

ZEAL



For Children

*At-Church
Support Materials*



Faith and Family Life
Catholic Ministries

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TIME IS HOLY

PARENTS

(For use when beginning Family Meetings at-home with Zeal. Parents and children will be separated for the first part of the Session.)

Supply List:

- Printable PDFs
 - Small Group Question 1/2 Sheet (1 per parent)
- Zeal Boxes
- Family Meeting Guide Videos ([Download Link](#))
- Candle
- Lighter
- Pens (1 per parent) ([Purchase Here](#))

Set-Up:

- Group Table
 - Small Group Question Sheet (1 per parent)
 - Pens (1 per parent)
- Prayer Table
 - Candle

GATHER

Thank you for joining us today. Our goal for this meeting is that you leave here feeling inspired and prepared to lead Family Meetings in your home.

The theme is: Time is Holy. How we spend our time matters.

Somehow I think we have been programmed to think holiness happens only at Church, or in Mass, or when we are reading the Bible. We matter to God all the time. His holiness is in the midst of life, all around us. I think he loves to see us laughing together, building with Legos at home, out at the park, at a birthday party, in a classroom, at work, and spending time with him.

We all know that time is finite, there is a limited amount of it and we can't get more. So we as parents have to decide how we want to spend it. We set schedules and decide what we feel is important for our children.

CHECK-IN

Keeping in mind our “time” theme - I am going to have you reflect on two questions. A paper with these questions and a pen to journal with are available at your place. Take a few minutes to reflect and write.

**How does your family rest and relax?
Personally, how do you rest, reflect, and evaluate?**

We will now take some time to share with one another. **Introduce yourself by sharing your name, the ages of your children, and a simple outline of your day so far, how you have spent your time.** Then discuss a couple of your answers to the reflection questions you just journaled about.

(Give them some time to pair share or share in their family pod or small group.)

Let's take a moment and look at how God spent his time as he was busy creating the world. God created the world for six days. He spent this time working, designing, dreaming, and creating. Then he took a day to rest, reflect, and be present to it. We call this day the Sabbath. The seventh day!

God knew we needed a seventh day, a sabbath, and he included it as one of the 10 Commandments: “Keep holy the sabbath.” A day to worship, to be with those we love, to rest, and rejuvenate. He knew how important this time would be for us to be happy, holy, and healthy.

Our Jewish brothers and sisters have taken to heart this message. At sunset on Friday evening, as the sun leaves the earth, the woman of a Jewish home gathers her family, lights her menorah (candelabra), and prays a special prayer over all of them. As she prays, she invites her family to make three circles with their arms, bringing the light from the candles toward themselves. Then, she asks them to cover their eyes with their hands, in order to be completely present to the light as she finishes the prayer. She tells them to be with God, the light of the world, who leads them through the darkness.

For the next 24 hours, they do not work. The food will have already been shopped for, the house cleaned, and the meals prepared. Sabbath is their time to stop and enjoy the most important things. To spend time eating around a table, to enjoy quiet time, to worship together, visit, and play. A time to let the rush and anxiety go. A Jewish young

TIME IS HOLY - PARENTS

adult once said, “When my mom lights the candles on Friday evening - I find myself again.”

How do we as families find ourselves again? How do we center ourselves to be present to the most important things? How do we schedule time to be with the people we love and have conversations that help form and inform who we are? If we are honest with ourselves, I think most of us would agree that we really don’t want “more” but we do want “meaningful.”

But somehow Sunday’s have become just another day. There are sports games, practices, shopping to do, work, etc. Sometimes it even seems difficult to squeeze in an hour for Mass. A complete 24 hour sabbath does not seem realistic for most of us, but maybe we can find moments to set aside for a “holy pause” throughout our week. Say that together with me: “Holy Pause.” It just sounds good! Moments to sit in the same room together with your family and talk about things that are important, surrounded by God’s presence.

You are being given resources that invite you into a “holy pause.” Each time you engage the materials I want you to think...holy pause. This box will be your faith formation experience. It is intended to help you have meaningful moments with the people you love most! Will it be perfect, no. Will there be meltdowns, probably. But there also will be silly and profound things said, prayers read, and little voices sharing about who God is. Time well spent!

OPENING PRAYER

Before I introduce you to the resources I want to invite you into a holy pause. To pray for a few moments in the light.

(Light a candle.)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

I invite you to make three circles with your hands, bringing the light towards yourself. *(Model it for them.)* Now completely cover your eyes with your hands. For a few moments be only with the light, completely in the presence of God. *(Model it for them.)*

TIME IS HOLY - PARENTS

God of light, illumine our paths and fill our homes. Help us to stay close to you as we parent and lead. God, you have given us the greatest gift, our children, and for that we are so grateful.

Right now I invite you to say the name of each of your children quietly. *(Pause and wait.)*

God I give you my children by name - I love each one so very much, as I know you do. Please help me lead them toward your light. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

TEACHING

We are now going to dive into the resources that you will be provided to help you facilitate holy pauses in your home with your family. These holy pauses will follow the pattern of a Family Meeting.

We will now watch a video that breaks this open more, with some real parents.

(Play Family Meeting Guide for Parents. After the video, if needed, talk to them a little bit more about their role and see if they have any questions.)

ZEAL

(Pass out the boxes or refer to the digital version.)

You may feel ill-equipped or unprepared for the task of being the primary catechist of your children. Don't worry, you are not alone. That is a feeling many parents experience. We may be tempted to delegate this responsibility off to a trained catechist at-church, but the truth is that your voice is the most important in the life of your children. Even more important is the witness of your life. When your life and your words point to Jesus we can be sure your children will get to know him through you.

Zeal is a Confirmation family experience focused on developing a relationship with the Holy Spirit and a life of discipleship. Through 7 Family Meetings and 1 Sponsor Meeting, you will be led toward a more intimate union with Christ, and be given a lively familiarity with the Holy Spirit, in order to be more capable of assuming the apostolic responsibilities of Christian life.

You will also be accompanied by a catechist or coach and pod or small group of parents who you will check-in with periodically to share your reflections, encourage each other on the journey, and have any questions answered. Each at-church Session you will be given an opportunity to share your experiences with the Family Meetings you recently completed. You will be asked: How did the Family Meeting go at-home? What went well? What was difficult? We hope through this process that you will learn to share your faith with your family, not just as an idea, but as a lived experience. It may be awkward at first, but trust us, the results will be life-giving. The meetings will also include separate content for parents and children, ending with a shared prayer experience.

Take a moment to look through the box as your children return to the room.

(Have the children join their parents and when sit at a new table all together.)

We are now going to experience a Family Meeting together with another real family through a video.

(Play Family Meeting Guide for the Entire Family. Pause and play as instructed. No additional supplies will be needed.)

Family Meetings can be fun and meaningful moments to connect as a family and learn about our faith. You will be sent home with a box full of Family Meetings. When you get your box, open it up and take a peek inside. Be sure to bring this box out of your car and into your home when you get back. Parents you may not remember, but I'm sure your children will.

We will now take a quick look at all the materials inside. *(Do a quick overview about the box with children present. Help the families to get excited, by highlighting certain parts. Let them know each lesson has something to learn and something hands-on to play or do. Their living room will be their "classroom" and their parent/s are the "teachers.")* It's going to be fun!

Time together, just your family, getting to know more about Jesus.

(Ask the children to help them out by listening and getting involved. Be sure to review the schedule for the at-church Sessions and Family Meetings including how they will complete the Family Follow Throughs, on Martha or another way. Let them know you are with them every step of the way. If they are struggling, or have questions, invite them to let you know. If needed, you can conclude by answering any questions. This may be difficult with restless children, read the room.)

CLOSING PRAYER

We will now conclude with a prayer as a group. Make one big circle around the room facing inward towards each other.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God, bless all our families. Help us to grow closer to you and each other as we begin to find moments for holy pauses in our homes.

Please now turn around and face outwards (*not looking at each other*).

God, help us to take our faith and your love out of this room. Guide us as we share our faith with others outside these doors, with our friends, neighbors, in our classrooms, and workplaces. You send us out to be your hands and feet in the world. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

(Add any last minute announcements. If possible, be at the door to say goodbye as families leave. This can be tough, usually people want your individual attention about something. Your team members can also be at the doors to say: "Goodbye, we can't wait to see you next time! Don't forget to get the box out of your car. We are praying for you." etc.)

TIME IS HOLY - PARENTS

How does your family rest and relax?

Personally, how do you rest, reflect, and evaluate?

Share your name, the ages of your children, and a simple outline of your day so far,
how you have spent your time.

TIME IS HOLY - PARENTS

How does your family rest and relax?

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Share your name, the ages of your children, and a simple outline of your day so far,
how you have spent your time.

TIME IS HOLY

CHILDREN

Supply List:

- Printable PDFs
 - Clock Craft Sheet (1 per child)
- Clock ([Purchase Here](#))
- Candle
- Religious Images or Statues
- Music & Speakers
- Markers ([Purchase Here](#))
- Scissors ([Purchase Here](#))
- Glue Sticks ([Purchase Here](#))
- Brad Pins ([Purchase Here](#))
- Prize for the Game

Set-Up:

- Prayer Table
 - Religious images or statues
 - Clock

GATHER

(Welcome and gather children together as they are being dropped off and parents are moving to their own meeting space. Set a clock in the center of a table with a candle.)

Welcome everyone! We are so happy to spend this time with you. I have set a clock on our prayer table today, because we are going to talk about time and the different ways we spend it.

OPENING PRAYER

Let us begin with a prayer.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

TIME IS HOLY - CHILDREN

Jesus, thank you for this time we have to spend with you. Help us to remember that you are with us every second of every day. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

GAME

We are now going to play a game. God's word, in the Bible from the book of Ecclesiastes, tells us that he has provided us with a time for every purpose under heaven. He has given us time for so many different and important things! There is a time to be born, a time to be silent, a time to talk, a time to laugh, and even a time to dance. We are going to celebrate these different times by sharing and acting some of them out.

God has given us a time to dance:

(Have a short freeze dance. Play Pharell Williams' song "I'm Happy" or a Christian song children can move to. Let them dance and then periodically stop the music and have them "freeze" in place. You can work towards a winner by having children sit out if they move, or just keep playing all together.)

God loves to see us rejoicing! In the Scriptures we know Jesus attended weddings and celebrations and I'm sure he danced with his family and friends, too.

God has given us a time to laugh:

(Ask if anyone has a funny joke to tell. Have them share a few. Prepare a few in case no one volunteers.)

Giggling and laughing together is an important use of our time. God made a world that has funny moments in it!

God has given us a time to be born:

(Have the children share with the person next to them when their birthday is. Give whoever has a birthday closest to today a small gift/prize.)

God decided perfectly the day and time each of us would be born, and what family we would be born into! Our Birthdays help us to always remember our first "birth" day.

God has given us a time to speak:

(Have the children share with the person next to them what their favorite time of the day is and why.)

Aren't you glad God gave us language so we can have conversations with one another? Life would be really boring if no one ever talked. Thank you God for allowing us to get to know each other with our words.

TIME IS HOLY - CHILDREN

God has given us a time to be silent:

(Gather children and challenge them to be silent for 1 minute. Then you can double it to 2 if possible, deciding the time length based on the age of the children.)

We know Jesus took time on earth to be quiet and talk to God when he was troubled and worried. Prayer is the time we can talk quietly to God.

Jesus knows how important all of these different “times” are in our lives. He knows because he lived on this earth and spent time experiencing them, as well.

ACTIVITY

We have talked about some of the ways we spend our time, now we are going to do a craft where we each make a clock.

The middle of our clocks say: “Time is Holy,” this reminds us that Jesus is present in everything we do. He loves to see us laugh and play, he also knows our sadness and disappointment.

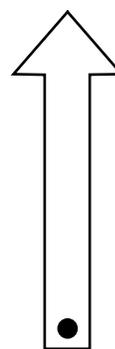
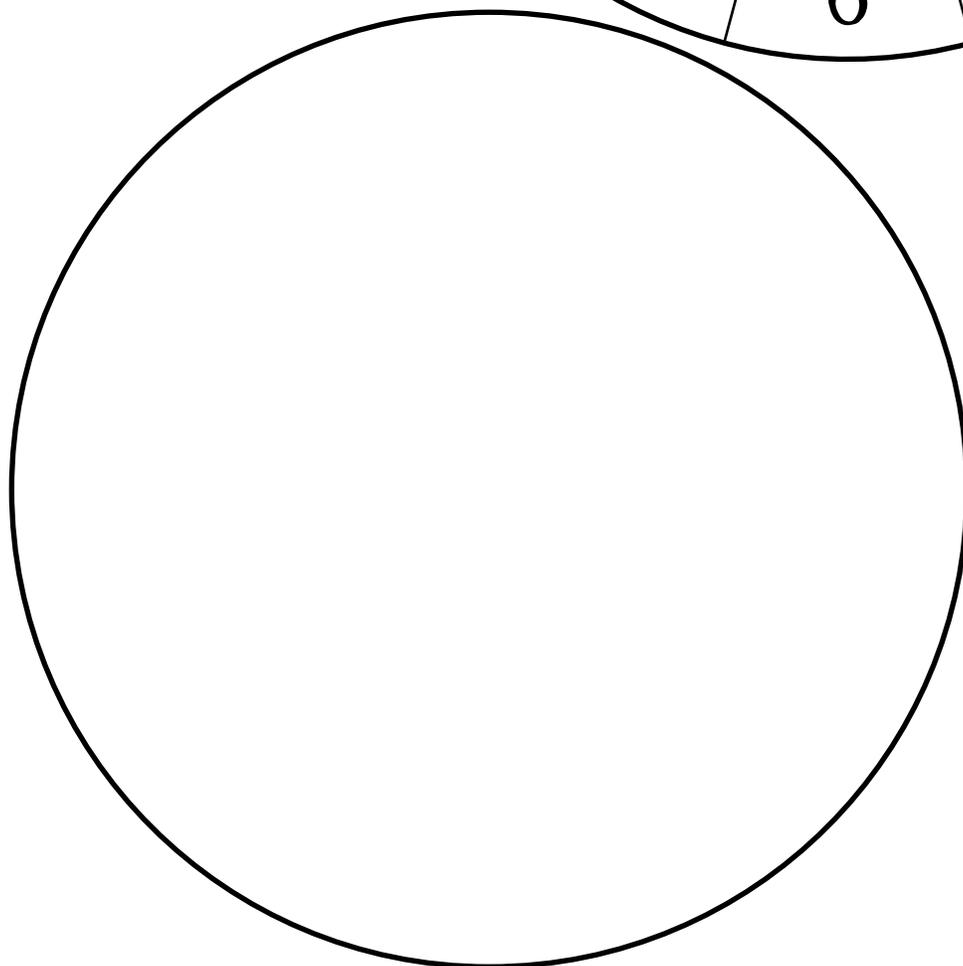
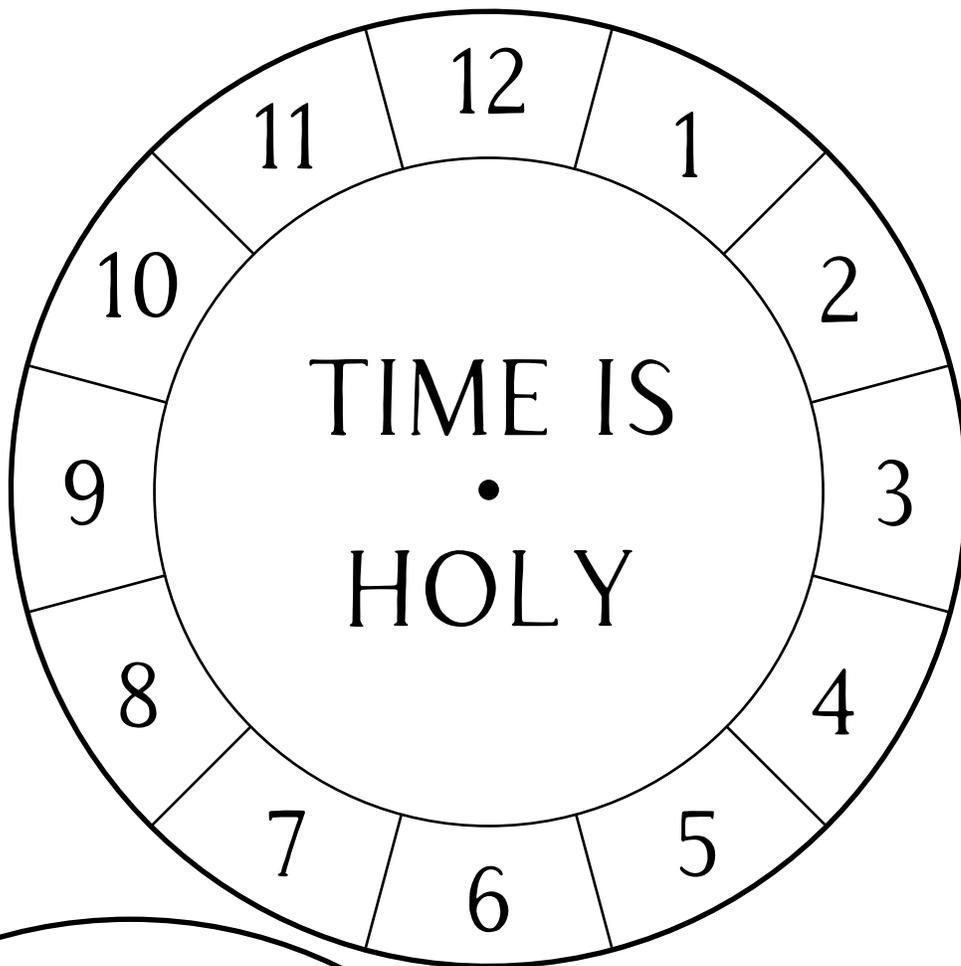
(Lead the children in completing the Clock Craft. Instructions can be found on the printable PDF. You may need to provide some examples, such as: if you eat dinner when it's dark outside it's probably 6:00, if you go to baseball or dance after school it's probably 4:00, if you say bedtime prayers that's probably at 7:30, etc. Children may not know exact times, and that's okay!)

