy expresses the essential parts of our faith. But what is faith? The *Catechism of the Catholic Church* (see 150–155) tells us that *faith* is

- *The gift from God that allows us to respond to his revelation*
- *The human act of responding freely and completely to what God reveals*

Believing that God loves us requires faith—the gift, or grace, from God that helps us to accept his love and teachings. But faith is also our personal response, our acceptance of God’s love and teachings.

To be saved from sin and death, we must have faith. Faith is necessary for salvation. This does not mean that people who do not know the Gospel, through no fault of their own, are lost. Those who sincerely seek God and try to do his will as they know it through their **conscience** may also reach salvation. God can lead those who do not know the Gospel to faith, but the Church still can and must spread the news of the Gospel to all people.

Our relationship with God also calls for us to live morally. On our own, we can recognize that the Commandments,

### What is conscience?

**Conscience** helps us make reasonable judgments about whether actions are moral.

Jesus’ law of love, and the Beatitudes urge us to do God’s will—to do good and avoid evil.

God placed Adam and Eve in a garden free from evil. They were lured into turning against God and trying to live without him.

After this Original Sin, human nature is still good but is wounded, meaning we all need God’s grace to live a moral life. The new life in the Holy Spirit that we receive in the Sacrament of Confirmation strengthens us to lead the moral life and reach salvation.

A moral life today still involves following the Ten Commandments, the laws given by God through Moses. Even though the Commandments address some very serious actions, they also apply to everyday behavior. For example, verbal abuse violates the Fifth Commandment, “You shall not kill,” because threats and words of anger disrespect the dignity of life.



## Catholic Literacy: Confirmation Strengthens Us to Live as Disciples

**C**onfirmation enriches us with a special strength of the Holy Spirit, empowering us to make our own commitment to the special relationship with God that began at our Baptism. We renew the promises that were made for us at Baptism. We promise to be faithful to Catholic beliefs and are more perfectly united to the Church. We are strengthened to live as true followers of Jesus and to participate in the sacramental life of the Church.





## Planning the Lesson

the other Apostles, “What are we to do, my brothers?” Peter told them, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit” (Acts 2:37–38).

Most young people in your group will have been baptized as infants. In Confirmation, they will have a chance to renew their baptismal promises and receive special strength from the Holy Spirit that will enable them to live as true followers of Jesus. The lesson plan for this chapter provides an opportunity for young Catholics to review their baptismal promises and to consider how to live out these promises.

This lesson presents three ways to respond to God’s love. The first is being faithful to Catholic beliefs—our faith. A basic definition of *faith* is presented.

The second way to respond is to live as God wants us to. The activities in the lesson will guide young people to a better understanding of the Commandments, Jesus’ Great Commandment, and the Beatitudes.

The third way in which we respond to God’s love is by participating in the life of the Church. The precepts of the Church are presented as the positive laws of the Church that guarantee each of us will actively participate in the life of the Church.

The 13 steps that follow provide more than two hours of activities to present the themes of Lesson 2. Any steps that do not fit into your allotted time can be sent home for the young people to complete before the next class session.

### For a 60-minute session, complete

- Step 1
- Step 2
- Step 3
- Step 4
- Step 5
- Step 6
- Step 8, Option C
- Step 10
- Step 12
- Step 13, Option A or B

### For a 90-minute session, add

- Step 7
- Step 8, Option B
- Step 11, Option A

### For a longer session, add

- Step 8, Option A
- Step 9
- Step 11, Option B



## Materials

Pens or pencils will be needed for many of the steps.

