

ASSESSMENT LINKS

CHOSEN - TRADITIONAL

The videos for each lesson may be found [here](#). You will first need to create an account. Please contact Kathy Petley at yffca@mshj.org for instructions to create an account. Please record your account information and keep it in a safe place.

After you have completed the lesson, you must also submit your work to our office using the links below. **Please note that your answers to the questions after each video are not sent to our office and you must also complete the assessments below.** If you attended class on the date listed, you do not need to complete the lesson.

May God bless your journey to Confirmation. Remember, you are Chosen!

9/10/25	Chosen 1 & 2	1/7/26	Chosen 13
9/17/25	Chosen 3	1/14/26	Chosen 14
9/24/25	Student & Parent Mtg.		Service Projects due!
10/1/25	Chosen 4	1/21/26	Chosen 15
10/8/25	Chosen 5 Bob	1/28/26	Chosen 16 Bob
10/15/25	Chosen 6	2/4/26	Chosen 17
10/22/25	Chosen 7	2/11/26	Retreat Class
10/29/25	Chosen 8	2/18/26	Mass & Bishop Zubik's Confirmation Prep Videos
11/5/25	Chosen 9 Bob	2/25/26	Chosen 21
11/12/25	Sponsor Meeting & Christmas Stocking Project	3/4/26	Chosen 23
11/19/25	Chosen 10	3/11/26	Chosen 24 & MSHJ Talent Treasury
	Chosen 11	3/18/26	TBD— Chosen 19
12/3/25	Saint Reports due! Chosen 12	3/25/26	TBD— Chosen 20
12/10/25	Chosen 18 Bob		
12/17/25	No Class- CVOL at Home		

WHY AM I HERE? WHAT MAKES ME HAPPY?

CHOSEN 1 AND 2

Chosen 1

What Are You Looking For? (video 1)

- 1) Do you ever think about where you are going in life, what you are looking, and how your journey ends? _____
- 2) If you answered no to #1, what are some of the reasons or distractions that keep you from thinking about these things?

Write down the top five goals you want from life.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Pick one and describe how you believe that achieving this goal will lead to happiness and fulfillment.

Beginning the Journey (video 2)

- 1) When asked about what they wanted out of life, what was the common theme among all the different answers? _____
- 2) In John 15 Jesus states, "I have told you this so that my _____ may be in you and your _____ may be complete."
- 3) At the very end of the video, Chris Stefanick says "That whether you know it or not, you are _____."



In this lesson, we discuss our goals in life. We discuss people that we admire and some whose lives should not be imitated. We then consider that everything we need in life is ultimately found in God.

Happiness

- Happiness depends upon understanding who God created us to be.

Role Models

- Godparents and sponsors are to be models of faith.
- Modern witnesses are important to the Church. Who is one you know (maybe your sponsor) and what makes them a good witness of the faith? _____

WHY AM I HERE? WHAT MAKES ME HAPPY?

CHOSEN 1 AND 2

Chosen 2

The Goal of Life (video 1)

- 1) Everyone wants to be _____.
- 2) The *Catechism* calls heaven the state of supreme, definitive happiness. What conclusion can you draw by combining this with your answer to # 1? _____

Is There Something More? (video 2)

- 1) Leah quotes Pope Benedict XVI, "The world offers you comfort. But you were not made for comfort. You were made for _____."

Are We on Our Own? (video 3)

- 1) T/F—Brian says that the source of all happiness may ultimately be found in God.



My challenge for this week is (page 11):

These answers are on pages 12-13.

- 1) 1 John 4:8 states, "God is _____."
- 2) _____ loved us enough to give his own life for us. We are called to this type of unselfish love and our lives should remind others of the amazing, unlimited love of God.
- 3) The ultimate love is expressed in the willingness to _____.
- 4) 1 Peter 2:9 states that we are _____.
 - a. a chosen race
 - b. a holy nation
 - c. God's own people
 - d. all of the above

How *cool* is it that the *same* God that created *mountains* and *oceans* and *galaxies* looked at *you* and thought the *world* needed *one of you too*.



A LOOK AT SALVATION HISTORY

CHOSEN 3



In this lesson, you will learn about salvation history (God's good creation, evil and sin entering the world, and God's plan to redeem us.) This plan centers on Jesus Christ and the Church he established.

Creation and the Fall (video 1)

T / F—Before anything existed, God was.

We believe in the Blessed/Holy Trinity or _____ God in _____ divine Persons.

T / F— God is good and created all things good.

T / F—We are created in God's image and likeness.

T / F—From the first moment of the first sin (or the Original Sin) God promised the world that He would give us a redeemer, that He would rescue us.