We are going to meet back up with your parents. They too have been talking about “time.” You are going to hear about something called a “holy pause” that you will be doing together as a family. You will be given a special box to help with this. Listen closely because you are going to be an important part of helping your mom and dad share this time with you! Don't forget to share your experience and the clocks you made with your parents.

(Return to parents.)

INSTRUCTIONS

1. Color then cut out all of the pieces.
2. Cut the lines between the numbers on the clock.
3. Glue the clock to the back circle.
4. With the brad pin attach the clock arrows to the center.
5. Write some things you do at the different times behind the numbers.



TIME IS HOLY - JUNIOR HIGH

TIME IS HOLY

JUNIOR HIGH

Supply List:

- Printable PDFs
 - Small Group Question 1/2 Sheet (1 per kid)
- Game Supplies (Listed in each game below)

GATHER

The theme for today is: Time is Holy. How we spend our time matters. Somehow I think we have been programmed to think holiness happens only at Church, or in Mass, or when we are reading the Bible. We matter to God all the time. His holiness is in the midst of life, all around us. I think he loves to see us laughing together, hanging out at home, out at the park, at a birthday party, in a classroom, on the sports field, and spending time with him.

Keeping in mind our “time” theme - I am going to have you think about two questions.

How does your family rest and relax?

Personally, how do you rest, reflect, recharge?

We will now take some time to share with one another. **Introduce yourself by sharing your name, your age, what you have done with your time today, and the thing you most like to do to relax.**

(Give them some time to pair share or share in their small group. You can project the questions and prompts or pass out the printable ½ sheet PDF.)

OPENING PRAYER

Let us begin with a prayer asking God to bless our time together.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Jesus, thank you for this time we have to spend with you. Help us to remember that you are with us every second of every day. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

TIME IS HOLY - JUNIOR HIGH

GAME

We are going to play some games together to have some fun with time. *(Play as many or as few as time allows. Each game should have a one minute time limit. You can play with all the kids or pick a few for each.)*

Face the Cookie Challenge

- Supplies
 - Oreos
- Try to get the oreo from the eye into their mouths without using any hands.

It's a Traffic Yam

- Supplies
 - Regular or Sweet Potatoes
- Push a sweet potato or regular potato (the less rounded it is the better) across the floor from one side of the room to another with just your nose.

Blow it Down

- Supplies
 - Inflatable Balloons
 - Plastic Cups
- Each player has one minute to blow up a balloon and then use the air inside the balloon to knock over 24 plastic cups arranged on a table. If there is still time left on the clock, they can set the cups up again and see how many total cups they can blow over.

Keep it in the Air

- Supplies
 - Inflatable Balloons
- With one hand behind the kid's back, they need to do their best to keep two blown balloons in the air for 60 seconds. You can adjust the difficulty by adding a balloon or two.

The Go Fish

- Supplies
 - Straws
 - Goldfish
 - Plates or Bowls
- You'll need straws and two plates or bowls. Players have one minute to see how many fish or marshmallows they can transfer from one plate to the other using only the suction from the straw and no hands.

TIME IS HOLY - JUNIOR HIGH

Look, Ma, No Hands

- Supplies
 - Oven mitts
 - Item to unwrap (candy, present, random object from your house)
- Each player wears a set of oven mitts and must unwrap pieces of candy.

Whoever can unwrap the most candy in a minute is the winner. You can also do this with a wrapped present, or wrapped item in cellophane wrap or wrapping paper.

Post It Note Face Challenge

- Supplies
 - Post It Notes
- In 60 seconds, see how many post-it notes you can make stick to your face.

TEACHING

Time can feel like it flies by and sometimes can feel like it drags on. We all know that time is finite, there is a limited amount of it and we can't get more. So we have to decide how we want to spend it.

Let's take a moment and look at how God spent his time as he was busy creating the world. God created the world for six days. He spent this time working, designing, dreaming, and creating. Then he took a day to rest, reflect, and be present to it. We call this day the Sabbath. The seventh day!

God knew we needed a seventh day, a sabbath, and he included it as one of the 10 Commandments: "Keep holy the sabbath." A day to worship, to be with those we love, to rest, and rejuvenate. He knew how important this time would be for us to be happy, holy, and healthy.

Our Jewish brothers and sisters have taken to heart this message. They celebrate a true Sabbath. At sunset on Friday evening, as the sun leaves the earth, the woman of a Jewish home gathers her family, lights her menorah (candelabra), and prays a special prayer over all of them. As she prays, she invites her family to make three circles with their arms, bringing the light from the candles toward themselves. Then, she asks them to cover their eyes with their hands, in order to be completely present to the light as she finishes the prayer. She tells them to be with God, the light of the world, who leads them through the darkness.

TIME IS HOLY - JUNIOR HIGH

For the next 24 hours, they do not work. The food will have already been shopped for, the house cleaned, and the meals prepared. Sabbath is their time to stop and enjoy the most important things. To spend time eating around a table, to enjoy quiet time, to worship together, visit, and play. A time to let the rush and anxiety go.

But somehow Sunday's have become just another day. There are sports games, practices, homework, etc. Sometimes it even seems difficult to squeeze in an hour for Mass. A complete 24 hour sabbath does not seem realistic for most of us, but maybe we can find moments to set aside for a "holy pause" throughout our week. Say that together with me: "Holy Pause." It just sounds good! Moments to sit in the same room together with your family and talk about things that matter, surrounded by God's presence.

Your parents have been given resources that invite your family into a "holy pause." Each time you engage the materials I want you to think...holy pause. This box will be your faith formation experience. It is intended to help you have meaningful moments with the people you love most!

Let's head back to meet with your parents and experience a Family Meeting together.

TIME IS HOLY - JUNIOR HIGH

How does your family rest and relax?

Personally, how do you rest, reflect, and recharge?

Sharing your name, your age, what you have done with your time today, and the thing you most like to do to relax.

TIME IS HOLY - JUNIOR HIGH

How does your family rest and relax?

Personally, how do you rest, reflect, and recharge?

Sharing your name, your age, what you have done with your time today, and the thing you most like to do to relax.

ZEAL FOR CHILDREN AT-CHURCH

It is important to have parents and children gather periodically throughout the *Zeal* process.

The goal of gathering is to:

- Find out what is going well and what parents are struggling with in the *Zeal* Box Family Meetings.
- To encourage, deepen, and support their experience of the Family Meetings with any tips, inspiration, or information.
- To meet and hear from other parents on a similar journey. There is wisdom in any room of adults, especially parents!
- To give children a positive and meaningful experience at-church.
- To pray together - for each other and for their families.

This resource has been provided to support you in facilitating family Sessions held at-church throughout the *Zeal* experience. The sessions include separate experiences for parents and children, and a combined family prayer experience to close your sessions. There is age appropriate session content for both children in grades 1-4 and junior high school aged children in grades 7-8.

There is plenty of content to fill a 1-1.5 hour time frame in the Sessions and a 3 hour time frame for the Mini-Retreat. The Sessions from the Mini-Retreat can also be broken up into additional individual Sessions. This material could be used from start to finish or you can use different sections to supplement things you may have already planned. We realize each of our directors have different gifts; some are wonderful teachers, some are storytellers, others are better facilitating small groups, some are gifted in finding volunteers to present material. Use your strengths to lead your family sessions, and look for others who can take the pieces you are not as confident in. It takes a team!

There are supplies that need to be pulled together to help bring these lessons to life. We have given you supply lists. We have also suggested ways to set a mood in the room; candles, music, dimming the lights etc. We feel it is critical to set holy spaces to lead parents into deeper intimacy with Christ and themselves. The children's sessions always begin with gathering around a prayer table covered with different items for each lesson

to help draw them into the experience. Depending on the size of the group, you may decide to break the group up into classrooms led by catechists and helpers. We cannot over emphasize the impact of simple but beautiful decor, great hospitality, and intimate prayerful spaces. Your attention to detail tells everyone this is important, we prepared for you!

As a Church we are just beginning the journey of calling parents into the opportunity of forming their children and themselves more deeply. We realize parents are in different places and stages in their own faith journeys. We have written sessions we feel best take into account today's parents. The majority of the parents we encounter have very little theological background, but have the wisdom of their own lives to reflect on. We have found that when we give them helpful prompts and time to process, they do very well in sharing with each other. Parents, for the most part, are coming to these sessions because they've been told they have to, and probably aren't expecting anything that will truly impact their lives. It is our hope that these sessions meet them where they are at and slowly lead them into something more. Feel free to scale the material up or down. It is most important that families leave with a positive experience of Church and community, feeling like they have a place in it.

SESSION 1

PARENTS

(To be used between Family Meeting 2 and 3. Parents and children will be separated for the first part of each session.)

Supply List:

- Printable PDFs
 - Small Group Question Sheet (1 per parent)
- Paper (for Telephone Pictionary)
- Pens (1 per parent) ([Purchase Here](#))
- Bowls (for Holy Water) (1 per table) ([Purchase Here](#))
- Holy Water

Set-Up:

- Group Table
 - Prepare stacks of cut up paper or picture booklets with X+1 sheets of paper, where "X" is equal to the max number of members in a small group of parents. Prepare them ahead of time for the amount of small groups you will have gathered to play 3 rounds.
- Bowl of Holy Water
- Pens
- Small Group Question Sheets

GATHER

Welcome to our first Session for *Zeal*! Thank you so much for making the time to be here! We know life is full and we value your time. We gather together to be encouraged and ask God to fill us with every grace and blessing we need to do his will in our lives.

God confirms us in our identity as beloved sons and daughters of the king.

OPENING PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ZEAL SESSION 1 - PARENTS

God, we each have a deep need to be seen and known. In the rush of the day, through the drop-offs and pick-ups, the work and the routines, you see us. You know us, every part of who we are, and that is enough for you. You don't need us to succeed, to win, to get it all right. You love us just the way we are in this moment. Thank you.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

CHECK-IN

In Zeal Family Meeting 1 we reflected on the symbol of wind and how it relates to the Holy Spirit as our guide. In Family Meeting 2 we reflected on the symbol of fire and how it relates to the transforming power of the Spirit.

Let's take a few minutes to share your experiences with the Family Meetings you recently completed.

How did Family Meeting 1 and 2 go at-home? What went well? What was difficult? What did you and your family learn?

Today, we will do a few activities and some sharing to offer support as you move toward the next Family Meetings.

REFLECT AND SHARE

(Each table needs three stacks of paper as indicated in the set-up. On the first page, without the others knowing, have one of the parents write down "Juggling Fire Torches", or another funny or interesting phrase. Next, have that same person put that paper on the bottom or flip the page and draw a picture of their interpretation of what they read. Next, have them pass their stack or booklet clockwise to the person on their right. The next person will look only at the most recently drawn picture, turn to the next page, and write a phrase that tries to interpret the image that they saw. Then, they pass their booklets clockwise to the next player. This player sees a phrase, turns the page, and draws an image based upon this new phrase. He or she then passes this book to the next player. This pattern of writing phrases, then drawing pictures, then writing phrases, then drawing pictures continues until the booklets return to their original owner. They can then show all the other players the original word and how it evolved over time. Repeat with "Batman Doing Laundry", or another funny or interesting phrase. For the final round use "Confirmation" as the beginning word. To speed up the game you can write the phrase on each stack of paper and have them pass all three around at the same time, just starting at three different places in the small group.)

ZEAL SESSION 1 - PARENTS

The final round shows us how our understanding of Confirmation can change from its real meaning over time.

We are going to spend a few minutes to reflect and journal on the following questions. When you are ready, share your responses with your small group (or the person next to you).

What is Confirmation?

What are you most and least looking forward to in your child's Confirmation preparation?

TEACHING

Confirmation is often understood or explained as our opportunity to choose to follow God, as if we were somehow confirming God. We say someone chose for us at our Baptism and now we get to choose it for ourselves. A Sacrament is never something we do for God, but is always something God does for us. In Confirmation, God is confirming in us what he began in us at our Baptism. He is confirming us as his adopted children and filling us with the power of the Holy Spirit to live out this call. We are called to receive this gift of grace willingly and freely. It is up to us whether or not we want to live as his children.

Confirmation is one of three sacraments of initiation closely united and connected with the other two, Baptism and Eucharist. By the sacrament of Confirmation the baptized, “are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed” (CCC 1285).

A sacrament is an outward sign of an invisible grace. It affects what it signifies. The celebration of the sacrament of Confirmation with its signs and symbols can teach us so much about what is being imparted upon us on the spiritual level. As we are anointed with the sacred Chrism oil the Bishop says, “N. be sealed with the gift of the Holy Spirit.” This signifies and imprints a spiritual seal. Anointing is an ancient and Biblical symbol that signifies abundance and joy. Oil was used before and after baths to cleanse, by athletes and wrestlers to limber up, to soothe bruises and wounds, and to make people radiant with beauty (CCC 1293). Anointing in the sacramental life has all these meanings as well. Before Baptism we are anointed with the oil of catechumens, which signifies cleansing and strengthening. The Anointing of the Sick expresses healing and comfort. The anointing we receive after Baptism and at Confirmation with Chrism, along with those to be ordained, is a sign of consecration. We who are anointed share

ZEAL SESSION 1 - PARENTS

more completely in the mission of Jesus and the fullness of the Holy Spirit so that our lives may give off the aroma of Christ (CCC 1294). By this anointing we also receive an indelible mark, one that cannot be taken away or repeated. We are marked with the seal of the Holy Spirit. A seal was used in ancient times as a sign of allegiance and belonging. Soldiers would bear their leader's seal showing others who they belonged to and fought for (CCC 1295). We bear the seal of the Holy Spirit that marks our total belonging to Christ, our enrollment in his service for ever, and the promise of divine protection in all trials (CCC 1296). You will be breaking open these ideas with your children toward the end of the *Zeal* Box.

What does Confirmation do? Confirmation increases, deepens, and completes the grace we first received in Baptism (CCC 1303):

- It roots us more deeply in our belonging as adopted children to the Father.
- It unites us more firmly to Christ.
- It increases the gifts of the Holy Spirit in us.
- It perfects our connection with the Church.
- It gives us the strength to spread and defend the faith by word and action, to witness to Christ in the world.

On your table is a bowl of Holy Water. Pass it around to experience with your sight and touch. Reflect for a moment what water invokes in you. How might this relate to the Holy Spirit?

The symbolism of water signifies the Holy Spirit's action in Baptism. After the invocation of the Holy Spirit, water becomes the sacramental sign of new birth and the living water welling up in us to eternal life. Through Baptism we are freed from sin and reborn as children of God. We become members of Christ and are incorporated into the Church, united to her mission. We are united to Christ and sealed with an indelible spiritual mark of our belonging to Christ. No sin can erase this mark, even if sin prevents the grace of Baptism from bearing the fruits of salvation (CCC 1272). Baptism is the foundation of the whole Christian life. It is the gateway to life in the Spirit and the door by which we access all the other sacraments (CCC 1213). Jesus, too, was baptized; however, he is not baptized in order to be freed from sin (he is sinless), but rather in order that he might impart to the waters of Baptism the very power to save us. We hear: "On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, 'You are my beloved Son; with you I am well pleased'" (Mark 1:10-11). As the water was poured upon us, the heavens were torn open, the Spirit like a dove descended upon us, and a voice from heaven proclaimed that we are a beloved son and daughter with whom the Father is well pleased. In the simple act of Baptism so much is conferred.

ZEAL SESSION 1 - PARENTS

St. Basil tells us: “Through the Holy Spirit we are restored to paradise, led back to the Kingdom of heaven, and adopted as children, given confidence to call God ‘Father’ and to share in Christ's grace, called children of light and given a share in eternal glory.” It is the Holy Spirit that connects Baptism and Confirmation. They are both gifts that give us life and allow us to share in the life of God.

We are going to spend a few minutes to reflect and journal on the following questions. When you are ready share your responses with your small group (or the person next to you).

**What is one new thing you understand about Confirmation after today?
What are you hoping to get out of this process as a family?**

For your Confirmation you are required to choose a sponsor. The Catechism invites us: “Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents” (CCC 1311). If your baptismal godparent does not meet the requirements below or if you desire to choose someone else it is totally acceptable.