- **Steps 1 and 13:** small table, table covering in color of liturgical season, flowers or plant, Bible, battery-powered candle
- **Step 4:** copies of baptismal promises, one for each young person (optional)
- **Step 7:** colored pencils or markers
- **Step 8, Option A:** paper
- **Step 8, Option B:** copies of *Handout 1—Living the Beatitudes*
- **Step 8, Option C:** copies of *Handout 1—Living the Beatitudes*
- **Step 10:** copies of the *Catechism of the Catholic Church*, one per small group
- **Step 11:** Bibles, one per small group
- **Step 13, Option B:** copies of *Handout 2—Saint Augustine’s Prayer to the Holy Spirit*



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# Lesson 2

## Accepting God's Call

**Your Confirmation will strengthen the relationship with God that began at your Baptism.**



### Objectives

*This lesson will help the young people*

- Gain insight into God's call to each of us
- Understand the ways God has called human beings throughout the ages
- Explore the covenant between God and his people
- Understand that responding to God's call means participating in the sacramental life of the Church and being faithful to Catholic beliefs, the Commandments, Jesus' law of love, and the Beatitudes.



### Key Ideas

- In Confirmation, we are strengthened to make our own commitment to the special relationship with God that began at Baptism.
- Our relationship with God requires being faithful to Catholic beliefs.
- Our relationship with God also calls for us to follow the Commandments, Jesus' law of love, and the Beatitudes.
- Our relationship with God calls for us to participate in the sacramental life of the Church.

## Background and Insights

### Responding to God's Love

The *Catechism of the Catholic Church* tells us:

"The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for:

"The dignity of man rests above all on the fact that he is called to communion with God. This invitation to converse with God is addressed to man as soon as he comes into being. For if man exists, it is because God has created him through love, and through love continues to hold him in existence. He cannot live fully according to truth unless he freely acknowledges that love and entrusts himself to his creator'" (CCC, 27).

In this unit, the young people learn that God has been revealing himself and reaching out in love to human beings throughout history. Evidence for this is recorded in the Bible:

In each of the covenants (solemn agreements) God has made with humanity, he offers a promise and calls for a response to his promise. God promised Noah and Abraham good things and asked that they be faithful to him. God promised the Hebrew people a land of their own and asked them to obey the Ten Commandments.

Then God made a covenant that is for all people: God sent Jesus to save all people from sin and to make it possible for them to have eternal life. What response does this call for? At Pentecost, the Jews who saw what happened when the Apostles received the Holy Spirit asked Peter and



# Catholic Tradition

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*"The goal of a virtuous life is to become like God."  
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### What is conscience?

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Gifted with the Spirit Confirmation 3

## Catholic Literacy: Confirmation Strengthens Us to Live as Disciples

Confirmation enriches us with a special strength of the Holy Spirit, empowering us to make our own commitment to the special relationship with God that began at our Baptism. We renew the promises that were made for us at Baptism. We promise to be faithful to Catholic beliefs and are more perfectly united to the Church. We are strengthened to live as true followers of Jesus and to participate in the sacramental life of the Church.

## Notes


## Step 4 (5 Minutes)

Read *Catholic Literacy*. Help the young people review their baptismal promises. If possible, display the baptismal promises on newsprint or the board. Ask volunteers to take turns reading the promises:

- Do you reject Satan, and all his works and empty promises?
- Do you believe in God, the Father almighty, Creator of heaven and earth?
- Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead, and is seated at the right hand of the Father?
- Do you believe in the Holy Spirit, the Lord, the giver of life, who...through the Sacrament of Confirmation [will be] given to you in a special way just as he was given to the Apostles on the day of Pentecost?
- Do you believe in the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? (*The Order of Confirmation*, 23)

## Step 5 (10 Minutes)

Call on volunteers to take turns reading "Living Our Faith." Review the meaning of *conscience*. Pause after each Commandment to review what the Commandment requires of us.





## GROWING TOGETHER in Our Catholic Faith

To the Ten Commandments that God gave the Hebrew people, Jesus added another, the law of love: "This is my commandment: love one another as I love you" (John 15:12). Also, in his Sermon on the Mount, Jesus gave his followers the Beatitudes to help them—to help us—understand and live out his commandment of love.

Work with your small group to think of practical examples of how to live out each Beatitude. Record your ideas on a separate piece of paper.