T / F— The Old Testament stories show God revealing Himself to mankind.

Jesus' Divine Rescue Mission (video 2)

The Angel Gabriel told Mary that she would be the mother of the Son of _____. This mystery is called the Annunciation. "After giving her consent to God's word, Mary becomes the mother of Jesus by the power of the Holy Spirit." (CCC, p.866)

Unlike Eve, who disobeyed God, _____ said "yes" to God's plan, and by her obedience, she became the "New Eve."

T / F—Jesus is fully God and fully human, Jesus is God.

Jesus revealed the awesome truth to us that God is _____.

Vocabulary

Holy Trinity- The mystery of one God in three Persons: Father, Son and Holy Spirit. (CCC, Glossary)

God the Father—Creator

Jesus, God the Son—Savior

God the Holy Spirit –Gives us courage to live our faith

Free Will- The God given ability to choose or make decisions on your own without being forced to choose or act in a certain way. (*The Church*, p. 64, Harcourt)

Saints -A person who led a holy life giving God glory and enjoys eternal life with God in heaven. (*Kingdom of God*, p. 64, Harcourt)

A LOOK AT SALVATION HISTORY

CHOSEN 3

A Kingdom on Earth (video 3)

Jesus came to die for us and also to establish a _____.

Jesus promised the twelve apostles that he would send the Holy Spirit to guide them. For this reason, the Church is both human and _____.

Jesus promised a helper to the Church who would guide them to all truth. This helper, the _____ came to the Church on **Pentecost**. Filled with Christ's power, they immediately began to spread the Gospel.

_____ are men and women the Church recognizes for their heroic virtue. They are witnesses, intercessors, and examples of faith.

Apply it! Despite our Fallen human nature, human beings are still good - we are created in God's image! We are worth saving! The Father sent His only begotten Son to die for our sins so that we can become children of God. The Old Testament stories show us God's fatherly love for us:

- Noah's Ark – reveals the ugliness of sin but that God always provides a way out
- Abraham – because he put his trust and faith in God, not only was he blessed, but he blessed everyone else around him
- Moses – even though he had a broken life and a broken past, God was able to use him to bring his people into a covenant (or sacred agreement) with Himself
- King David – even though he made mistakes and sinned, God called him to be a great king - David had a heart just like the Father's
- Queen Esther – a young woman living in a far-off foreign land who put her own life on the line when her people's lives were in danger just like our God did when He sent Jesus

Pick one of these revelations about God or another favorite from Salvation History and explain why it is meaningful to you _____

You will soon pick two humans to share your faith journey. One will be an earthly companion, your sponsor, and the other will be your heavenly companion, a Saint who will be an example for you and intercede for you in heaven. Please start thinking about who these companions will be.

See the Sponsor information form for more information about sponsor eligibility.

Hero Quest! To familiarize you with some Saints, go to p. 20 in your book. At the end of each chapter, there is a profile of a Saint. Flip through the book and find a Saint that matches each of these categories:

Whose memorial or feast day occurs in the same month as yours? _____

Who is the patron of something related to your personal interests? _____

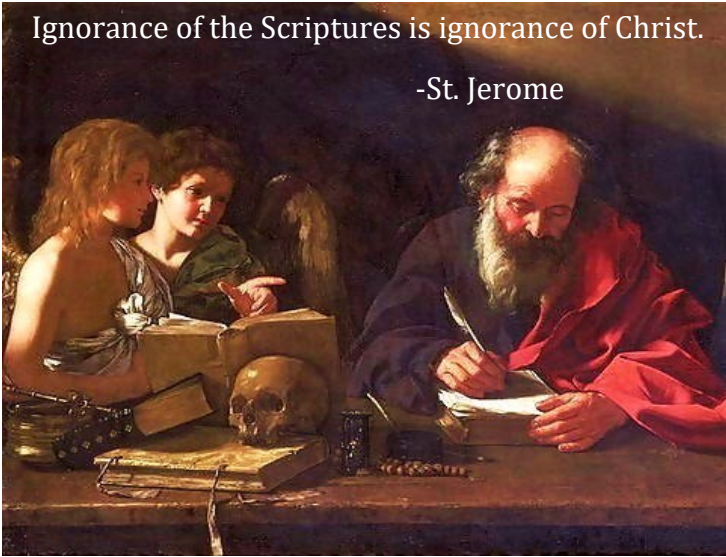
To whom do you feel a particular devotion? _____

HOW DO I KNOW GOD IS REAL?

CHOSEN 4—UNDERSTANDING DIVINE REVELATION

Ignorance of the Scriptures is ignorance of Christ.