The requirements for sponsors:

Can. 874 §1. To be permitted to take on the function of sponsor a person must:

- Be designated by the one to be confirmed.
- Have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause.
- Be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on.
- Not be bound by any canonical penalty legitimately imposed or declared.
- Not be the father or mother of the one to be confirmed.

You are invited to chat with your child about who they want to be their sponsor. The next meeting in your *Zeal* box will be with the sponsor your child chooses.

WITNESS

(Invite someone to share about the opportunity of choosing a sponsor. There is great power in having someone invited into your child's life that can mentor and accompany them. Share how that has worked in your own experience.)

CLOSING PRAYER

The children are returning from their Session. Call them over to you and have them stand next to you.

We want to take a moment to have you recall the Baptism of your child who is preparing for Confirmation. Chances are it was when they were too young to remember. Take some time to share with them what that day was like. What happened? What did it mean to you? What were some of your hopes for your child? What did you promise as parents that day? We can never recall this moment too many times.

We are going to now take a moment to renew our baptismal promises together. Children, these are the promises that were made on your behalf through the faith of your parents, god-parents, and the whole Church. This time of preparation is to help you make them your own, to accept that you have been chosen by God to be his, and to make him known to others. I invite everyone to please stand and respond with faith to these questions, I do.

Leader: Do you reject Satan? All: I do.

Leader: And all his works? All: I do.

Leader: And all his empty promises? All: I do.

Leader: Do you believe in God, the Father Almighty, creator of heaven and earth?

All: I do.

Leader: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? All: I do.

Leader: Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

All: I do.

Leader: God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May He also keep us faithful to our Lord Jesus Christ for ever and ever. All: Amen.

We now invite the parents to ask God's blessing on their child by tracing the Sign of the Cross on their forehead, using the Holy Water from the bowl, saying: "May the Lord bless and keep you."

(Conclude by inviting the families to offer each other a sign of peace.)

REFLECT AND SHARE

What is Confirmation?

What are you most and least looking forward to in your child's Confirmation preparation?

TEACHING

What is one new thing you understand about Confirmation after today?

What are you hoping to get out of this process as a family?

SESSION 1

CHILDREN

(To be used between Family Meeting 2 and 3. Parents and children will be separated for the first part of each session.)

Supply List:

- Printable PDFs
 - Holy Spirit Image (print on white card stock)
- Poster Board (1 sheet) ([Purchase Here](#))
- Marker ([Purchase Here](#))
- Bowl of Holy Water
- Tablecloth
- Water Sound Video ([Link](#))
- Large Bowl of Regular Water
- Blindfold ([Purchase Here](#))
- Things to Add to Water (a few ping pong balls, a large rock, some plastic snakes, a few straws, spaghetti noodles, etc. You can use things that float and some things that sink to the bottom.)
- Empty Water Bottles (1 per team)
- Large Bowl or Bucket of Water (for the relay)
- Towels (for under bottles)
- Plastic or Paper Cups (for the relay)
- Dry Flat Sponges (cut into strips) ([Purchase Here](#))
- Clothespins ([Purchase Here](#))
- Paint (tempura or acrylic - various colors) ([Purchase Here](#))
- Small Bowls (for paint) ([Purchase Here](#))

Set Up:

- Prayer Table
 - Poster Board
 - Marker
 - Bowl of Holy Water
 - Tablecloth

GATHER

(As the children are dropped off, have them gather around the prayer table. On the prayer table include a tablecloth, a bowl of Holy Water, a poster board, and marker. Ask the children to give you all different ways water is used in their lives and then write them on the poster board: ie. for drinking, bathing, swimming, playing in, cooking, growing things, ocean, rain, snow, ice, etc.)

We are going to listen to some different sounds water makes and see if you can guess what they each are. *(Play the video.)* Water always sounds refreshing, relaxing, peaceful, and fun.

Look at all the ways we use water. It is essential to our lives. Human beings need water to live. God gives us an image of himself as living water. That he too is essential for our lives. Today we are going to talk about water and how it is used in the sacrament of Baptism. Baptism is the first of all the sacraments, and it is like a doorway we walk through that leads us to the other sacraments. Baptism is the beginning of our journey to know and love God. It also has a very important connection to the sacrament of Confirmation.

OPENING PRAYER

Let us pray.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God, thank you for the gift of water. We enjoy it in so many different ways as part of our lives. Today as we gather, help us to better understand the sacraments of Baptism and Confirmation, especially what it means for each of us. Amen.

Now invite the children to each dip their fingers in the Holy Water and bless themselves *in the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

GAME

We are going to play a few games today to teach us more about what the sacrament of Baptism “is” and what “it is not.”

ZEAL SESSION 1 - CHILDREN

For our first game we have a large bowl of water. I am going to blindfold a volunteer and then add something to the water. The volunteer will use their hand (just one) to feel around. They then get 3 guesses to see if they can figure it out. *(Choose another volunteer and play some more rounds. Things to add to water: a few ping pong balls, a large rock, some plastic snakes, a few straws, spaghetti noodles, etc. You can use things that float and some things that sink to the bottom.)*

TEACHING

One thing Baptism “is not.” It’s not something we have to guess and try to figure out. We have a very clear idea of what we believe happens when someone is baptized. In the Bible, there was a man named John the Baptist who talked with people about giving their lives to God. When they accepted God, he took them into a nearby river and baptized them. The word baptism actually means to plunge or immerse. John would plunge them under the water and bring them back up out of the water. This represented them beginning a new life with God. Jesus even came to John to be baptized. As Jesus was being plunged under the water and coming back up, the heavens opened, the Spirit like a dove descended upon Jesus and a voice of God was heard saying, “This is my Son in whom I am well pleased.” We believe God claims each one of us in the same way, as the water is being poured over us. By our Baptism we also are God’s sons and daughters. God is well pleased with us too.

GAME

Now we are going to play another game to learn more about Baptism. We will be doing a water relay. (Break the children up into teams. Give each team an empty water bottle. A member from each team will hold one. You will want to put a towel, or a bucket, or something to catch any extra water under the bottles. They will all stand at one end, holding their bottles. The other team members will fill up a cup with water from a large bowl or bucket and run to the opposite end and pour it into their team’s water bottle. The first team that fills their bottle wins.)

TEACHING

Another thing about what Baptism “is not.” Baptism is not something we have to work hard to get, that we have to somehow win, or that we have to be good enough to be able

ZEAL SESSION 1 - CHILDREN

to be baptized. God gives the gift of Baptism and claims anyone who wants to be his and follow his ways. This gift comes from his grace, God's complete love for each of us.

It is not something we earn, but a beautiful gift we are given.

CRAFT

Now I want to show you a representation of what Baptism "is." You each have a piece of a dry sponge. I want you to plunge it into the water for a moment and take it out. The sponge should expand. This is similar to what happens to us at Baptism. The waters of Baptism expand us, filling us with God's love, grace, and goodness. We are called to live in a way that shares with others what we soaked up. Now squeeze the water out of your sponges.

Confirmation is often understood or explained as our opportunity to choose to follow God, as if we were somehow confirming God. We say someone chose for us at our Baptism and now we get to choose it for ourselves. A sacrament is never something we do for God, but is always something God does for us. In Confirmation, God is confirming in us what he began in us at our Baptism. He is confirming us as his adopted children and filling us with the power of the Holy Spirit to live out this call. We are called to receive this gift of grace willingly and freely. It is up to us whether or not we want to live as his children. By the sacrament of Confirmation the baptized, "are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed" (CCC 1285). What are ways we can share God's love and goodness with others?

Now we are going to use the strips of sponges to paint with. We will clip a clothespin to each one and you can use them to dab paint on your image of the Holy Spirit, in the form of a dove, to make an art piece. *(You will need to have bowls of various colors of tempura or acrylic paints. You will also need a print of the Holy Spirit PDF for each child, preferably on card stock.)*

CHOOSING A SPONSOR

For your Confirmation you are required to choose a sponsor. The Catechism invites us: "Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents" (CCC 1311). If your baptismal godparent does

ZEAL SESSION 1 - CHILDREN

not meet the requirements below or if you desire to choose someone else it is totally acceptable.

These are the requirements for sponsors:

Can. 874 §1. To be permitted to take on the function of sponsor a person must:

- Be picked by you, the one to be confirmed.
- Be at least sixteen years old (unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause).
- Be a Catholic who has been confirmed, has already received the Eucharist, and who leads a life of faith.
- Be in good standing with the Church.
- Not be your father or mother.

(As the leader, talk with the students about who you choose as your sponsor and why.)

You should talk with your parents about picking a sponsor that will help you the most on your journey. Don't forget to think first about your baptismal godparent. We are going to head back in to meet your parents for our closing prayer.



SESSION 1

JUNIOR HIGH

(To be used between Family Meeting 2 and 3. Parents and kids will be separated for the first part of each session.)

Supply List:

- Playlist for Chair Game
- Bowls of Water
- A Cup (for the closing game)

GAME

We are going to begin each session of *Zeal* by playing the Chair Game. This is a competition between the girls and the guys. We will carry the score from Session to Session to see who the overall winner will be after the two Sessions. We need two circles of chairs. A large circle of chairs facing in and a smaller circle of chairs on the inside facing out. The inner circle should have about 10% of your total number of chairs, with the rest in the outer circle. Everyone will need a chair minus one person who should stand between the two circles. This person will be the last person standing who cannot find a chair each time and indicate who lost the round. The goal of the game is to not be the person who is left standing when the music stops. When the music starts, the people in the center will run to the people seated in the outer circle, pull them up, and take their seats. The person who is pulled up will then need to run to someone across the circle to pull them up and take their seat. They cannot pull up a person immediately to their left or right. No one can sit in the center seats until the music has stopped playing. Once the music stops, whoever is standing needs to find a seat as fast as they can. The last person standing loses the round and the other gender gets a point.

(You can play as many rounds as you have time for. Here are some fun adaptations for subsequent rounds.

Workout Moves - Have the people do their favorite workout moves as they cross the circle, like lunges, jumping jacks, push-ups, etc. You can play a song people might workout to.

Slow Motion - Have the people move in slow motion as they cross the circle, pull the person up in slow motion, and sit in slow motion. Play a song with a slower beat.

ZEAL SESSION 1 - JUNIOR HIGH

Dinosaurs - Have the people pretend to be a dinosaur of their choosing as they run across. You can play the Jurassic Park theme song. Add any creative variations of your own.)

GATHER

Today we are going to talk about the relationship between Baptism and Confirmation. Does anyone remember your Baptism? Why do you think Baptism is so important? What are you most and least looking forward to in your Confirmation preparation?
(Take a few minutes to field their responses and comment.)

OPENING PRAYER

Let us pray.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord, thank you for choosing us and claiming us by name to be your beloved sons and daughters. Remind us that you keep choosing us to come and follow you as disciples. Fill us anew with the gift and power of the Holy Spirit that you first gave us at our Baptism. We ask this through Christ our Lord. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ACTIVITY

We are going to play a few rounds of telephone to see how messages can get lost in translation.

(Have the kids line up in small groups. Have one of your leaders whisper a phrase in the first kid's ear then have them turn and say the phrase to the next person and so on. Once it gets to the end, have them say aloud what they heard and see how much it changed. Here are some phrases you can use:

Minions would look really weird with contacts.

The best chips are chocolate ones.

Confirmation at (add church name) is going to be awesome.)

ZEAL SESSION 1 - JUNIOR HIGH

We are going to take a few minutes to share your thoughts on the following question with your small group (You can project the questions or pass out the printable ½ sheet PDF):

What is Confirmation?

TEACHING

Our understanding of Confirmation may have also been a little lost in translation. Confirmation is often understood or explained as our opportunity to choose to follow God, as if we were somehow confirming God. It is often said that someone chose for us at our baptism and now we get to choose it for ourselves. A sacrament is never something we do for God, but is always something God does for us. In Confirmation, God is confirming in us what he began in us at our Baptism. He is confirming us as his adopted children and filling us with the power of the Holy Spirit to live out this call. We are called to receive this gift of grace willingly and freely. It is up to us whether or not we want to live as his children.

Confirmation is one of three sacraments of initiation closely united and connected with the other two, Baptism and Eucharist. Through the sacrament of Confirmation the baptized, “are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed” (CCC 1285).

A sacrament is an outward sign of an invisible grace. It affects what it signifies. Confirmation increases, deepens, and completes the grace we first received in Baptism (CCC 1303):

- It roots us more deeply in our belonging as adopted children to the Father.
- It unites us more firmly to Christ.
- It increases the gifts of the Holy Spirit in us.
- It perfects our connection with the Church.
- It gives us the strength to spread and defend the faith by word and action, to witness to Christ in the world.

On your table is a bowl of water. Pass it around to experience with your sight and touch. Discuss for a moment what water reminds you of. How might this relate to the Holy Spirit?

The symbolism of water signifies the Holy Spirit's action in Baptism. After the invocation of the Holy Spirit, water becomes the sacramental sign of new birth and

ZEAL SESSION 1 - JUNIOR HIGH

the living water welling up in us to eternal life. Through Baptism we are freed from sin and reborn as children of God. We become members of Christ and are incorporated into the Church, united to her mission. We are united to Christ and sealed with an indelible spiritual mark of our belonging to Christ. No sin can erase this mark, even if sin prevents the grace of Baptism from bearing the fruits of salvation (CCC 1272). Baptism is the foundation of the whole Christian life. It is the gateway to life in the Spirit and the door by which we access all the other sacraments (CCC 1213). Jesus, too, was baptized; however, he is not baptized in order to be freed from sin (he is sinless), but rather in order that he might impart to the waters of Baptism the very power to save us. We hear: "On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, 'You are my beloved Son; with you I am well pleased'" (Mark 1:10-11). As the water was poured upon us, the heavens were torn open, the Spirit like a dove descended upon us, and a voice from heaven proclaimed that we are a beloved son and daughter with whom the Father is well pleased. In the simple act of Baptism so much is conferred.

St. Basil tells us: "Through the Holy Spirit we are restored to paradise, led back to the Kingdom of heaven, and adopted as children, given confidence to call God 'Father' and to share in Christ's grace, called children of light and given a share in eternal glory." It is the Holy Spirit that connects Baptism and Confirmation. They are both gifts that give us life and allow us to share in the life of God.

The word baptize means to plunge or immerse. We hope that this time of preparation for Confirmation will help you to immerse yourselves in the love of God, especially your identity as beloved sons and daughters.

We are going to discuss the following questions with your small group (You can project the questions or pass out the printable ½ sheet PDF):

What is one new thing you understand about Confirmation after today?

What are you hoping to get out of this process?

GAME

We are going to play a quick game that reminds us of our Baptism called Drip Drip Drop. It is kind of like duck duck goose, but with water.

(Have everyone sit in a circle and the game begins just like duck duck goose except the person who is "it" walks around the circle and drips water on everyone's head from a cup while saying "drip, drip, drip etc." It works best if you fill the cup with just a small amount of water. One

ZEAL SESSION 1 - JUNIOR HIGH

person gets "drop" and the cup of water is poured over their head. That person gets up and chases the "dripper" back to their spot, just like in duck duck goose. If they tag the dripper, they get to sit back down. If not, they are now the one who is it. Play a few rounds. Try not to get too wet.)

CHOOSING A SPONSOR

For your Confirmation you are required to choose a sponsor. The Catechism invites us: "Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents" (CCC 1311). If your baptismal godparent does not meet the requirements below or if you desire to choose someone else it is totally acceptable.

These are the requirements for sponsors:

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- Be a Catholic who has been confirmed, has already received the Eucharist, and who leads a life of faith.
- Be in good standing with the Church.
- Not be your father or mother.

(As the leader, talk with the students about who you choose as your sponsor and why.)

You should talk with your parents about picking a sponsor that will help you the most on your journey. Don't forget to think first about your baptismal godparent. We are going to head back in to meet your parents for our closing prayer.

ZEAL SESSION 1 - JUNIOR HIGH

What is Confirmation?

What is one new thing you understand about Confirmation after today?

What are you hoping to get out of this process?

ZEAL SESSION 1 - JUNIOR HIGH

What is Confirmation?

What is one new thing you understand about Confirmation after today?

What are you hoping to get out of this process?

SESSION 2

PARENTS

(To be used between Family Meeting 4 and 5. Parents and children will be separated for the first part of each session.)

Supply List

- Printable PDFs
 - Small Group Question ½ Sheet (1 per parent)
 - Spiritual Gift Inventory QR Code (1 per table)
- Random Small Items (2 per parent) ([Purchase Here](#))
- Pens (1 per parent)

Set-Up

- Group Tables
 - Small Group Question ½ Sheet (1 per parent)
 - Spiritual Gift Inventory QR Code (1 per table)
 - Random Small Items (2 per parent)

GATHER

Welcome to our second Session for *Zeal!* Thank you so much for making the time to be here! We know life is full and we value your time. We gather together to be encouraged and ask God to fill us with every grace and blessing we need to do his will in our lives.

God confirms us in our identity as beloved sons and daughters of the king.

OPENING PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God, we come to you in silence for a few moments. (Ask the parents to close their eyes and sit in the quiet after a long day.) Thank you for being a God who understands our life.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

CHECK-IN

In *Zeal* Family Meeting 3 we looked at ourselves in the mirror and learned to see ourselves as God sees us, temples of the Holy Spirit. In Family Meeting 4 we learned about the seven gifts of the Holy Spirit.