Cherish Life

### ..... Beatitude

### How to live it! .....

**BLESSED** are the poor in spirit, for theirs is the kingdom of heaven.

The "poor in spirit" are willing to use their blessings and gifts to help others.

**BLESSED** are they who mourn, for they will be comforted.

"They who mourn" feel genuine sorrow for the victims of injustice and feel called to work for change.

**BLESSED** are the meek, for they will inherit the land.

The "meek" identify with the poor, oppressed, and powerless and work for respect and dignity for all.

**BLESSED** are they who hunger and thirst for righteousness, for they will be satisfied.

"They who hunger and thirst for righteousness" strive to bring about the Kingdom of God.

**BLESSED** are the merciful, for they will be shown mercy.

The "merciful" show compassion and are as concerned about others as they are about themselves.

**BLESSED** are the clean of heart, for they will see God.

The "clean of heart" are those who genuinely love God.

**BLESSED** are the peacemakers, for they will be called children of God.

The "peacemakers" put aside anger and insults to reconcile with one another.

**BLESSED** are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. (Matthew 5:3-10)

"They who are persecuted for the sake of righteousness" stand up for their faith, knowing that following Jesus may be difficult and demanding.

LIVING IT!

Out of all of the Beatitudes, which appeals to you most? Working on your own, write and illustrate a short plan for carrying out one of your group's ideas in your daily life.



Gifted with the Spirit Confirmation 5



### Step 8

#### Option A (15 Minutes)

Have the young people complete *Growing Together in Our Catholic Faith* according to the directions.

#### Option B (10 Minutes)

Provide the young people with copies of *Handout 1—Living the Beatitudes*. Ask them to reflect on the descriptions of those who are blessed that are given on page 5. Ask them to fill in the chart with the names and actions of people they know who fit these descriptions. An example is given on the handout to get the young people started.

#### Option C (5 Minutes)

If you don't have time to complete either option A or B during class, refer to the explanation of the Beatitudes in *Growing Together in Our Catholic Faith* on page 5 and assign *Handout 1—Living the Beatitudes* to be completed before the next class meeting.

### Step 9 (15 Minutes)

#### Called to Serve: Promoting Parish Ministries

*Note that this feature only appears in the Catechist Guide.*

Invite the young people to make their presentations about the parish ministries they selected in the preceding session. Be sure to clarify any details or explanations as needed. After the presentations, call on volunteers to tell what made the greatest impression on them—either from their own research or from the presentations. Then call on volunteers to tell how they can use a talent or skill they have to participate in one of the ministries. Encourage the young people to choose a way to serve others through one of the parish ministries they studied.

# I Respond to God's Word

**G**enesis tells the story of two covenants: one between God and Noah and one between God and Abram (Abraham).

Read Genesis 6:11–22 and 9:8–17 (the story of Noah), then read Genesis 17:1–10 (the story of Abram). Write one sentence for each question below:

What did God promise to Noah, and what did he ask of him?

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What two things did God promise Abram, and what did he expect of him?

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Read Deuteronomy 4:1–2, where Moses is reminding the Jewish people about the Old Covenant.

What did God promise the people in the Old Covenant, and what did he ask the people to do?

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Read Jesus' own words about the New Covenant (Matthew 26:26–28).

What promise did God make through Jesus?

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Now read Acts 2:38–42.

What does Peter say that Jesus' followers must do as their part in the New Covenant?

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"Though the mountains fall away and the hills be shaken, My love shall never fall away from you nor my covenant of peace be shaken, says the LORD." —Isaiah 54:10



## The Way



### Step 1 (5 Minutes)

Invite the young people to gather for the opening prayer. Provide a Bible to Reader 7 and allow time to practice the reading. Ask each reader after Reader 1 to pause briefly to allow time for reflection before reading his or her part.

### Step 2 (10-15 Minutes)

Read together the Parable of the Good Samaritan (Luke 10:25-37). Then invite the young people to complete the *In My Own Words* journaling activity. Call on volunteers to share their modern-day version of the parable.