-St. Jerome



Our Response to God(video 3)

T / F—We respond to divine revelation with the gift of faith.

T/F—Faith is an ongoing decision.

List some ways to grow in faith: _____

Apply it! Review and think about Saint Thomas's Five Ways (see the back of this page).

Evidence for God (video 1)

T / F—Creation reveals that God exists and tells us about God—He is beautiful and unchangeable.

T / F—We can know **that** God exists from creation, but He must reveal **who** He is. He did this because He wants to be close to us.

T / F—God is a Trinity of Persons—One God in three Persons.

The fullness of divine revelation is found in _____.

Scripture & Tradition(video 2)

T / F—Jesus started the Church, entrusting the 12 apostles with what he revealed and giving them the authority of God to govern the Church.

T / F—The apostles passed down their authority to the bishops throughout time continuing on to the bishops today.

Both _____ and Sacred Scripture form the deposit of faith, God's revelation to us.

T / F—God speaks to us through his Bible and is its the primary author.

Vocabulary

Bible – Sacred Scripture—The holy book containing God's Revelation that was composed by human authors inspired by the Holy Spirit.

Faith—Believing in God and all that He has revealed. Faith is both a gift from God and a free, human choice. (*Revelation*, p. 64, Harcourt)

The Bible

Old Testament

46 Books

New Testament

27 Books

Gospels

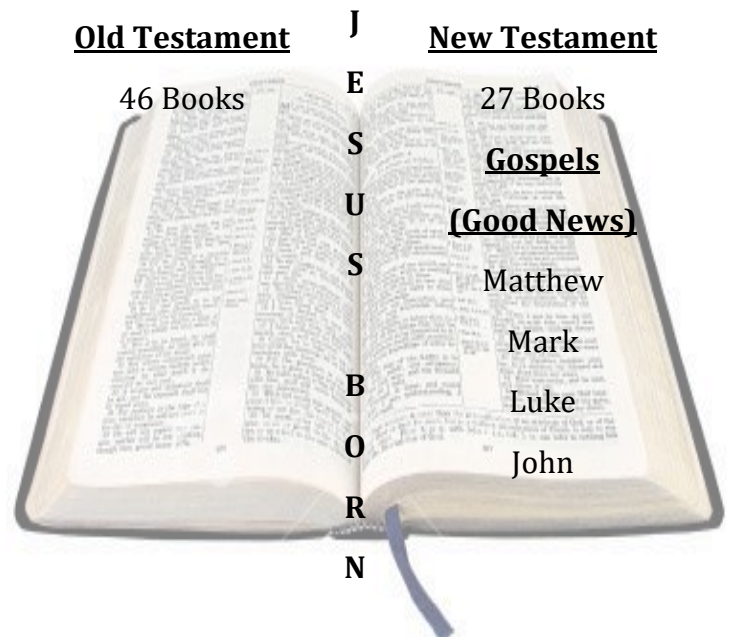
(Good News)

Matthew

Mark

Luke

John





HANDOUT FOR ACTIVITY 3

ST. THOMAS AQUINAS' FIVE WAYS

In St. Thomas Aquinas' masterwork *Summa Theologiae*, he puts forward five ways to demonstrate God's existence. For each of them, he asks a question, states objections, gives an answer, and then answers the objections. Don't panic! For our purposes, his five ways have been distilled into a sentence or two so that you can get the essence and think about them for yourself. (For a much fuller picture of these arguments check out St. Thomas Aquinas' *Summa Theologiae*, I, Question 2, Article 3.)

1. *Motion*: Everything that is in motion is put into motion by something else. There cannot be an infinite chain of movers, so there has to be a first mover who put everything in motion.
2. *Efficient Causes*: An efficient cause is the "who" or "what" that brings something into existence or changes it. Everything has an efficient cause, but again, there cannot be an infinite chain of efficient causes, so there has to be an uncaused cause that causes everything else.
3. *Contingency*: Everything that exists is dependent on something else. In other words everything that is, might not have been. For anything to exist in the first place though, there has to be something that must exist, a necessary being.
4. *Gradation of being*: We innately see that there are good, better, and best things. There must be a standard of good to which things ascend, a perfection. That ultimate perfection would be God.
5. *Design*: Things move toward a goal, and not by chance. Most of those same things do so without thinking about it. Something directs this reality, just like an archer directs arrows to the bullseye. That something is God. (Note that this argument is not the same as the scientific theory called intelligent design and does not oppose evolutionary ideas.)