Let's take a few minutes to share your experiences with the Family Meetings you recently completed.

How did Family Meeting 3 and 4 go at-home? What went well? What was difficult? What did you and your family learn?

Today, we will do a few activities and some sharing to offer support as you move toward the next Family Meetings.

REFLECT AND SHARE

In the middle of your table you will find a number of small items. Take a few minutes to choose two items that represent you. Choose one item that represents what you think your greatest gift is, and one item that represents an area you want to grow in. It might feel strange at first, but let your imagination lead you.

Once you have found your two items, share with your group (or the person next to you) why you choose each.

TEACHING

We are all members of the Body of Christ by our Baptism and are called to discern our place in the Body and strive to live it out to the fullest. We are given our natural abilities or talents, but we also possess supernatural gifts called spiritual gifts or charisms. We are called to use our God given giftedness to glorify him in the world.

God gives us all the free gift of grace from the Spirit who justifies and sanctifies us. But grace also includes the gifts that the Spirit grants us to associate us with his work, to enable us to collaborate in the salvation of others, and in the growth of the Body of Christ, the Church. There are sacramental graces, gifts proper to the different sacraments. There are furthermore special graces, also called charisms after the Greek

ZEAL SESSION 2 - PARENTS

term used by St. Paul and meaning "favor," "gratuitous gift," "benefit." Whatever their character - sometimes it is extraordinary, such as the gift of miracles or of tongues - charisms are oriented toward sanctifying grace and are intended for the common good of the Church. They are at the service of charity which builds up the Church (CCC 2003).

Each individual member of the faithful is called to accept and correspond to this grace personally in the concrete circumstances of their lives. The charismatic gifts, therefore, are freely distributed by the Holy Spirit, so that sacramental grace and gifts may be fruitful in Christian life in different ways and at every level. Because these charisms "are perfectly suited to and useful for the needs of the Church," through their diverse richness, the People of God are able fully to live their evangelical mission, discerning the signs of the times and interpreting them in the light of the Gospel. The charismatic gifts, in fact, enable the faithful to respond to the gift of salvation in complete freedom and in a way suited to the times. In this way, they themselves become a gift of love for others and authentic witnesses to the Gospel before all mankind (Iuvenescit Ecclesia 15).

There are three primary lists of gifts in the New Testament (Romans 12, 1 Corinthians 12, and Ephesians 4), and St. Thomas Aquinas lists about 14 charisms in his Summa. These are not meant to be exhaustive as we cannot limit how the Spirit may work in every age.

We are going to take a few minutes to complete a simple Spiritual Gift Inventory that was designed to help you identify your top spiritual gift category. You can open the inventory on your phone by scanning the QR code on your tables. *(Give them some time to complete the inventory.)*

This is one way of understanding the spiritual gifts.

Gifts for Shepherding

- Administration, Apostle, Leadership, Pastoring, Teaching
- Those with the gifts of shepherding will find themselves drawn to places of visible leadership where they can be a person of influence.

Gifts for Serving

- Craftsmanship, Giving, Helping, Hospitality, Serving
- Those with the gifts of serving will find themselves drawn to places where they can meet the needs of others in meaningful and life giving ways.

Gifts for Strengthening

- Encouragement, Healing, Mercy, Music, Prophecy
- Those with the gifts of strengthening will find themselves drawn to places where

ZEAL SESSION 2 - PARENTS

they can build deep relationships with individuals and express God's love through that relationship.

Gifts for Salvation

- Evangelism, Faith, Miracles, Missions, Tongues
- Those with the gifts of salvation will find themselves easily able to demonstrate God's presence to others and share their faith with passion and intensity.

Gifts for Spiritual Insight

- Discernment, Interpretation of Tongues, Word of Knowledge, Prayer, Wisdom
- Those with the gifts of spiritual insight will connect with God in a way that allows them to clearly share God's desires.

Identifying and nourishing your spiritual gifts have many benefits:

- It helps you determine God's will for your vocation. A knowledge of your gifts will provide a context for making career and ministry decisions regarding what not to attempt as well as what to enter into with confidence.
- Mobilizes the entire Church for mission. Since a small percentage of the Church consists of clergy and more than ninety percent of the Church is laity, the Church obviously must equip and encourage every Christian to minister in his or her area of influence, home, or work place.
- Assists you in setting priorities for study, growth, and ministry. Since each of us has a limited amount of time to develop our potential, it seems clear that we should develop ourselves in the areas of our spiritual gifts.
- Gives each Christian a sense of dignity and self-worth. Every Christian is an important part of the total Church. There are no "second class" citizens in the Christian community because each person is a vitally important member of the Body of Christ.
- Enables you to receive the gift ministries of others. When Christians become more knowledgeable of their own spiritual gifts and those of other Christians, they can more easily function in harmony as the body of Christ, both giving and receiving ministries.
- As parents, you are called not only to nurture your personal gifts, but also the gifts of your children. They have learned generally about the gifts today, but need your help to hone in on how the Spirit is calling them to serve others. Be on the lookout for what spiritual gifts you see in them and how you might encourage them to grow in their use of that gift.

We are going to spend a few minutes to reflect and journal on the following questions. When you are ready, share your responses with your small group (or the person next to you).

How can I use the gifts God has given me for the good of the Church?

What are the gifts of others I need to surround myself with to better image Christ?

WITNESS

(Invite someone to share about a gift/charism/passion that is unique to themselves and has nothing to do with their child. It is important for our children to see us giving ourselves to things that don't always involve them. This is necessary for our children to know to pursue these things for themselves as well.)

CLOSING PRAYER

Baptism in the Holy Spirit is a free action of God, which usually occurs when someone with a disposition of surrender, prays for a fresh outpouring of the Holy Spirit in his or her life. A baptism in the Holy Spirit unleashes the Holy Spirit that is already present within us, by revitalizing the graces we received in the sacrament of Baptism. A sacrament can be valid, yet bound. A sacrament is bound if the fruits that accompany it remain limited by certain blocks that hinder its effectiveness. God pours out the grace of the sacrament in our lives, but the full actualization of our Baptism comes about only through our own personal “yes,” our response of faith, to his divine grace. Through the baptism of the Holy Spirit, it is as though the gifts from God that we receive in the sacrament of Baptism are unbound, allowing the Holy Spirit to burst forth and flow throughout our lives.

Pope Benedict XVI urges us: “Let us rediscover, dear brothers and sisters, the beauty of being baptized in the Holy Spirit; let us be aware again of our Baptism and of our Confirmation, sources of grace that are always present.”

We have to activate and unwrap the gift God has given us, putting it to good use for others.

We are going to conclude this family event by praying to God to baptize us in the Holy Spirit. We are going to reflect on the Pentecost event recorded in the Scriptures, invite the Spirit to come, and have a laying on of hands by the parents.

Please stand. Let us pray.

In the name of the Father and of the Son and of the Holy Spirit. Amen.

ZEAL SESSION 2 - PARENTS

A reading from the Acts of the Apostles:

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. Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. (Acts 2: 1-6)

*The word of the Lord.
R/. Thanks be to God.*

We are now going to invite the Holy Spirit to come with a fresh outpouring. Repeat after me. Come, Holy Spirit. Come, Holy Spirit. Come, Holy Spirit. *(If you have someone who can play some background music it would be great.)* Continue to call upon the Holy Spirit as we continue to pray.

Holy Spirit, our comforter, and our friend, we ask that you rain down on us an outpouring of love. Let your power fall on us and change our hearts. Open heaven wide and pour out the rain of your Holy Spirit over our Church and each of our lives. Change us, renew us, empower us. We need your touch again. Precious gift from heaven, send us your cleansing rain. Amen.

We now invite the parents to lay your hands on your child. We will take a couple moments in silence to pray for the Spirit to come anoint your child and unlock the power of their Baptism that they may live in the Spirit.

(After a few moments of silence, conclude with the following prayer.)

Holy Spirit, we thank you for the gifts and charisms you have given to us. You are the source of the many different spiritual gifts that you distribute to believers so that we can help each other and build up the Church. Empower us, we pray, with your gifts, but most of all, empower us to love you with all our heart, soul and mind and to love others as we love ourselves. Amen.

In the name of the Father and of the Son and of the Holy Spirit. Amen.

ZEAL SESSION 2 - PARENTS

How can I use the gifts God has given me for the good of the Church?

What are the gifts of others I need to surround myself with to better image Christ?

ZEAL SESSION 2 - PARENTS

How can I use the gifts God has given me for the good of the Church?

What are the gifts of others I need to surround myself with to better image Christ?

SPIRITUAL GIFT INVENTORY



SESSION 2

CHILDREN

(To be used between Family Meeting 4 and 5. Parents and children will be separated for the first part of each session.)

Supply List:

- Printable PDFs
 - Eye Chart
- Air Popper ([Purchase Here](#))
- Popcorn Kernels
- Playdough ([Purchase Here](#))
- Speaker and Popular Song Playlist
- Cups with 2 Drinks (ie. Pepsi and Coke)
- Jars with Scents (ie. coffee, mint, tuna, cookies, lemon)

Set-Up:

- Prayer Table
 - Air Popper
 - Popcorn Kernels
 - Popped Popcorn in Bowl

GATHER

(Gather the children around the prayer table. On the prayer table include an air popper and popcorn kernels. You may want to have a large bowl already popped if you have a large group.)

Today we are going to talk about our abilities, both natural and supernatural. What are some of the things you can do? What are some of your talents or gifts? *(Take a few minutes to draw out some of their answers.)*

OPENING PRAYER

Let us pray.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ZEAL SESSION 2 - CHILDREN

God, today we are going to learn about special gifts you give each of us to help and serve others. You care so much about our world and everyone in it. Help us to listen closely today.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ACTIVITY

To get us started we are going to experience some popcorn with our senses. Our senses are some of the natural abilities we all share. Let's find out how popcorn can be experienced by each one of our senses.

Let's begin by adding some popcorn kernels to our popper. I need your help. When you think of which one of your senses is being used, yell it out. How can we know what I am pouring into the popper? We see the kernels!

Let's start popping. How can we tell when the kernels start to pop? We hear the popping!

Pretty soon after we will begin to? Smell the popcorn! Hopefully it doesn't smell burned.

(After the bowl is filled, pass out some to each child.) We then grab some for ourselves by using our? Touch!

And finally the best part, we can eat the popcorn and enjoy its? Taste!

(Take a few minutes to enjoy the popcorn together.)

TEACHING

We are all members of the Body of Christ by our Baptism and are called to discover our place in the Body and try to live it out to the fullest. Does anyone know what we mean when we say, "the body of Christ?" Jesus talked about the whole Church as a body. He said that as people we need each other. Each part is important and needed. We each have different gifts, just like the body has different parts. Your body wouldn't be good if it didn't have a head. What does your head bring to your body? How about your arm? It takes all the different parts of your body working together for you to do the things you do each day.

ZEAL SESSION 2 - CHILDREN

(A great way to illustrate this passage is with Mr. Potato Head. With all his parts in the right places, he can be likened to God's intention for the Church. When parts/individuals become missing, the Church becomes disabled. When parts are put in wrong places the Church becomes a monster. Our mission is to discern our part and live it to the full.)

We are given our natural abilities or talents, but we also possess supernatural abilities called spiritual gifts or charisms. We are called to use our God given giftedness to glorify him in the world.

God gives us all the free gift of grace to save us and make us holy. In addition, the Spirit gives us the gifts to help us bring other people to Jesus, and grow the Body of Christ, the Church. There are sacramental graces, gifts that are given to us in the different sacraments, like the 7 gifts of the Holy Spirit we learned about in the last Family Meeting. There are also special graces, called charisms after the Greek term used by St. Paul and meaning "favor," "gratuitous gift," "benefit." Charisms are intended for the common good of the Church and to help others experience the gifts of grace that we have been blessed with.

Each of us is called to accept and live out this grace personally in our lives. The charismatic gifts are freely distributed by the Holy Spirit, so that sacramental grace and gifts may be fruitful in Christian life in different ways and at every level.

We have so many different needs in our Church community, we have people that are sick or just had someone they love die, we have people who need to learn more about God to help them make better decisions, we have people that need someone to listen to them etc. Jesus says that for every need the Church has - we have people that have the gifts to help with that part.

Today we are going to look at our senses and use sight, taste, hearing, touching, and smelling to learn more about our supernatural gifts. We are going to see what "part" God is asking us to share with others.

CHARISM STATIONS

(You will need to set up the five stations around the room or in different rooms and have the children rotate through in small groups. You will need a leader for each station and enough supplies for each child to participate. For smaller groups or if you need to keep them together, you can do them sequentially with the entire group.)

ZEAL SESSION 2 - CHILDREN

We are going to spend some time rotating through stations to learn more about these supernatural abilities or charisms that are given to each of us. We each have been given gifts in at least one of these areas. We hope these experiences will help you to discover what kind of charisms the Spirit has given you. We will reflect on our natural senses and how they may be related to our supernatural senses. As you go around you will hear examples of how each gift category might look. If that sounds like you, take a mental note. We will talk about it after.

Sight/Gifts for Shepherding

- Activity
 - Have the printable PDF of the vision test chart on the wall. See what child can read off the smallest letters from 10-15 feet away.
- Teaching
 - Our sense of sight allows us to see things clearly and make decisions based on what we see, which may be clearer than others.
 - Those with the gifts for shepherding will find themselves drawn to being a leader. They also might enjoy teaching others things (and may dream about being a teacher someday).
- Examples
 - You are a good leader and people follow you.
 - You are organized.
 - You are good at explaining things clearly to other people.

Touch/Gifts for Serving

- Activity
 - Pass out a small amount of playdough to each child. Invite them to form a shape of something that reminds them of God.
- Teaching
 - Our hands are powerful. They can create and they can destroy. Our sense of touch can restore hope and bring peace to those in need.
 - Those with the gifts for serving will find themselves drawn to places where they can help meet the needs of others by sharing themselves in tangible ways.
- Examples
 - I am good at making things with my hands.
 - I find joy in helping others and I am generous.
 - When I see someone in need I usually know what to do to help them.

ZEAL SESSION 2 - CHILDREN

Hearing/Gifts for Strengthening

- Activity
 - Pick a few popular and appropriate songs to play to see who can name the song and artist first.
- Teaching
 - Our sense of hearing allows us to listen and understand others. When we take the time to hear the cries of others our hearts grow and become more compassionate.
 - Those with the gifts for strengthening will find themselves drawn to friendships with others. They like to encourage others, and often enjoy music as well.
- Examples
 - I am a good listener.
 - I find myself encouraging others with my words and actions.
 - I like to write, play, or sing music as a way to comfort others.

Taste/Gifts for Salvation

- Activity
 - Have some small cups filled with two similar tasting drinks (like Coke or Pepsi) and invite a couple of the kids forward to see who can guess correctly which is which.
- Teaching
 - Our sense of taste is immediate. We know right away if something tastes good or bad. When something tastes good we are much more likely to want to have more of it and invite others to try it as well.
 - Those with the gifts for salvation will find themselves easily able to talk about God to others, and find themselves easily able to talk to God in their own prayer.
- Examples
 - I find it easy to share my faith with others.
 - I know for certain that God exists and that my life belongs to him.
 - I feel called to go out and help others come to know the goodness of God.

Smell/Gifts for Spiritual Insight

- Activity
 - Have a few opaque jars with distinctive smelling contents (ie. coffee, mint, tuna, cookies, lemon). Invite a few children to come forward to see who can guess the smells correctly.

ZEAL SESSION 2 - CHILDREN

- Teaching
 - Our sense of smell is similar to our sense of taste. Before we taste something we usually smell it to see if it is good or bad. We trust our sense of smell to lead us in the right direction.
 - Those with the gifts of spiritual insight will connect with God in a way that allows them to clearly know right from wrong, and they try to make good decisions for themselves and others.
- Examples
 - I get a gut feeling when something is right or wrong.
 - I enjoy spending time in prayer with God.
 - I sometimes get inspired to say good and kind things to others that help them.

(Ask the children afterwards what station they connected with most.)

God wants to use each of us to build up the Body of Christ. As you grow you will continue to have all types of opportunities to help and serve others. Every single day God puts people and situations in front of us that need the gifts he has given us. It is up to us to use them! When we do, we can make a difference in someone else's life. We are going to go back to our parents now for our closing prayer. Be sure to talk with them about what you learned today.

20/200

E

1

20/100

F P

2

20/80

T O Z

3

20/63

L P E D

4

20/50

P E C F D

5

20/40

E D F C Z P

6

20/32

F E L O P Z D

7

20/25

D E F P O T E C

8

20/20

L E F O D P C T

9

SESSION 2

JUNIOR HIGH

(To be used between Family Meeting 4 and 5. Parents and children will be separated for the first part of each session.)

Supply List:

- Printable PDFs
 - Small Group Question ½ Sheet (1 per kid)
 - Eye Chart
- Poster/White Board and Marker
- Obstacles (hula-hoops, balls, cones, etc.) ([Purchase Here](#))
- Blindfold (1 per team) ([Purchase Here](#))
- Playdough ([Purchase Here](#))
- Speaker and Popular Song Playlist
- Cups with 2 Drinks (ie. Pepsi and Coke)
- Jars with Scents (ie. coffee, mint, tuna, cookies, lemon)

GAME

(Play a few rounds of the Chair game. The instructions can be found in Session 1.)