## The Truth

### Step 3 (5 Minutes)

Read "God's Word." Review the meaning of covenant. Emphasize that Scripture, or the Bible, is the inspired Word of God written by human authors. Point out that the Old Testament and New Testament together recount the story of our salvation.

## The Way

### We Pray

- Reader 1:** In everything we do, we can choose the lower or the higher way.
- Reader 2:** We can just drift along, or we can take responsibility.
- Reader 3:** We can ignore our inner lives, or we can try to know our hearts.
- Reader 4:** We can take the easy road, or we can strive to make a difference.
- Reader 5:** We can struggle along alone, or we can accept God's invitation to love and be loved.
- Reader 6:** Which path will you choose? Keep in mind what Jesus promises us when we follow his way.
- Reader 7:** Read John 14:1-7.

## In My Own Words...

Jesus often told *parables*—stories set in everyday life—to challenge people to follow him. In the Parable of the Good Samaritan (Luke 10:25-37), Jesus asks us to consider carefully who our neighbors are.

If you rewrote this parable to reflect your life today, how would you change the story? Who would be the man who needs help? Who would be ignoring him? Who would be the Samaritan?

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2 Lesson 2

## Notes

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## GROWING TOGETHER in Our Catholic Faith

To the Ten Commandments that God gave the Hebrew people, Jesus added another, the law of love: "This is my commandment: love one another as I love you" (John 15:12). Also, in his Sermon on the Mount, Jesus gave his followers the Beatitudes to help them—to help *us*—understand and live out his commandment of love.

Work with your small group to think of practical examples of how to live out each Beatitude. Record your ideas on a separate piece of paper.



Cherish Life

### ..... Beatitude

### How to live it! .....

**BLESSED** are the poor in spirit, for theirs is the kingdom of heaven.

*The "poor in spirit" are willing to use their blessings and gifts to help others.*

**BLESSED** are they who mourn, for they will be comforted.

*"They who mourn" feel genuine sorrow for the victims of injustice and feel called to work for change.*

**BLESSED** are the meek, for they will inherit the land.

*The "meek" identify with the poor, oppressed, and powerless and work for respect and dignity for all.*

**BLESSED** are they who hunger and thirst for righteousness, for they will be satisfied.

*"They who hunger and thirst for righteousness" strive to bring about the Kingdom of God.*

**BLESSED** are the merciful, for they will be shown mercy.

*The "merciful" show compassion and are as concerned about others as they are about themselves.*

**BLESSED** are the clean of heart, for they will see God.

*The "clean of heart" are those who genuinely love God.*

**BLESSED** are the peacemakers, for they will be called children of God.

*The "peacemakers" put aside anger and insults to reconcile with one another.*

**BLESSED** are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. (Matthew 5:3–10)

*"They who are persecuted for the sake of righteousness" stand up for their faith, knowing that following Jesus may be difficult and demanding.*

LIVING IT!

Out of all of the Beatitudes, which appeals to you most? Working on your own, write and illustrate a short plan for carrying out one of your group's ideas in your daily life.





## Step 6 (5-10 Minutes)

Have the young people work in pairs to complete Activity 1 on page 4. Explain that this activity will help them practice making good moral decisions. Invite the pairs of young people to discuss the scenario, answer the questions, and, if there's time, share their responses with the larger group.



## Step 7 (10-15 Minutes)

Read the text about virtues on page 6. Review the human virtues and theological virtues, discuss ways each of the human virtues can help the young people live as followers of Christ.

Have the young people complete Activity 2 to learn more about the theological virtues. Provide the following instructions for how to create a mind map:

1. Write or draw your main idea in the middle of the page then draw a frame around it.
2. Draw a branch off your main idea. On the branch, write or draw a main topic related to your main idea.
3. Continue to branch off from your main idea. Use a different color for each branch (main topic).
4. From each main topic branch, branch off with sub-topics (continue to use color).
5. From your sub-topics, branch off with supporting details. Use words or graphics to represent your details.