Answer the following questions as responses to St. Thomas' five ways:

1. Which, if any of these, immediately jumps out at you as compelling or striking? Why do you think so?
2. If you had to add another argument or demonstration to the list, what would it be?
3. Have you ever had an experience that reminds you of any of these ideas? Describe it here.
4. To understand the argument from contingency it is good to ask the question, "why does anything exist at all?" How would you answer that question?
5. What particular things in nature have you observed that suggest God's existence?

THE PERSON AND MISSION OF CHRIST

CHOSEN 5

Who Do You Say That I Am?-(video 1)

Which apostle said: “You are the Christ, the son of the living God?” _____

Evidence for Jesus-(video 2)

According to St. Paul, how many witnesses saw the risen Christ with their own eyes? _____

Who is the only apostle to see the risen Lord who did not die a martyr? _____

What is the best proof of Christ’s resurrection?

Why Did Jesus Come To Us?-(video 3)

What does the Catechism tell us are the four reasons Christ came into the world?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Vocabulary

Jesus -God the Son—Savior—The second Person of the Holy Trinity.

Incarnation – The mystery that the second Person of the Blessed Trinity, the Son of God, assumed human nature and became man while remaining God; Jesus Christ is both true God and true man. (*Trinity*, p.64, Harcourt)

Messiah – A Hebrew word meaning “anointed”. **Christ** is the Greek translation of *Messiah*. It became the name proper to Jesus because he accomplished perfectly the divine mission of priest, prophet and King, signified by his anointing. (*CCC*, Glossary)

In the early Church, it was difficult to be a follower of Jesus. As a teen today, what do you think is the hardest part of following Jesus?

We are called to continue Christ’s mission of forgiving, healing and reconciling one another. What is one way you can continue Christ’s mission?



For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

John 3:16

WHY BE CATHOLIC?

CHOSEN 6—DISCOVERING THE CHURCH JESUS FOUNDED



Christ Handing the Keys to St. Peter, by Pietro Perugino (1481–82)

The One True Church (Video 1)

Christians have been professing the faith in the Creed for _____ years.

T/F—The Church's Creed is known as the Profession of Faith because it lists line by line what we believe.

The Creeds answer doctrinal questions and are founded in the beliefs of the early Church.

The Marks of the Church:

1) _____ (Jesus is her source, soul and founder.)

2) _____ (Christ and the Holy Spirit are present in her.)

3) _____ ("Universal," possesses the fullness of the means of salvation.)

4) _____ (Founded on the apostles, continues to be governed by their successors.)

The leader of the Church is the _____, the successor of Peter.

Jesus gave the "keys to the kingdom" to _____, appointing him to lead the Church.

Which of the three Persons of the Holy Trinity is considered to be the guardian and protector of the Church? _____

Vocabulary

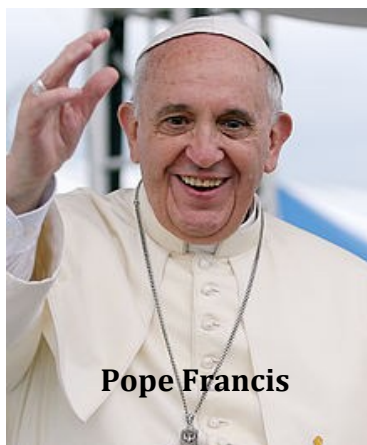
Infallible – The quality of being free from error. (A teaching is infallible when the pope, as head of the magisterium, speaks officially on a matter of faith or morals that is to be believed by everyone in the Church.) (*The Church*, Harcourt, p. 64)

Apostolic Succession – The authority to lead and teach the Church can be traced through the centuries from the Apostles to their successors, the bishops. (*The Church*, Harcourt, p. 64)

The current Pope is :

The current Bishop of the Pittsburgh Diocese is :

The Pittsburgh Diocese also has two auxiliary bishops, the Most Reverend William J. Waltersheid and the Most Reverend Mark A. Eckman. Any of these three bishops may confirm you. The Most Reverend William J. Winter is retired and resides and serves in our diocese.



Pope Francis



Bishop David Zubik

THE PROFESSION OF FAITH

CHOSEN 6—DISCOVERING THE CHURCH JESUS FOUNDED

Apostolic and Catholic (Video 2)

T/F—The Church is apostolic because it follows the teachings Jesus gave to the apostles, who passed it on to their successors (i.e., the bishops).

The teaching authority of the Church is called the _____.

The word “infallible” means without _____.

The word “catholic” means _____.

The Church’s God-given mission is to spread the _____ to the world. The priest sends us with this mission at the end of every Mass.

- Magisterium - Pope and bishops together. When they teach definitively, they enjoy infallibility.