GATHER

Today we are going to talk about natural and supernatural abilities. They both come from God, but what do you think the difference is? *(Draw out some responses from the kids. Brainstorm on a poster board or whiteboard what they think are some of their natural abilities and what are some of the supernatural abilities they have.)*

OPENING PRAYER

Let us pray.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God, everything we have and are comes from you. We thank you for sending us your Spirit to fill us with every grace and blessing we need to do your will in our lives. Fill us up so we can be poured out to make the world a better place and lead others to you. We ask this through Christ our Lord. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ACTIVITY

We are going to participate in an activity that will help appreciate our natural abilities and see how well we can work together.

(You will need a number of items to set up as obstacles: hula-hoops, balls, cones, etc., a starting and ending line clearly marked, a blindfold for each group. The goal is to get to the other side first by working together to navigate obstacles and overcoming handicaps some group members are given. Split the group into smaller groups of three. Make sure everyone has an opportunity to play all three roles.)

Rules:

- One person will be able to see, but not talk and will face the items that are set up. They are responsible for giving nonverbal directions to retrieve the item.
- The second person will be able to talk, but must look away from the obstacles toward the person who can see, this person must say out loud the directions they see the mute person giving.
- The third person will try to retrieve the items, but will be blindfolded and have to listen to the verbal directions given to them.
- If an obstacle is touched you must start over.

TEACHING

Working together on a team reveals a lot about who we are. It can bring out the best in us, while also revealing our limitations. Whether we like it or not, teamwork is good for us. We can be more and accomplish more together than we could ever on our own. Each member brings something special and is essential. Teams tend to break down when we fail to recognize our need for each other. Our diversity can be our greatest strength when we work together as one.

God knows that we are better together and put us all on a team called the Body of Christ. Let's take a moment to hear what St. Paul teaches us about the Body of Christ in 1 Corinthians 12:12-26:

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit. Now the body is not a single part, but many. If a foot should say, "Because I am not a hand I do not belong to the body," it does not for this reason belong any less to the body. Or if an ear should say, "Because I am not an eye I do not belong to the body," it does not for this reason belong any less to the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God placed the parts, each one of them, in the body as he intended. If they were all one part, where would the body be? But as it is, there are many parts, yet one body. The eye cannot say to the hand, "I do not need you," nor again the head to the feet, "I do not need you." Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honorable we surround with greater honor, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it, so that there may be no division in the body, but that the parts may have the same concern for one another. If [one] part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.

(A great way to illustrate this passage is with Mr. Potato Head. With all his parts in the right places, he can be likened to God's intention for the Church. When parts/individuals become missing, the Church becomes disabled. When parts are put in wrong places the Church becomes a monster. Our mission is to discern our part and live it to the full.)

We are all members of the Body of Christ by our Baptism and are called to discern our place in the Body and strive to live it out to the fullest. We are given our natural abilities or talents, but we also possess supernatural abilities called spiritual gifts or charisms. We are called to use our God given giftedness to glorify him in the world.

God gives us all the free gift of grace to justify and sanctify us. In addition, the Spirit grants us the gifts to enable us to collaborate in the salvation of others, and in the growth of the Body of Christ, the Church. There are sacramental graces, gifts proper to the different sacraments, like the 7 gifts of the Holy Spirit we learned about in the last Family Meeting. There are also special graces, called charisms after the Greek term used by St. Paul and meaning "favor," "gratuitous gift," "benefit." Whatever their character

- sometimes it is extraordinary, such as the gift of miracles or of tongues - charisms are oriented toward sanctifying grace and are intended for the common good of the Church. They are at the service of charity which builds up the Church. (CCC 2003)

Each of us is called to accept and live out this grace personally in the concrete circumstances of our lives. The charismatic gifts are freely distributed by the Holy Spirit, so that sacramental grace and gifts may be fruitful in Christian life in different ways and at every level.

CHARISM STATIONS

(You will need to set up the five stations around the room or in different rooms and have the kids rotate through in small groups. You will need a leader for each station and enough supplies for each kid to participate. For smaller groups or if you need to keep them together, you can do them sequentially with the entire group.)

We are going to spend some time rotating through stations to learn more about these supernatural abilities or charisms that are given to each of us. We each have been given gifts in at least one of these areas. We hope these experiences will help you to discover what kind of charisms the Spirit has given you. We will reflect on our natural senses and how they may be related to our supernatural senses. As you go around you will hear examples of how each gift category might look. If that sounds like you, take a mental note. We will talk about it after.

Sight/Gifts for Shepherding

- Activity
 - Have the printable PDF of the vision test chart on the wall. See what kid can read off the smallest letters from 10-15 feet away.
- Teaching
 - Our sense of sight allows us to see things clearly and make decisions based on what we see, which may be clearer than others.
 - Those with the gifts of shepherding will find themselves drawn to places of visible leadership where they can be a person of influence.
 - The Gifts of Shepherding include Administration, Apostle, Leadership, Pastoring, and Teaching.
- Examples
 - You are a good leader and people follow you.
 - You are organized and like to help with special events.
 - You are good at explaining things clearly to other people.

Touch/Gifts for Serving

- Activity
 - Pass out a small amount of playdough to each kid. Invite them to form a shape of something that reminds them of God.
- Teaching
 - Our hands are powerful. They can create and they can destroy. Our sense of touch can restore hope and bring peace to those in need.
 - Those with the gifts of serving will find themselves drawn to places where they can meet the needs of others in meaningful and life giving ways.
 - The Gifts of Serving include Craftsmanship, Giving, Helping, Hospitality, and Serving.
- Examples
 - I am good at making things with my hands.
 - I find joy in helping others and am generous.
 - When I see someone in need I know what to do to help them.

Hearing/Gifts for Strengthening

- Activity
 - Pick a few popular and appropriate songs to play to see who can name the song and artist first.
- Teaching
 - Our sense of hearing allows us to listen and understand others. When we take the time to hear the cries of others our hearts grow and become more compassionate.
 - Those with the gifts of strengthening will find themselves drawn to places where they can build deep relationships with individuals and express God's love through that relationship.
 - The Gifts of Strengthening include Encouragement, Healing, Mercy, Music, and Prophecy.
- Examples
 - I am a good listener.
 - I find myself encouraging others with my words and actions.
 - I like to write, play, or sing music as a way to comfort others.

Taste/Gifts for Salvation

- Activity
 - Have some small cups filled with two similar tasting drinks (like Coke or Pepsi) and invite a couple of the kids forward to see who can guess correctly which is which.

- Teaching
 - Our sense of taste is immediate. We know right away if something tastes good or bad. When something tastes good we are much more likely to want to have more of it and invite others to try it as well.
 - Those with the gifts of salvation will find themselves easily able to demonstrate God's presence to others and share their faith with passion and intensity.
 - The Gifts of Salvation include Evangelism, Faith, Miracles, Missions, and Tongues.
- Examples
 - I find it easy to share my faith with others.
 - I know for certain that God exists and that my life belongs to him.
 - I feel called to go out and help others come to know the goodness of God.

Smell/Gifts for Spiritual Insight

- Activity
 - Have a few opaque jars with distinctive smelling contents (ie. coffee, mint, tuna, cookies, lemon). Invite a few kids to come forward to see who can guess the smells correctly.
- Teaching
 - Our sense of smell is similar to our sense of taste. Before we taste something we usually smell it to see if it is good or bad. We trust our sense of smell to lead us in the right direction.
 - Those with the gifts of spiritual insight will connect with God in a way that allows them to clearly share God's desires.
 - The Gifts of Spiritual Insight include Discernment, Interpretation of Tongues, Word of Knowledge, Prayer, and Wisdom.
- Examples
 - I get a gut feeling when something is right or wrong.
 - I enjoy spending time in prayer with God.
 - I sometimes get inspired to say good and kind things to others that help them.

(When the group is all back together.)

Identifying and nourishing your spiritual gifts have many benefits:

- It helps you determine God's will for your vocation. A knowledge of your gifts will provide a context for making career and ministry decisions regarding what not to attempt as well as what to enter into with confidence.
- Mobilizes the entire Church for mission. Since a small percentage of the Church consists of clergy and more than ninety percent of the Church is laity, the Church obviously must equip and encourage every Christian to minister in his or her area of influence, home, school or in an activity.

- Assists you in setting priorities for study, growth, and ministry. Since each of us has a limited amount of time to develop our potential, it seems clear that we should develop ourselves in the areas of our spiritual gifts.
- Gives each Christian a sense of dignity and self-worth. Every Christian is an important part of the total Church. There are no “second class” citizens in the Christian community because each person is a vitally important member of the Body of Christ.
- Enables you to receive the gift ministries of others. When Christians become more knowledgeable of their own spiritual gifts and those of other Christians, they can more easily function in harmony as the body of Christ, both giving and receiving ministries.

We are going to take a few minutes to discuss the following questions in your small group (You can project the questions or pass out the printable ½ sheet PDF):

What spiritual gift category did you feel like you connected to the most?

How can you use the gifts God has given you for the good of the Church?

ZEAL SESSION 1 - JUNIOR HIGH

What spiritual gift category did you feel like you connected to the most?

How can you use the gifts God has given you for the good of the Church?

ZEAL SESSION 1 - JUNIOR HIGH

What spiritual gift category did you feel like you connected to the most?

How can you use the gifts God has given you for the good of the Church?

20/200

E

1

20/100

F P

2

20/80

T O Z

3

20/63

L P E D

4

20/50

P E C F D

5

20/40

E D F C Z P

6

20/32

F E L O P Z D

7

20/25

D E F P O T E C

8

20/20

L E F O D P C T

9

GUIDED BY THE SPIRIT

THEME

The activities, conversations, and prayer experiences will all be aimed at helping the families know and understand how God guides us by the power of the Holy Spirit and his presence in our lives.

GOAL

The goal of the *Zeal* Mini-Retreat is for parents and children to spend time together, surrounded by other families, experiencing God's love. Since the parents have been doing most of the faith formation with their children at-home, this is a chance for them to come and be led together in experiences with their child. Everything should be prepared with care so the families can just show up and be present.

Studies show that parents want their children to have positive experiences at-church. This retreat should be a positive experience at-church for both parents and children. They should leave feeling their time was well spent, and that they shared engaging faith experiences with their children.

SUPPLY LIST

Please find any necessary supply lists at the beginning of each module.

ZEAL MINI-RETREAT

SET-UP

Prepare the space for the day to look inviting. Have all tables and chairs set-up ahead of time and all supplies out where needed. Have a microphone or sound system tested and ready to go. It is nice to have kid friendly Christian music playing as people arrive, it adds a sense of gathering.

This retreat is written in modules. You can use all the modules from start to finish, or add two or three to something you have already planned. We realize everyone has different time allotments for their retreat, so again use the modules as your time allows.

SNACK

It is nice to provide a snack time or possibly a small meal. This provides a time for building community as well. Also have drinks on-hand.

SAMPLE AGENDA

The times below are estimates, based on a 3 hour time frame. Think about the size of your group and make adjustments. If your group is large, think about breaking into two smaller groups and switching back and forth for a few of the activities.

Gather- 10 minutes
Introduction- 30 minutes
Walking in Love- 30 minutes
Wandering with the Saints- 35 minutes
Mission Kites- 35 minutes
Confirmation Talk and Rehearsal- 30 minutes
Closing- 10 minutes

ZEAL MINI-RETREAT

GATHER

(Set-up stations for Baptism, Confirmation, and Eucharist for people to visit as they enter into the retreat space, while they are checking in. You can also add the print of the theme in an appropriate area.)

Supply List

- Printable PDFs
 - Instruction Sheets
 - Theme Print
 - White Hosts
- A table for each sacrament station with framed instructions for each.
- A tablecloth for each table, a lit candle, and a vase of flowers or greenery.
- Large bowl filled with Holy Water for the Baptism station
- White paper hosts (see PDF), one per person, pens, and a Chalice or large goblet- for Eucharist station
- A bowl of olive oil - Confirmation station

INTRODUCTION

Supply List:

- Blindfolds (1 per pair) ([Purchase Here](#))
- Obstacles (some chairs, cones, etc.) ([Purchase Here](#))

Today we are excited to have this time together to enjoy community with other families, to spend special time with our own family (parents and children), and to have God right in the center of all of it.

Today we are going to begin with a short activity that will set the tone for today. Can I get a volunteer to help me out? *(Have the volunteer put the blindfold on.)* Now I am going to ask you to try and walk to the other end of the room. *(Add some chairs and other obstacles in their way.)* But I just added some chairs and a few other obstacles that will make it more difficult. Begin now.

(After a few seconds of them trying alone, have everyone else yell out different directions. For example - turn left, no stop! Turn around, take 2 steps to the right, etc.)

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(Pause and ask the volunteer, who is still blindfolded.) How are you feeling right about now; frustrated, overwhelmed, not sure who to listen to?

This is what it can feel like walking through life. We can try to make it on our own or we may experience different people telling us conflicting things, trying to get us to do what is important to them. With them all talking at the same time there are so many distractions we can forget where we were headed in the first place.

(Now have another volunteer come up and take the hand of the blindfolded person. Ask them to lead them through the different obstacles. At first it might take a minute for the blindfolded person to trust the other person, but eventually they will and as they listen more closely they will make it to the other side.)

In this activity who was the person guiding the other supposed to be? The Holy Spirit, God who walks with us. He wants to help us make it through our lives, and he is always trying to walk with us. Sometimes we listen to him and sometimes we get lost in the craziness (all the other voices). Sometimes we worry we can't trust him, that he might wreck things. But the longer we listen and let him lead, we realize that he knows the way. He also has some great stops along the way for us to re-fuel and re-power up. These are called sacraments. Moments when we can feel him so closely guiding us. Today we are going to look more deeply at the sacrament of Confirmation that we are getting ready to receive on our journeys. Thank you to both our volunteers!

Now we are each going to participate in a trust walk. You will partner with your parents. First we will have the child put on the blindfold and be led. You will walk in silence. Parents lead them around the room. After a few minutes you can begin to talk to them, guiding them which way to go and what is coming. Prayer is the way we talk to God and listen back for his voice in our lives. He wants us to feel him close, guiding us.

Now we are going to switch and have the parents wear the blindfold and the children lead. Again begin in silence, and then after a few minutes the leaders can talk.

(Call everyone back together and have them answer the following questions one at a time:

Did you like leading or being led better? Why?

Did it take you some time to be able to get comfortable trusting your partner?

Is it hard to trust someone you can't see even though you know they are close by?

Were there any certain things your partner did or said that helped you?)

OPENING PRAYER

Let us begin our time together in prayer

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Holy Spirit, thank you for this time together. We are reminded that your will for our lives is good. Help us to trust you, to listen for you, and to choose you as our partner.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Now come up with your blindfold and put it by the cross on our prayer table. Leave it there as a sign of committing to follow Jesus, led by his Spirit.

(Play some soft music. After they all return, continue.)

The Holy Spirit wants to have a relationship with us. When Jesus left earth he left us his Spirit to always be with us, to walk with us.

WALKING IN LOVE

Supply List:

- Printable PDFs
 - Love Language Quiz
- Paper
- Pens

We just talked about the Holy Spirit walking with us. We not only walk with God we are also called to walk with others.

Jesus came to earth as an example for how to love others, and he commanded us to love one another as he loves us (John 15:12).

What does it mean to be loved by God? How does he love us?

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We read in the first letter of St. John:

Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another. (1 John 4:7-11)

God is love and we are each made in his image, so we were each made to both love and be loved.

Love can be harder than it sounds. To love someone takes a decision. We have to choose to love. Love is something you “do” for someone else. Sometimes that’s easy and sometimes it’s really tough. In families we have all different types of personalities to learn to love.

Let’s look more at this idea of knowing and loving someone.

I need 3 pairs of each, 1 parent and 1 child to come up front for an activity. Everyone else will be the audience. These pairs are going to play a game where they try and match each other. The parents and children will be separated and asked questions and come back to see how well they predicted what the other said.

(Like the Newlywed Game Show. First have the 3 children leave the room. Have the 3 parents sit in chairs up front and give them 3 sheets of paper and a pen. Ask the parents to write the answers to the following questions each on a separate piece of paper.

What is your child’s favorite food?

What is your child’s favorite hobby (thing to do)?

How does your child know that you love them?

As the parents are answering, ask the children these same questions and have their answers on separate pieces of paper.

What is your favorite food?

What is your favorite hobby (thing to do)?

How do you know that your parents love you?

Have the children come back and each stand behind their parents. Ask the questions and have them each answer. Go through all 3. Then switch, parent’s leave the room and children stay.

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*The questions for the children are.
What is your mom or dad's favorite movie?
What is your mom or dad's favorite place to go on vacation?
How does your mom or dad know that you love them?*

As the children are answering, ask the parents these same questions and have their answers on separate pieces of paper

*What is your favorite movie?
What is your favorite place to go on vacation?
How do you know that your child loves you?*

Come back one last time and share answers. See which pair got the most similar answers, and hopefully there were a few good laughs from this experience. Have everyone go back to their seats.)