## The Ten Commandments

### 1 I am the LORD your God...you shall not have other gods before me.

God calls you to believe in him and to have hope in him. Responding to God's loving call means to love him above all else and to worship him in thought, word, and deed. This includes keeping your promises to him.

### 2 You shall not take the name of the LORD your God in vain.

Respecting holy names and holy language is a must, especially names associated with God, Mary, or any saint.

### 3 Remember the sabbath day, to keep it holy.

*The Lord's Day*—Sunday—is the day on which Jesus rose from the dead. Because of this, Sunday is the most important day of the week for Christians, our *Sabbath*. It is our duty to celebrate and worship God by participating in Mass on Sunday. Avoiding unnecessary work, relaxing with family and friends, engaging in prayer and worship, and simply enjoying this day of the week—these activities are so good for us that God, out of love for us, actually commands us to do them.

### 4 Honor your father and your mother.

Obedying this Commandment involves showing a special love, respect, and concern not only for your parents, but also for relatives, teachers, and others in authority. It simply makes sense to respect and try to learn from those with legitimate authority and more experience in life.

### 5 You shall not kill.

We respect life because it comes from God, our Creator. Abortion, euthanasia, murder, and suicide violate respect for human life and the dignity of each human person. The Good News of Jesus is a Gospel of life that calls for all people to be free from physical and emotional harm.

### 6 You shall not commit adultery.

Adultery is a sin against chastity. *Chastity*—a healthy, holy attitude toward sexuality—is the key to obeying this Commandment. All of us are called by God to be *chaste*—to accept our sexuality as a gift to be used wisely. God made us male and female, each with dignity and a call from God either to live as a married person or to remain single, each for the sake of his heavenly Kingdom. With Jesus as our model, we must strive to live chastely in whatever state of life God has planned for us.

### 7 You shall not steal.

Not only is stealing forbidden in our covenant of love with God, but loss from theft or intentional damage of another's property must be repaid. Any misuse of one person's property or services is an injustice because it wastes good things that God created for humanity's benefit.

### 8 You shall not bear false witness against your neighbor.

Truth is essential to society. *Lying*—saying something that is false with the intention of deceiving someone—hurts both the liar and the person lied to or about and damages social trust. Harmful speech also includes gossip and spreading rumors.

### 9 You shall not covet your neighbor's wife.

Striving for purity of heart and body enables us to see the human body—our own and our neighbor's—as a temple of the Holy Spirit. The virtue of modesty helps us to act, dress, and speak in ways that honor this dignity.

### 10 You shall not covet...anything that belongs to your neighbor. (Exodus 20:2-17)

This Commandment forbids greed and gathering excessive earthly goods and riches. It also warns against envying others' possessions or talents. If we keep God's covenant by using well our possessions and talents, God will keep his covenant by rewarding us—if not in this life, then certainly in the next.



## Activity 1

Imagine yourself at school with your friends, laughing and talking between classes. A student with few friends walks by, some people begin to say mean things, and a couple of your friends laugh.

What is your conscience saying to you?

What Commandment does the ridicule go against?

What could you have done to change the situation and honor the Commandment?

You Decide

4 Lesson 2

## Notes




## Step 10 (10 Minutes)

Have the young people read the text in the left column under the heading “Participating in the Life of the Church.” To give the young people additional insight into why participating in the Eucharist is such an important part of our relationship with God, refer them to paragraphs 2174–2178 of the *Catechism of the Catholic Church*. If enough copies of the *Catechism* are available, ask the young people to read these paragraphs aloud in small groups, selecting the main idea from each paragraph. The groups can share the ideas they have selected with the entire group. Or you can summarize these paragraphs for the group.

After the small groups have had a chance to discuss the background from the *Catechism*, ask volunteers to take turns reading the precepts of the Church aloud.

## The Life

### Step 11

Have the young people work in small groups to complete the *I Respond to God’s Word* activity. Distribute Bibles, at least one per group.

#### Option A (10 Minutes)

Organize the young people into four groups and assign each group one of the Scripture passages and corresponding questions. Have the groups present their responses to the larger group.

### Virtues

A *virtue* is a habit that enables a person to perform an action with ease. Virtues can help us to live out the Commandments in our lives. Some virtues—prudence, temperance, justice, and fortitude—are developed by practice (CCC, 1835–1838). They are called *human virtues*. Faith, hope, and charity are virtues given as gifts from God (CCC, 1842–1844). They are called *theological virtues* and help us live in relationship with God.

Virtue helps us develop good consciences. Your conscience tells you whether an action is right or wrong, and it urges you to do good and to avoid evil. Educating your conscience in light of the Word of God will be a lifelong task. You can count on the guidance of the Holy Spirit, the teaching of the Church, and the advice of others to help you.



## Activity 2

The theological virtues help you live a moral life. Though some of their names might be unfamiliar to you, you probably already have several of them without even realizing it.

By yourself or with a partner, create a mind map of the theological virtues. Look up their dictionary and *Catechism* definitions if you need to. How do you think these virtues relate to each other? How will you show these relationships in your map—with lines, designs, colors?

Mind Map of the theological virtues

### Participating in the Life of the Church

Being in covenant with God is not just about breaking or keeping rules. God calls us to be members of the Church and the *Communion of Saints*, which includes all faithful people, living and dead.

Sacraments connect us. Above all, we connect by participating in the Eucharist—the Mass—each Sunday. The Eucharist is the heart and summit of the Church’s life. The whole spiritual good of the Church—Christ himself—is contained in the Eucharist, the Body of Christ. Christ is present in the Eucharist, pouring out the grace of salvation to all members of his Body—the Church. The Eucharist unites us with all believers into one Body in Christ.

Our covenant with God also calls us to participate actively in the sacramental life of the Church. This participation gives us grace to

transform ourselves, our family, our neighborhood, and our society.

The following five rules are the *precepts of the Church*—positive laws that the Church has given us to guarantee that each of us will grow in love of God and neighbor:

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church. (CCC, 2042–2043)

For his part of the covenant, God gives us, by his grace, a share in his own inner life of love within the Holy Trinity. Jesus, the Word of God made flesh, loves us immensely—beyond all we can imagine. He loves us to the point of dying on the Cross so that he could offer us the promise of eternal life after death. This eternal life of love and joy begins even now in the sacraments. God, the Holy Trinity, wants to live this life together with us. He establishes a covenant relationship with us, loves us, and remains with us, simply because God is Love.

“Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor.... Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation. Do not repay anyone evil for evil; be concerned for what is noble in the sight of all.”

—Romans 12:9–10, 16–17

6 Lesson 2

#### Option B (20–30 Minutes)

Organize the young people into small groups and ask each small group to prepare a skit based on one of the Scripture passages. Have small groups act out their skits for the large group. Following each skit, lead the young people in discussing the questions for each Scripture passage.

After everyone has finished reading and responding to the questions, call on volunteers to share their responses to the questions. Discuss what all the Scripture passages together tell us about what is required of us in our relationship with God.



# GIFTED WITH THE SPIRIT

Confirmation programs that are teen-friendly,  
parish-oriented, complete, and affordable

**NEW!**

**The Way**

**We Pray**

Holy Spirit Prayer of Saint Augustine (354–430)

Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.  
Act in me, O Holy Spirit,  
That my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
That I love but what is holy.  
Strengthen me, O Holy Spirit,  
To defend all that is holy.  
Guard me, then, O Holy Spirit,  
That I always may be holy.



**The Truth**

**Catholic Tradition**

**The Holy Spirit—Filling the Church with Life**

"In the name of the Father, and of the Son, and of the Holy Spirit." As Catholics, we hear and speak these words often. We are baptized "in the name of the Father, and of the Son, and of the Holy Spirit." The Sign of the Cross is the first prayer most children learn. The Mass begins with it. It expresses the central mystery of the Catholic Church—the Holy Trinity. Our one God is Three Persons—Father, Son, and Holy Spirit.