This was a fun way to see how well you know the other, but mostly I did this for that third question. How do we know we are loved? People actually study “love,” the experience of feeling loved. And the research shows that there are 5 different ways we experience love. And that we each have a way we feel most loved. This is known as your “love language.”

If part of knowing and following God is to love others then knowing how people feel loved can be a game changer.

We are going to take a small quiz to help us each identify our love language. Depending on the age, parents can help children work through the quiz. *(After finishing, you can ask those who identify with each of the different love languages to stand.)*

We all loved to be loved in various ways, but we all seem to have one “primary” love language. Research indicates that about 25 percent of people speak one love language but wish to receive another. But for the majority of people (75 percent), the language we speak most often is the one we also desire. Often we love others in the way we most like to receive love. What is unfortunate is they may not be experiencing the things we do, or say, or our time, etc. as a sign of our love.

Here is an example. My love language is acts of service. Every Saturday I watch my neighbor across the street get up early and get donuts and Starbucks for his family. After that he washes and cleans out their family car. One day I was talking to his wife telling her I love to watch how your husband loves you and your kids especially on

ZEAL MINI-RETREAT

Saturday mornings. She turned to me and said: “What do you mean, my husband never tells me he loves me.” (*As the leader you can also use an example from your life.*)

Somehow their love languages were missing each other. She needed words of affirmation, and he was loving her with acts of service. When we feel loved we are better able to love others. So it can really help us as families to intentionally understand the way to best show our love to those we love!

We are going to spend a few minutes looking at each of the love languages so we can both better understand ourselves and how to better love others the way they need.

Physical Touch

- For those who have this as their primary love language, physical touch communicates love to them more deeply than giving them praise, buying a gift, or fixing a toy.
- Without hugs, kisses, pats on the back, and other physical expressions of love, their love tanks will remain less than full.

Words of Affirmation

- Words are powerful in communicating love. Words of affection and endearment, words of praise and encouragement, words that give positive guidance all say, “I care about you.” These words nurture a person's inner sense of worth and security. Even though such words are quickly said, they are not easily or soon forgotten.
- We should refrain from using harsh critical words as they really affect a person whose primary love language is a word of affirmation.

Quality Time

- Quality time means focusing your attention on someone. It is the gift of being present and tells them, “you are important and I like spending time with you.” The person feels loved because someone they care about is choosing to spend time alone with them.
- What you do with them is less important than the actual time you spend together.

Gifts

- The giving and receiving of gifts can be a powerful expression of love and, for some, can remain meaningful even later in their lives. The most thoughtful gifts can become true symbols of love.
- It is less about what the gift is or how much it costs than how much thought went into it. They will be happy with the smallest token or even something handmade.

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Acts of Service

- If your love language is acts of service you value when someone goes out of their way to do something for you. These people believe actions speak louder than words. Unlike those who prefer to hear how much they're cared for, these people like to be shown how much they are appreciated.
- Recognizing a need and responding to it shows them that you are thinking about them and are willing to make a sacrifice to show them love.

St. Mother Teresa once said: "If you want to change the world go home and love your family." We are commanded to love but oftentimes we don't know how to love someone in the way that they need, especially the people closest to us. Love is not a feeling; it's a choice. Love isn't about getting everything you want and need and making sure you always feel happy. Love is a choice to meet someone else's needs, to sacrifice for another, to want what's best for the other—even when it's hard. Ultimately, your personal comfort isn't the issue. Love is something you do for someone else. Once you discover the primary love language of someone close to you, you choose to speak it—whether or not it feels natural or comfortable for you. Even when it's not 100 percent convenient. You may not get warm, fuzzy feelings while you're doing it, but that's fine. It's not about you. Love is a choice. Love is wanting what is best for the other.

We cannot give what we do not have. We must go to the source to be filled up with love so we can love others the way God loves us. God most perfectly showed his love for us by offering his Son for our sake to die on the cross so that we could have eternal life.

Love equals sacrifice.

We continue to be plugged into that love every time we receive the Sacraments. In fact, in a beautiful and simple way, God speaks all of the love languages to us at Mass.

Words - God speaks to us through the Scriptures proclaimed.

Time - He wants to spend at least one hour a week with us.

Gifts - We are given his Body and Blood, his very life.

Service - He wants to minister to our hearts when we offer them.

Touch - He touches his body to our hands or on our tongue and unites himself to us.

To be a disciple is really simple, but at the same time can be difficult. We are called to love others as God has loved us in his Son, Jesus.

(Open up to the large group for a few minutes asking them, what are some things you learned during this exercise? How can you use this information? Any examples from your own families and relationships you would like to share?)

WANDERING WITH THE SAINTS

Supply List

- Printable PDFs
 - Saint Outline and Passport (1 per family on card stock)
 - Saint Profiles (framed)
- Frames ([Purchase Here](#))
- Candles
- Tablecloths

(Set up tables for each of the saints with a tablecloth. Frame the printable PDF and add a candle. You can add any other decoration or items that relate to the specific saint.)

As part of Confirmation you will be choosing a saint to be an example for you. Someone who has walked through life and chosen the Holy Spirit as their guide. We are going to walk through the lives of some saints today for some inspiration.

Before we begin, each family is going to reflect on different attributes they feel saints live out. You each have a print with the outline of a person (that looks like more of a gingerbread man). Let's pretend it is a person. Now using markers you are going to draw different attributes or qualities you think saints have. You cannot use words, only images to illustrate that quality. For example, you can put a watch on your person, because saints always have time to listen to others. Be creative. You will present your posters after you finish.

(After finishing, have families share the attributes they think saints have, either in smaller groups or to the whole group, depending on your group size.)

Now you are going to wander with some actual saints. Around the room there are posters on small tables with a candle. Each of these contains the story of a saint, what they are the patron or patroness of, and when their feast day is. Some things you might be surprised to find out. Remember each of these people were real human beings who had good days and bad days. They were not perfect but continued to follow God and did some pretty extraordinary things. It was their faith that made all the difference. On the other side of your print you will find a sheet with each of the saints' names around the room. After you read their story, draw an image that illustrates a quality from that saint's life in the box under their name. We will share these when we finish. Conclude at each station, by asking the saint to pray for us in the words provided.

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(Give them some time to walk around and complete the activity.)

(Gather the families back together after they have finished wandering with the saints. Ask them about what they learned, what they found interesting, what they were inspired by?)

On the posters you created earlier you came up with qualities you thought saints possessed. Some of you drew things such as prayer, service, a big heart (add others here from their posters.) In fact we each are called to be saints, and the qualities you described are ones we can each develop and work on in ourselves. These qualities encourage us all to live a life that has meaning and purpose. Take your posters home and allow them to remind you of your call to sainthood, and how you can do big and little things for God and others right now in your own life.

Before your Confirmation you will be choosing a saint to model your life after. Hopefully today has helped you to start thinking about the examples of these holy heroes. You can continue to use the Internet and books to learn more about others as you make your decision.

MISSION KITES

Supply List

- Printable PDFs
 - Shield with Instructions (1 per family)
- Kite Kits (1 per family) ([Purchase Here](#))
- Markers
- Pens

We are going to talk about your mission together as a family and as a confirmed person. What is a mission? What does it do? A mission directs our energy to the right end. It gives us a focal point to work and move towards. It guides us in what we say yes to and what we have to say no to. Jesus did not live up to his potential, but rather fulfilled his mission. We too have the potential to do a lot of things, but what we should do is something specific and unique to our gifts and abilities. Mission makes us intentional and unites us with others. The companies that have a specific mission and do it well seem to do the best. It's about knowing who we are and what we are working toward. The following are mission statements from popular companies. *(See if the families can guess who's they are after reading each one.)*

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Google - “To organize the world’s information and make it universally accessible and useful.”

Toyota - “To attract and attain customers with high-valued products and services and the most satisfying ownership experience in America.”

Coca-Cola - “To refresh the world in mind, body and spirit. To inspire moments of optimism and happiness through our brands and actions. To create value and make a difference.” (Wait a minute Coca-Cola is kind of stealing our mission as a Church.)

What is the mission of the Church? What is our mission as baptized and confirmed people? After his resurrection Christ gives this mission to his apostles: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you” (Mt 28:19-20). Through Baptism we are freed from sin and reborn as sons of God; we become members of Christ, are incorporated into the Church and made sharers in her mission (CCC 1213). Confirmation completes baptismal grace and joins us more closely with the mission of the Church, helping us bear witness to the Christian faith in words and actions (CCC 1316). We all share in the same universal mission to be holy and are sent to share Christ with others through our words and actions. This universal mission is lived out in a particular and unique way by each individual and family.

A big part of the sacrament of Confirmation is to prepare you to live out your mission. Our families are each called to live with mission. To understand what is important to us and to live accordingly.

We are going to talk about our family’s mission by designing a family crest. At one time a family crest or coat of arms was a symbol used to identify and unify families. Oftentimes soldiers wore this on their uniform to show who they were fighting for. You have each been given a template for your own family crest. At the bottom is a place for a family motto. This is one line that you can point to as a family, that can sum up who you are together. It can be a quote, a few words to a song, or a short statement. (*Some ideas: better together, no one ever left behind, faith and family first, we do hard things, etc.*)

Next you will be having some conversation together and filling out the four different quadrants that make up your shield. (*These instructions will be printed on the back of the shield for their reference.*)

In the top right quadrant, you will write some of your family favorites. Favorite things to do together, favorite meal, favorite holiday, favorite vacation spot, sports teams, pets, etc.

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In the top left quadrant, you will write or draw each family member's name or a small picture and a gift or quality you see in each of them.

In the bottom right quadrant, you will write or draw a picture showing something that is very important to your family and that you care deeply about. Some ideas: faith, the poor, being kind, nature, prayer, music, service, etc.

In the bottom left quadrant, you will write or draw the name (could be one or two) or a small picture of someone who you all really look up to. Also write what qualities they live out that you admire, try to practice.

It is good to periodically have conversations as a whole family about what is important to you, what you love doing together, what you do well and what you could do better. Putting these things into words is powerful.

After you finish designing your family crest you will be transferring the images onto a kite. You can assemble the kites and use the markers on your table to complete this craft. *(Give them enough time to discuss and transfer the images to their kites.)*

We are going to go outside to fly our mission kites. Let's talk a little about it before we do. A kite is really of not much use without the wind. Remember back to Family Meeting 1 where we talked about the Holy Spirit in the symbol of wind? Just like the wind blew the sail car, the wind or movement of the Holy Spirit is what lifts us up and keeps us flying in our mission to be disciples of Jesus. We have to stay connected to God as our rock and follow where the wind leads us. Let's go outside and see this image in action by flying our kites.

(After spending some time flying the kite, return to your gathering space for the following commissioning prayer. If possible, get your priest or deacon to offer the blessing.)

Now that we have talked about our mission and the specific way you feel called to live it out. Where do you think the missionary territory is? (Take some time to draw out some responses.) When we think of mission lands we tend to think of somewhere far away, but the reality is that the places that need Christ the most are often only feet away. The missionary territory today is our neighborhoods, schools, offices, and homes. Wherever we go and whoever we meet presents us with an opportunity to witness to Christ and his love for all. The word mission comes from the Latin word "missio," which means to be sent. As Jesus sent his apostles, so he sends us to continue the mission of the Church in this time and place.

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We are going to conclude with a blessing taken from the Book of Blessings for those going on mission:

We bless you, O God, and we praise your name. In your merciful providence you sent your Son into the world to free us from the bondage of sin by his own blood and to enrich us with the gifts of the Holy Spirit. Before he returned, triumphant over death, to you, Father, he sent his apostles, the bearers of his love and power, to proclaim the Gospel of life to all peoples and in the waters of baptism to cleanse those who believe. Lord, look kindly on your servants: we send them forth as messengers of salvation and peace, marked with the sign of the cross. Guide their steps with your mighty arm and with the power of your grace strengthen them in spirit, so that they will not falter through weariness. Make their words the echo of Christ's voice, so that those who hear them may be drawn to obey the Gospel. Fill the hearts of your missionaries with the Holy Spirit, so that, becoming all things to all people, they may lead many to you, the Father of all, to sing your praises in your holy Church. We ask this through Christ our Lord. R. Amen.

(Invite the parents to sign their children with the Sign of the Cross on their foreheads in blessing.)

CONFIRMATION TALK WITH REHEARSAL

(If possible, see if your parish priest can come and talk to the group about Confirmation and what that looks like for the children receiving the sacrament. This also provides a few moments to go over any particulars for the upcoming Confirmation day. Below is a general outline of the Rite of Confirmation. Please adapt it to your local customs. Be sure to practice the mechanics, responses, and postures. The more comfortable the children are for the Mass the more they can enter in.)

PRESENTATION OF THE CANDIDATES

After the Gospel the bishop and the priests who will be ministers of the sacrament with him take their seats. The pastor or another priest, deacon, or catechist presents the candidates for Confirmation, according to the custom of the region. They are accompanied by one of their sponsors and stand before the celebrant.

HOMILY

The bishop then gives a brief homily.

RENEWAL OF BAPTISMAL PROMISES

After the homily the candidates stand and the bishop questions them:

Bishop: Do you reject Satan and all his works and all his empty promises?

Candidates: I do.

Bishop: Do you believe in God the Father almighty, creator of heaven and earth?

Candidates: I do.

Bishop: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

Candidates: I do.

Bishop: Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in confirmation?

Candidates: I do.

Bishop: Do you believe in the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

Candidates: I do.

Bishop: This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord.

All present: Amen.

THE LAYING ON OF HANDS

“The laying of hands on the candidates by the bishop and the concelebrating priests represents the biblical gesture by which the gift of the Holy Spirit is invoked” (Introduction 9). The Bishop (while the Priests associated with him remain by his side) standing, facing the people, with hands joined, says:

Dearly beloved,
let us pray to God the almighty Father,
for these, his adopted sons and daughters,
already born again to eternal life in Baptism,
that he will graciously pour out the Holy Spirit upon them
to confirm them with his abundant gifts,

ZEAL MINI-RETREAT

and through his anointing
conform them more fully to Christ, the Son of God.

And all pray in silence for a while.

Then the Bishop lays hands upon all those to be confirmed (as do the Priests who are associated with him). But the Bishop alone says:

Almighty God, Father of our Lord Jesus Christ,
who brought these your servants to new birth
by water and the Holy Spirit,
freeing them from sin:
send upon them, O Lord, the Holy Spirit, the Paraclete;
give them the spirit of wisdom and understanding,
the spirit of counsel and fortitude,
the spirit of knowledge and piety;
fill them with the spirit of the fear of the Lord.
Through Christ our Lord.
R/. Amen.

THE ANOINTING OF CHRISM

The sacred Chrism is brought to the Bishop. Each of those to be confirmed goes to the Bishop. The sponsor who presents the person to be confirmed places his (her) right hand on his (her) shoulder and says the name of the one to be confirmed to the Bishop. The Bishop dips the tip of the thumb of his right-hand in the Chrism and, with the thumb, makes the Sign of the Cross on the forehead of the one to be confirmed, as he says:

“(Name), be sealed with the gift of the Holy Spirit.”

The newly confirmed replies:
Amen.

The Bishop adds:
Peace be with you.

The newly confirmed replies:
And with your spirit.

The Universal Prayer follows.

CLOSING

Supply List:

- Paper
- Pens

Today we began earlier with blindfolds and the image of the Holy Spirit guiding us through our lives. Another image of the Holy Spirit we have learned about is wind. We can't see the wind, but we can feel it and know it's there. We are going to close today by each taking a sheet of paper and writing on it. Write your name and something for yourself that you would like prayer for. After finishing, I would like you to fold your prayer intention into a simple paper airplane.

Now with everyone holding their paper airplane let's move into a large circle. On the count of 3, I would invite everyone to launch their paper airplane towards the center of the circle. It was the wind that carried our prayers and now I am going to ask the Holy Spirit to guide you towards someone else's prayer. *(Have everyone walk towards the center and pick up an airplane.)* Now let's return to the circle and carefully open our prayer plane and read it to ourselves.

Let us pray.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Holy Spirit, thank you for our time together. What a blessing to be here with others trying to know and appreciate their faith more. We offer you our prayers, especially the ones we just flew to each other. For a moment silently remember the prayer you just uncovered. Close your eyes for a moment and ask God to be with the person who wrote that prayer. As we leave today, help us to remember that the Holy Spirit goes with us always. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Please take the prayer airplane home and continue to pray for that person's special intention.

GUIDED
BY THE
SPIRIT



BAPTISM

Baptism is the door we all walk through as our journey of faith begins. At one time we were claimed with water, giving us a new life in Christ. Each time we put our hands in holy water to bless ourselves we are reminded of who we belong to.

Put your fingers in the holy water and trace the sign of the cross on your forehead and your heart.

PRAY

God the Father,
you are near to me.



CONFIRMATION

Oil is the visible sign of Confirmation. There is no separation between you and God's spirit. It is sealed into you as a mark on your life.

Take a tiny bit of oil and completely rub it into your palms.

PRAY

Holy Spirit,
you are near to me.