God loves us so much that he has chosen to reveal himself to us as Father, Son, and Holy Spirit. The Three Divine Persons are distinct, yet always united in who they are and related in what they do.

God, the Father, sent his Son into the world to assume, or take on, human nature and to fulfill the Father's plan of **salvation**. Jesus, the Son of God, assumed human nature and became human in order to save us. In the Gospels, we learn that by the power of the Holy Spirit, the Virgin Mary became the mother of Jesus, who became truly human and remained truly God. The Holy Spirit remained active in the lives of Mary and Jesus.

**What is salvation?**

Salvation is the state of being saved or redeemed from sin. All salvation comes through Christ, the Savior of the world, who opened the way to Heaven for all people through himself and through his Church.

**In My Own Words...**

Symbols are visible things that reveal invisible truths. Has a symbol ever helped you understand something you didn't understand before? Maybe a gift that someone gave you or an action someone did for you represented that person's care for you. Maybe you saw an image or an object that helped you understand something important.

Write a paragraph about one symbol you have experienced and what you learned from it.

2 Lesson 4

**Come, Holy Spirit**

At Pentecost, when the Holy Spirit most dramatically made himself known, Mary, who had known the Spirit's power all her life, was present. Saint Luke describes what happened:

*When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.*  
—Acts 2:1–4

The *Catechism of the Catholic Church* tells us that in the Sacrament of Confirmation, we, who have been baptized and believe, receive the full outpouring of the Holy Spirit that the Apostles received at Pentecost (see CCC, 1287–1288). The Holy Spirit comes from the Father and the Son as a gift to enliven us—filling us with faith, new life, and knowledge of the Father and the Son. Where Jesus is, there is the Holy Spirit. God sends the two together to accomplish their work in the Church. The Church is the Temple of the Holy Spirit—Christ's Body on earth. The Holy Spirit fills the Church with life, with unity in its diversity, and with the richness of all its gifts and talents.

"By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so that their lives may give off 'the aroma of Christ.'"  
—CCC, 1294



**Symbols of the Holy Spirit**

When Saint Luke writes about the Apostles' experience of the Holy Spirit at the first Pentecost, he uses the strong images of wind and fire to symbolize or show the power of the Spirit.

Early Christians who heard this passage were probably reminded of the many times in Scripture when fire is used as a symbol to show God's powerful presence. The story of Moses speaks of God's presence in a fiery pillar that went ahead of the Hebrews as they escaped from Egypt.

Fire consumes whatever it touches. Likewise, those who are touched by the Holy Spirit are filled with the Spirit. Fire

"symbolizes the transforming energy of the Holy Spirit's actions" (CCC, 696).

Fire also reminds us of the enthusiasm and excitement created by the Holy Spirit. In Acts 2:4–13, we see that the Apostles were excited about the Good News of Jesus' Resurrection. They went out and preached the Good News openly, even risking their lives. They were so enthusiastic that some people thought they might have been drinking. Peter makes clear that the Apostles are not drunk. He goes on to offer the people in the crowd the powerful gift of the Holy Spirit. Peter is so persuasive that God inspires thousands to repent and become Christians (see Acts 2:14–41).



**Activity 1**

Work in groups of three or four to think of other symbols of the Holy Spirit. Fill in the chart with your symbols. One example is given for you. If you need help, refer to paragraphs 694–701 of the *Catechism of the Catholic Church*.

SYMBOL	MEANING
dove	peace, justice, gentleness, freedom

Gifted with the Spirit Confirmation 3

**NEW!** Web resources including videos for each lesson.

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## I Respond to God's Word

**G**enesis tells the story of two covenants: one between God and Noah and one between God and Abram (Abraham).

Read Genesis 6:11–22 and 9:8–17 (the story of Noah), then read Genesis 17:1–10 (the story of Abram). Write one sentence for each question below:

What did God promise to Noah, and what did he ask of him?

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What two things did God promise Abram, and what did he expect of him?

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Read Deuteronomy 4:1–2, where Moses is reminding the Jewish people about the Old Covenant.

What did God promise the people in the Old Covenant, and what did he ask the people to do?

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Read Jesus' own words about the New Covenant (Matthew 26:26–28).

What promise did God make through Jesus?

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Now read Acts 2:38–42.

What does Peter say that Jesus' followers must do as their part in the New Covenant?

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## Step 12 (10 Minutes)

Read *Called to Be Priest, Prophet, and King*. Review what it means to share in the common priesthood. Allow time for silent reflection. Have the young people write their responses to one of the questions.

## Step 13

## Option A (5 Minutes)

Close with *We Pray*, which presents some of the Church's traditional prayers.

## Option B (5 Minutes)

Close with Saint Augustine's Prayer to the Holy Spirit. To provide copies of this prayer for the young people, use *Handout 2—Saint Augustine's Prayer to the Holy Spirit*.

## Saint Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may be holy.

Act in me, O Holy Spirit, that my work, too, may be holy.

Draw my heart, O Holy Spirit, that I love but what is holy.

Strengthen me, O Holy Spirit, to defend all that is holy.

Guard me, then, O Holy Spirit, that I always may be holy. Amen.

## Called to Be Priest, Prophet, and King

**D**id you know that, since your Baptism, you participate in the *common priesthood of the faithful*? When we participate at Mass and receive the sacraments, we become one with Christ as he offers himself for the life of the world, especially in the Eucharist. The Sacrament of Confirmation strengthens us for this role.

The *common priesthood* is different from the *ordained priesthood*. In the Sacrament of Holy Orders, an ordained priest becomes consecrated to act in the person of Jesus Christ. Ordained priests serve and support the priesthood of all believers.

Reflect on one of the following questions:

How do you participate at Mass now?

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What do you offer up in Christ for the life of the world? What could you offer?

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## We Pray

**Leader:** Please join now in three classic Catholic prayers of devotion to God. The first is the **Act of Faith**.

**All:** O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

**Leader:** The second is the **Act of Hope**.

**All:** O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

**Leader:** The last is the **Act of Love**.

**All:** O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

**Leader:** We pray for faith, hope, and love in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

—Prayers from the Compendium of the Catechism of the Catholic Church

## Resource Center

## Online materials and handouts

For lesson resources, visit [giftedwiththespirit.com](http://giftedwiththespirit.com) for video links, music suggestions, and more!



*Handout 1—Living the Beatitudes* can be found on Catechist Guide page 76.



*Handout 2—Saint Augustine's Prayer to the Holy Spirit* can be found on Catechist Guide page 76.

PLAUM Press/James

This edition of *Gifted with the Spirit* is printed pending ecclesiastical approval. Inspiration: Most Reverend Robert J. McManus, STD, Bishop of Worcester, April 2, 2017.  
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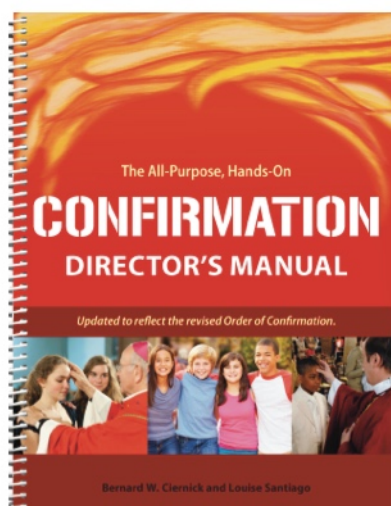
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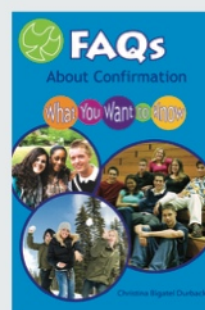


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