EUCHARIST

Jesus tells us that he is the bread of life.
In Eucharist he invites us to receive him
into our bodies, and into our lives.

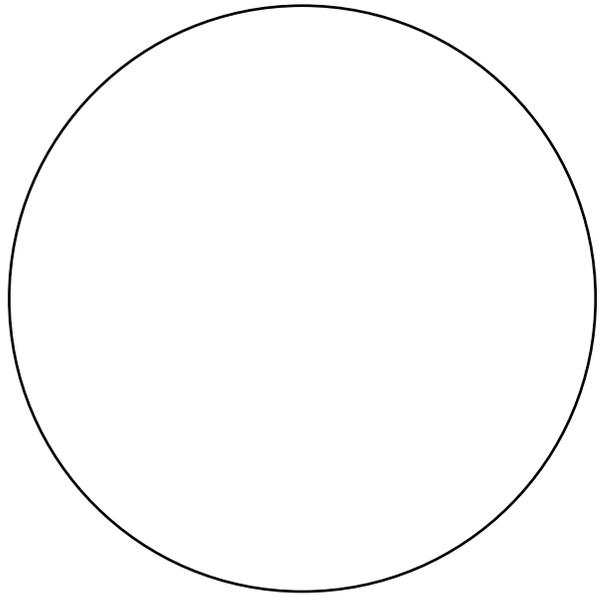
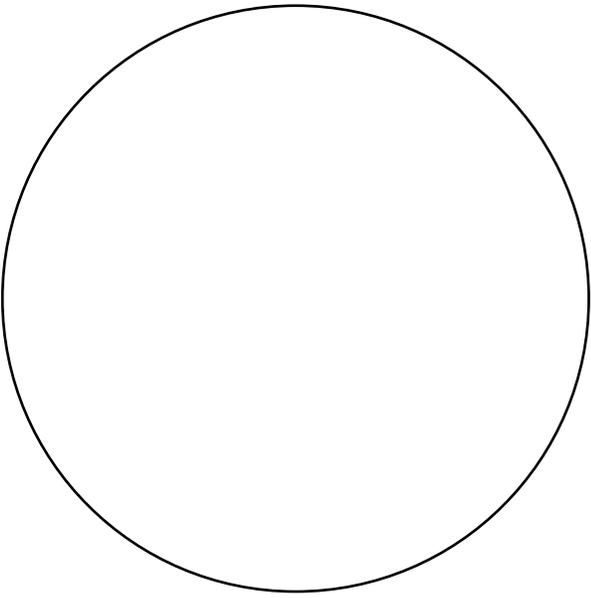
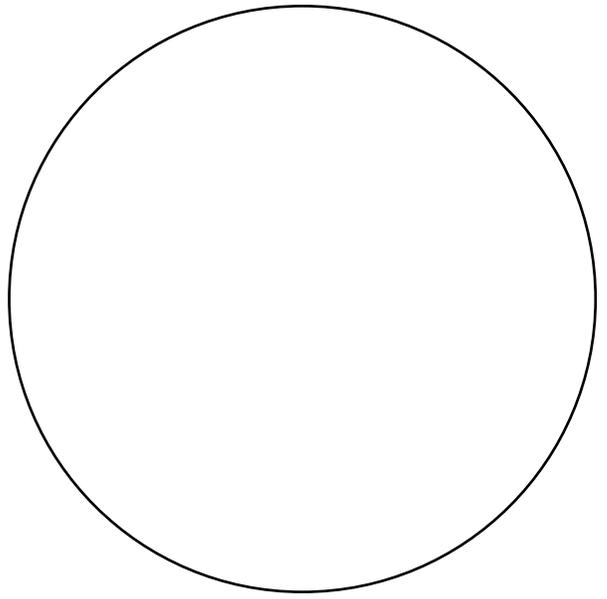
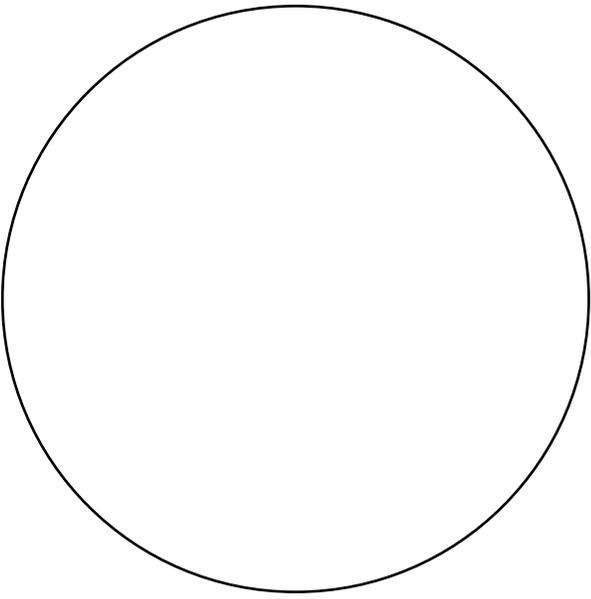
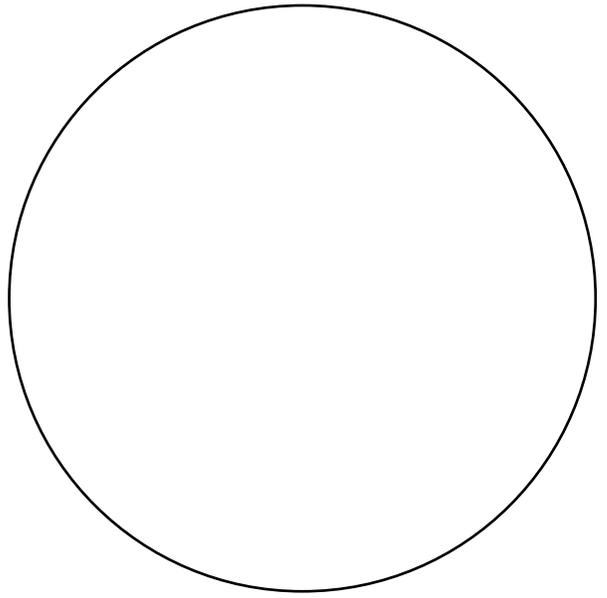
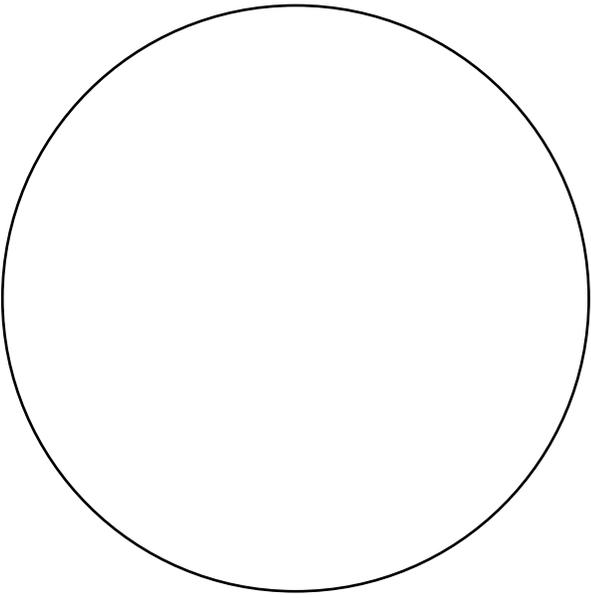
On a white paper host write your name,
and add it into the chalice.

PRAY

Jesus,
you are near to me.

Now enter the retreat ready to begin.
We are so glad you are here today!





LOVE LANGUAGE QUIZ

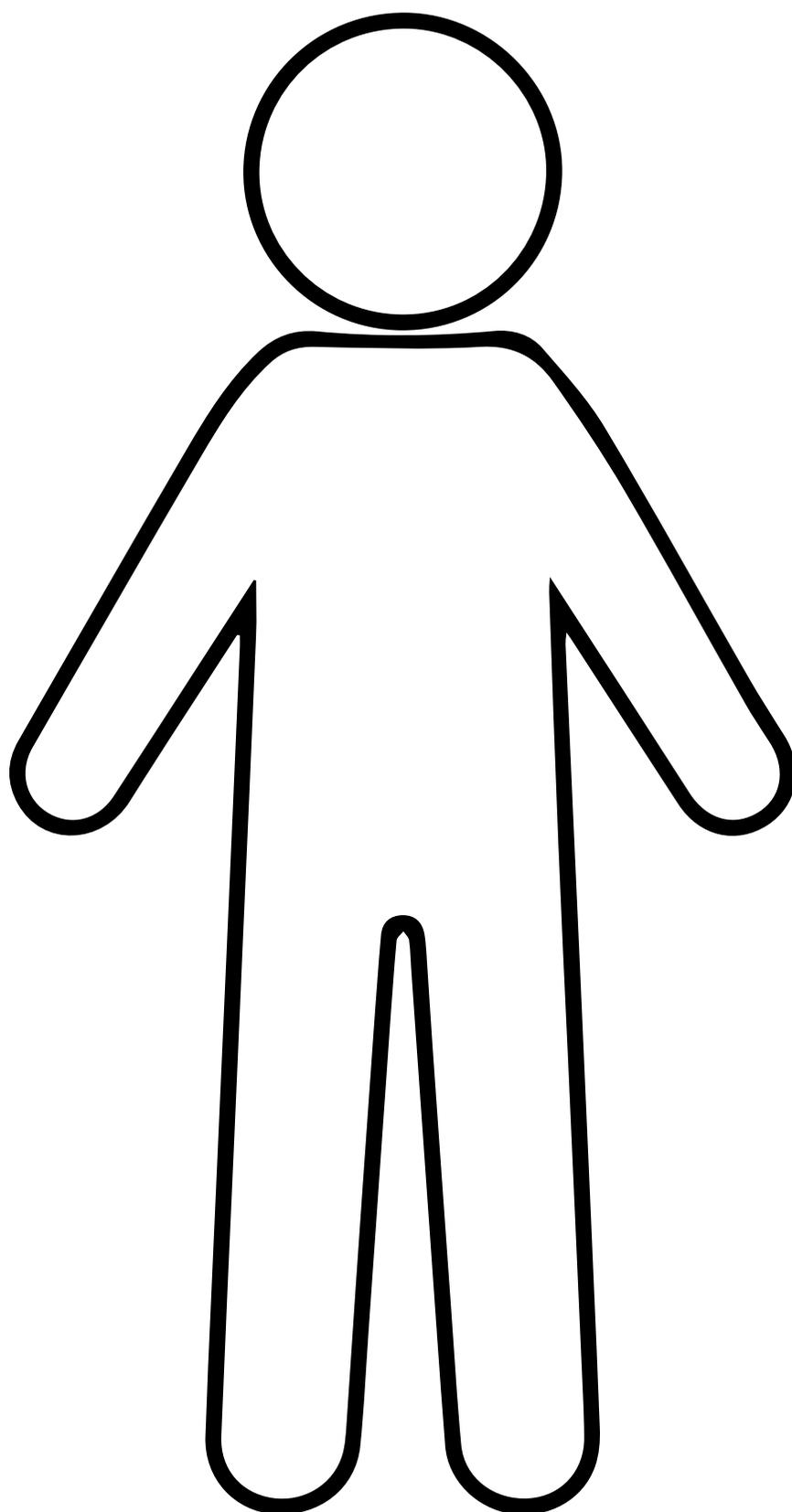
Circle the letter of the statement you most relate to on each pair below.

- | | |
|--|---|
| I like to receive notes of appreciation. | A |
| I like to be hugged. | E |
| I like to spend one-on-one time with people who are special to me. | B |
| I feel appreciated when someone gives me practical help. | D |
| I like it when I unexpectedly receive gifts from people. | C |
| I like leisurely visits with friends and loved ones. | B |
| I feel appreciated when people do things to help me. | D |
| I enjoy receiving a pat on the back. | E |
| I feel appreciated when someone I care about puts his or her arm around me. | E |
| I feel appreciated when I receive a gift from a teacher. | C |
| I like to go places with friends and loved ones. | B |
| I like to high-five or hold hands with people who are special to me. | E |
| Visible symbols of appreciation (gifts) are important to me. | C |
| I feel appreciated when people affirm me. | A |
| I like to sit close to people I enjoy being around. | E |
| I like for people to tell me I look good. | A |
| I like to spend time with my teachers. | B |
| I like to receive little gifts from teachers (like stickers on my papers). | C |
| Words of acceptance are important to me. | A |
| I know someone appreciates me when they help me with tasks. | D |
| I like working on tasks with my teacher. | B |
| I like it when kind words are spoken to me. | A |
| What someone DOES affects me more than what s/he says. | D |
| Hugs make me feel connected and valued. | E |
| I value praise and try to avoid criticism. | A |
| Several small gifts mean more to me than one large gift. | C |
| I feel close to someone when we are talking or doing something together. | B |
| I feel closer to teachers when they stand closer to me when they address me. | E |
| I like for people to compliment my achievements. | A |
| I know people love me when they do things for me that they don't enjoy. | D |

I like for a teacher to touch my shoulder as s/he passes by my desk.	E
I like it when people listen to me and show genuine interest in what I say.	B
I feel loved when teachers help me with jobs or projects.	D
I really enjoy receiving gifts from friends and loved ones.	C
I like for people to compliment my appearance.	A
I feel loved when people take time to understand my feelings.	B
I feel appreciated when my teacher give me a high-five when I do well.	E
Acts of service make me feel loved.	D
I appreciate the many things that special people do for me.	D
I like receiving gifts that people make especially for me.	C
I really enjoy the feeling I get when someone gives me undivided attention.	B
I really enjoy the feeling I get when someone helps me with a task.	D
I feel loved when a person celebrates my birthday with a special gift.	C
I feel loved when a person celebrates my birthday with meaningful words.	A
I know a person is thinking of me when he or she gives me a gift.	C
I feel loved when a person helps me with my chores.	D
I appreciate it when someone listens patiently and doesn't interrupt me.	B
I appreciate it when someone remembers special days with a gift.	C
I like knowing loved ones are concerned enough to help with my daily tasks.	D
I enjoy extended trips with someone who is special to me.	B
I enjoy when my teacher gives me a high-five or pat on the back in the hallway.	E
Receiving a gift for no special reason excites me.	C
I like to be told that I am appreciated.	A
I like for a person to look at me when we are talking.	B
Mini candy bars given by my teacher are always special to me.	C
I feel good when my teacher stands near me when greeting me.	E
I feel appreciated when a person does a task I have requested.	D
I feel loved when I am told how much I am appreciated.	A
I like to receive hugs from my friends daily.	E
I need words of affirmation daily.	A

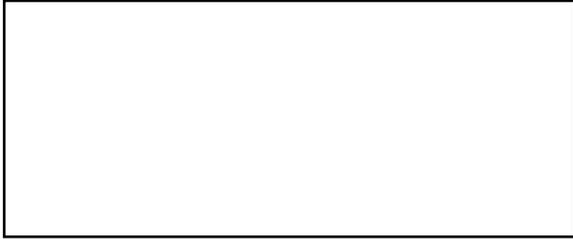
# of A's	# of B's	# of C's	# of D's	# of E's
_____	_____	_____	_____	_____
Words of Affirmation	Quality Time	Receiving Gifts	Acts of Service	Physical Touch

The category with highest number is your primary love language.



SAINTS PASSPORT

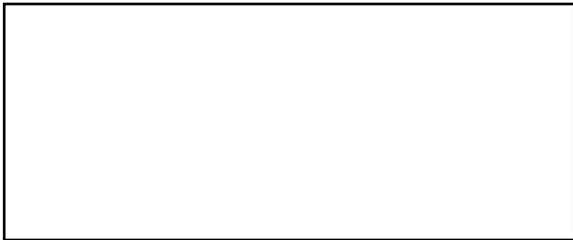
St. Francis of Assisi



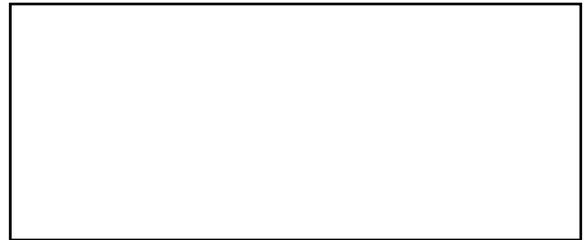
St. Teresa of Calcutta



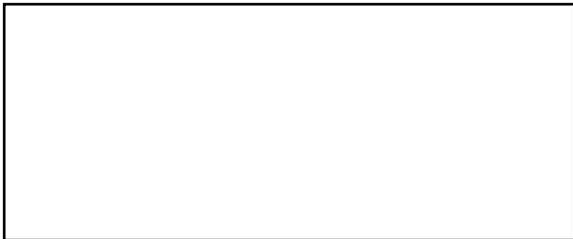
St. Maximilian Kolbe



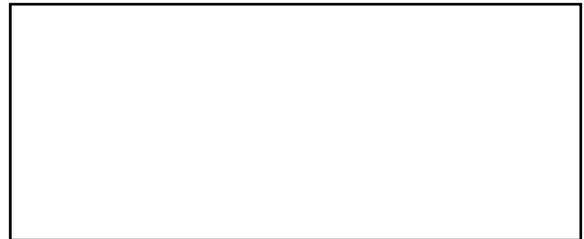
St. Pedro Calungsod



St. Rose of Lima



St. Josephine Bakhita



St. Pope John Paul II



St. Frances Cabrini



St. Teresa of the Andes



St. Dominic Savio



ST. FRANCIS OF ASSISI



St. Francis of Assisi was born into a very wealthy family. His dad, named Pietro, sold fabric as his business. Francis served in a war, was captured, and was in prison for a year. It was after this that Francis heard God calling him to leave the life he had and to follow him more closely.

Francis became very serious about his faith and tried to live just like Jesus had. He was a beautiful example of loving others, living simply, and enjoying nature and animals. Francis's father could not understand his son and eventually left him none of his money. Francis chose to continue living with very little, which made him able to see and care for those in need.

He founded the Franciscan order, people who give their lives to God like Francis did. They base their lives on the statement by Jesus: "Leave all and follow me."

PATRON OF
Animals, Merchants &
Ecology

FEAST DAY
October 4

PRAY TOGETHER
St. Francis of Assisi, pray for us.



ST. TERESA OF CALCUTTA



St. Teresa of Calcutta, also known as Mother Teresa, was raised by her mother after her father died when she was 8 years old. At an early age she knew she wanted to devote her life to God. At age 18, she joined the Sisters of Loreto to become a missionary to India. After this she never saw her mother or sister again. For years she was a teacher.

At 36 years old she felt God calling her to feed and help the poorest of the poor, especially those who were forgotten by everyone else. She began doing this with a group of 13 people who served with her. Now there are over 4,000 people who care for people all over the world. Mother Teresa cared for each person as if they were her family. She never wanted anyone to have to die alone. She would hold them as they took their last breath. She worked serving others almost up to the day she herself died.

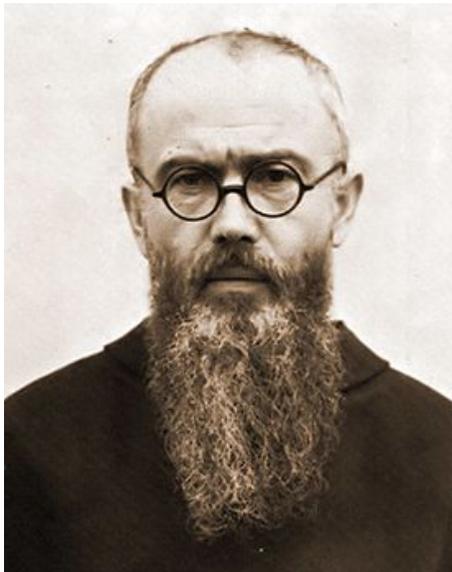
PATRONESS OF
World Youth Day

FEAST DAY
September 5

PRAY TOGETHER
St. Teresa of Calcutta, pray for us.



ST. MAXIMILIAN KOLBE



St. Maximilian Kolbe was a tough child to raise. His mother remembers shouting at him, “I do not know what will become of you.” As he grew up he decided to become a Franciscan priest. As part of his mission he ended up in Auschwitz, the German concentration camp, as a prisoner. One day ten prisoners were chosen to be starved to death. One of the men cried out: “My wife, my children.” Maximilian Kolbe heard this and volunteered to take this man’s place.

After two weeks of no food, all the other men had died. But Maximilian was kneeling in the middle of his cell still alive! Eventually he was killed and became a martyr, someone who has died for their faith. The man he saved from dying never forgot him, and came to the ceremony when he was named a saint.

PATRON OF

Drug addicts, prisoners,
families, and the pro-life
movement

FEAST DAY

August 14

PRAY TOGETHER

St. Maximilian Kolbe, pray for us.



ST. PEDRO CALUNGSOD



The story of Pedro Calungsod shows us that young people can do great things. Pedro was born in the Philippines and was only 13 when he joined a group of Spanish missionaries who were traveling to the Marianas Islands to teach people about God. Pedro loved to share his faith with others, and to tell people everything he knew about Jesus. Many people were baptized on the islands because of his efforts. Unfortunately, some of the islanders didn't trust the missionaries and were afraid they might be a threat to their power. One evening, Pedro and a priest came to a village to baptize someone and they were killed. St. Pedro Calungsod died for his faith at the age of 17. Pope John Paul II told young people they should draw encouragement and strength from his example. He died doing what he loved and believed in.

PATRON OF
Filipino youth, altar boys,
the Philippines, Overseas
Filipino Workers, Guam,
Cebuanos.

FEAST DAY
April 2

PRAY TOGETHER
St. Pedro Calungsod, pray for us.



ST. ROSE OF LIMA



Gaspar and his wife were so happy to have a daughter! They named her Isabel. One day someone said they thought Isabel looked as beautiful as a rose. From that day forward she was known as Rose. Rose loved to garden and do crafts like sewing and creating designs from flowers. She loved Jesus very much and was always looking for difficult things she could do to show him how much she loved him. Her parents began to have financial difficulties, and Rose sold her crafts and flowers to help them out.

As she grew older she set up a room in her parent's house as a free medical clinic to treat children who were poor and help the elderly. Her efforts became the beginning of social services in Peru. St. Rose of Lima was able to show Jesus many different ways that she loved him by serving others. Many people also got to know Jesus by Rose's kindness to them.

PATRONESS OF
Latin America and
Philippines

FEAST DAY
August 23

PRAY TOGETHER
St. Rose of Lima, pray for us.



ST. JOSEPHINE BAKHITA



At the age of 7 young Josephine was kidnapped by slave traders. They gave her the name Bakhita which means “lucky.” As a young girl she would look up at the moon and stars at night telling them that she wanted to serve their master, their creator. She must have been so afraid and felt so alone. Bakhita lived in cruel slavery for 12 years until a group of sisters helped her win her freedom and she joined their order, the Canossian Sisters. She now had

a new family and was given a new name, Josephine. At the convent Josephine Bakhita lived a very simple life. She loved being able to answer the convent door and people enjoyed talking with her and listening to her comforting voice. She always told the children: “Be good, love the Lord, and pray for those who don’t know him.” Years later St. Josephine Bakhita had forgiven her kidnappers and said if it wasn’t for them she would not have met the sisters and fallen in love with Jesus.

PATRONESS OF

Sudan

FEAST DAY

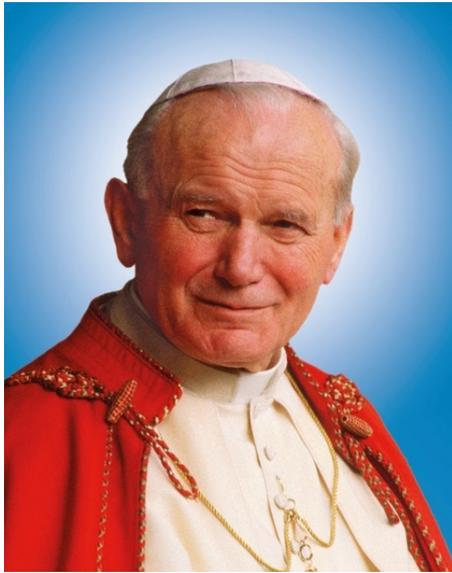
February 8

PRAY TOGETHER

St. Josephine Bakhita, pray for us.



ST. POPE JOHN PAUL II



On May 18, 1920 in Poland a baby was born whose name was Karol Josef Wojtyla. This baby would one day become pope! Karol lost his mother when he was just 9 years old and his brother when he was only 12. His grief helped him to understand others. He loved sports and played goalie for his team. He enjoyed the outdoors and loved acting in plays. His life took a big turn when he was hit by a truck in Nazi Germany. As he was recovering in the hospital, he decided

he must become a priest. He was able to escape and hide out with an archbishop until the war passed and he could begin seminary. During this time, Karol found a Jewish war refugee who was trying to reach her parents, but she had collapsed from hunger. He gave her food and helped her get on a train to return home. Can you imagine this woman turning her television on one day and seeing that the kind man who had helped her was now elected pope, and took the name John Paul II. Pope John Paul II gave his whole life to God and the people he served. He was especially loved by young people who felt that he really listened to them and respected their opinions.

PATRON OF
World Youth Day

FEAST DAY
October 22

PRAY TOGETHER
St. Pope John Paul II, pray for us.



ST. FRANCES CABRINI



St. Frances Cabrini was the youngest of 13 children. Her parents were farmers, and as a child she would take visits to see her uncle who was a priest nearby. He happened to live by a river and she would make small paper boats and fill them with violets. She would call the flowers “missionaries” and she would send the boats to India and China. Frances would later become a religious sister and the founder of the Missionary Sisters of the Sacred Heart of Jesus. These sisters established many schools to teach about Jesus and eventually landed themselves in the United States. Frances helped open schools, orphanages, and hospitals in large cities like New York and Chicago. In total, she founded 67 missionary institutions to serve the sick and poor. After her death, she became the first United States citizen to be declared a saint by the Catholic Church. The Missionary Sisters who followed in her footsteps eventually landed in China to share their faith. Frances’s small paper boat so many years ago had led the way.

PATRONESS OF
Immigrants and hospital
administrators

FEAST DAY
November 13

PRAY TOGETHER
St. Frances Cabrini, pray for us.



ST. TERESA OF THE ANDES



St. Teresa of the Andes was born to a well off family in Santiago de Chile. As a young girl, she was known to be self-centered, stubborn, and often had outbursts of anger. As she grew, she began to enjoy singing, dancing, and horseback riding. Juanita, as many called her, was influenced by the religious sisters who taught in her school. During her summers, Juanita created her own backyard camp for children where she would teach them about Jesus and even developed a choir. She especially had a heart for the poor

and tried to help them in whatever way she could. Juanita entered the Carmelite order to become a religious sister. She took the name Teresa of Jesus in order to be even closer to him. Teresa loved her life in the convent and once wrote in a letter: “It is impossible to imagine how happy I am. I feel peace and such joy. I tell myself that if people in the world would see this happiness, all would run to shut themselves in convents.” Everyone who interacted with Teresa loved to hear the way she talked about God. They looked at her as a beautiful example and would often seek her support and advice. Unfortunately, Teresa had many health problems and died at the age of 19. In her short life she was able to radiate the joy of Jesus to many.

PATRONESS OF
Young people

FEAST DAY
July 13

PRAY TOGETHER
St. Teresa of the Andes, pray for us.



ST. DOMINIC SAVIO



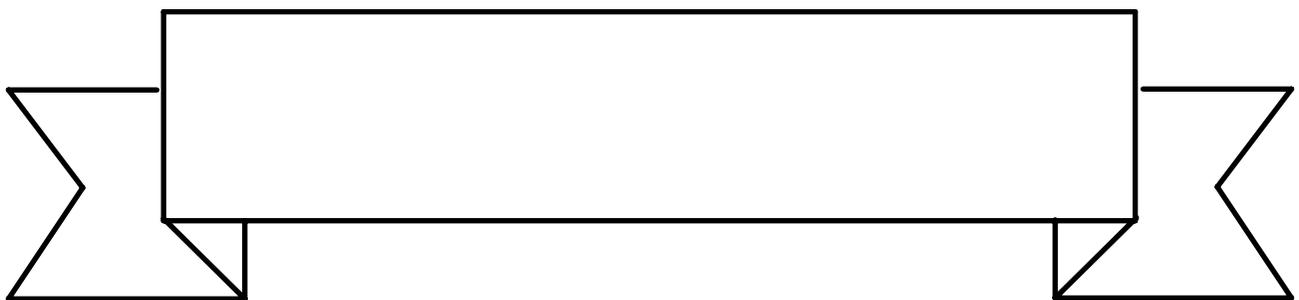
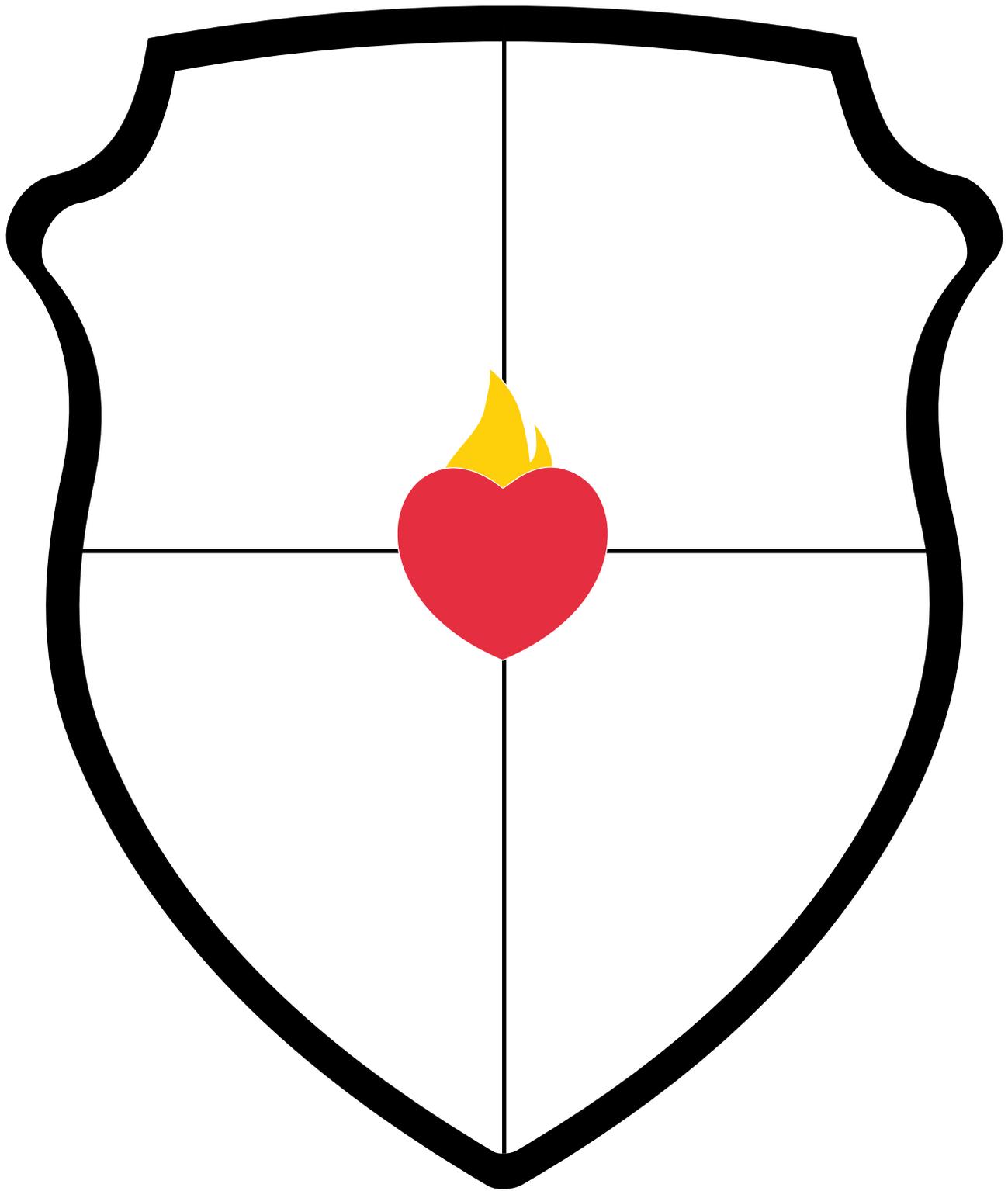
St. Dominic Savio was born into a poor family in Riva, Italy. As he grew, he got to know John Bosco (now St. John Bosco) and wanted to help him in his work with neglected and troubled boys. Young Dominic was an organizer and started a group that prayed, did manual labor, and helped in various ways serving the orphans and young boys. Dominic also loved to serve at Mass and could often be found waiting outside for the priest to open the church. Dominic knew he was different than most boys his age and was always afraid he would do something to get laughed at. He stayed committed to his deep faith and would always say: "I can't do big things. But I want all I do, even the smallest thing, to be for the greater glory of God." Dominic died very early at age 14. Some thought Dominic was too young to be named a saint, but it was decided that the opposite was true. He was named St. Dominic Savio in 1954. His strong faith, service to others, and belief in what he knew God had made him for, is an inspiration for both the young and old!

PATRON OF
The falsely accused
and troubled youth

FEAST DAY
March 9

PRAY TOGETHER
St. Dominic Savio, pray for us.





SHIELD INSTRUCTIONS

At the bottom is a place for a family motto. This is one line that you can point to as a family, that can sum up who you are together. It can be a quote, a few words to a song, or a short statement. (Some ideas: better together, no one ever left behind, faith and family first, we do hard things, etc.)

In the top right quadrant, you will write some of your family favorites. Favorite things to do together, favorite meal, favorite holiday, favorite vacation spot, sports teams, pets, etc.

In the top left quadrant, you will write or draw each family member's name or a small picture and a gift or quality you see in each of them.

In the bottom right quadrant, you will write or draw a picture showing something that is very important to your family and that you care deeply about. (Some ideas: faith, the poor, being kind, nature, prayer, music, service, etc.)

In the bottom left quadrant, you will write or draw the name (could be one or two) or a small picture of someone who you all really look up to. Also write what qualities they live out that you admire, try to practice.