The Church is Holy (Video 3)

T/F—The Church as a body is holy despite the imperfection of her members who may not be living the faith they profess.

The Church is _____ because she is both a visible and invisible reality guided by the Holy Spirit.

T/F—The invisible reality DOES NOT include all the saints in heaven praying for us.

- All Christian Churches form the People of God; linked with the Roman Catholic Church.
- Catholic Church has the full Teaching of Christ and full means of salvation, other Christians share in elements of unity.

Apply it! You are a part of the visible reality of the Church, and as a member, participate in Her mission. What is one way you can be involved in Her mission?

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic
and apostolic Church.
I confess one Baptism for the forgiveness of
sins
and I look forward to
the resurrection of the dead
and the life of the world to come.

Amen

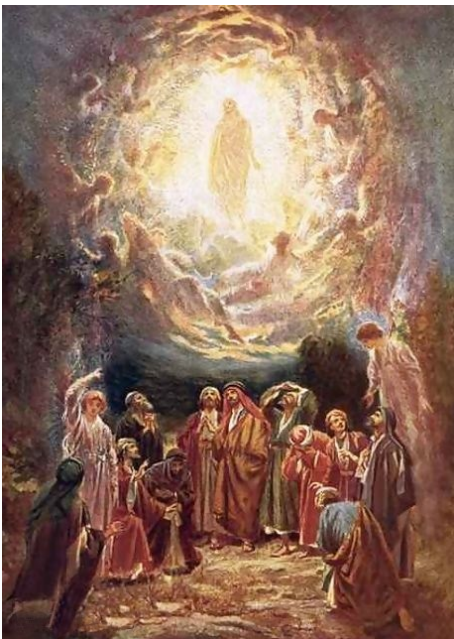
<https://www.usccb.org/prayers/nicene-creed>

A LOOK AT THE LAST FOUR THINGS

CHOSEN 7

STOP! Read this first! This lesson is about the four last things—death, judgment, heaven, and hell—subjects Jesus taught about and the Church continues to teach. Thinking about death, judgment and eternity can be uncomfortable or even frightening. However, thinking about our final end can also help us to make the most of our lives. If we keep our eyes clearly fixed on our end goal, we can make choices that help us get there.

Reflect on an important goal you had or have—to achieve that goal, didn't you make choices that helped you get achieve it? (Practicing to improve a skill, studying to pass a test) God wants you to spend eternity with Him in Heaven. That is our goal. The choices we make will either help us achieve this goal or turn us away from it. God is merciful and wants us to succeed. He offers us graces, especially through the Sacraments, to help us along the way. Our ability to choose good is empowered by the Holy Spirit. Our hope is based on the belief that Jesus triumphed over evil.



<http://www.marysrosaries.com/collaboration/images/9/9d/Jesus-ascending-into-heaven-001.jpg>

Vocabulary

Soul– The spiritual part of a human that lives forever.

Free Will- The God given ability to choose or make decisions on your own without being forced to choose or act in a certain way. (*The Church*, p. 64, Harcourt)

Sin – deliberately breaking God's laws. Sin is a deliberate thought, word, deed, or omission contrary to the God's plan that offends God and harms ourselves and others. (*Chosen*, p. 246, Ascension Press)

Venial sin - sins that damages but does not destroy our relationship with God. A venial sin wounds but does not destroy the divine life in the soul. Unlike mortal sin, which can normally be forgiven only in the Sacrament of Reconciliation, venial sin may be forgiven by a worthy reception of the Eucharist. (*Chosen*, p. 247, Ascension Press)

Mortal sin - a grave sin that breaks and destroys our relationship with God. A mortal sin occurs when a gravely sinful act is committed with full understanding and consent of will. If not repented, it deprives the soul of sanctifying grace, which is needed to enter heaven. (*Chosen*, p. 247, Ascension Press)

Where Am I Going?-(video 1)

Christian hope is based on the belief that _____ triumphed over evil.

T/F—It was due to man's sin that death entered the world.

T/F—Our individual choices do not impact other people.

At the end of our lives we will experience _____ judgment.

T/F—Only souls destined for heaven may be found in purgatory.

A LOOK AT THE LAST FOUR THINGS

CHOSEN 7

Heaven and Hell-(video 2)

T/F—Jesus taught about the reality of hell.

T/F—Mortal sins destroys our relationship with God. (Hint: see vocabulary on other side)

T/F—God is merciful and wants us to be with Him forever. (Hint: see “STOP! ...on other side)

T/F—The sacraments can help us to return to a life of grace when we have sinned.

The *Catechism* calls heaven the state of supreme, definitive _____.

T/F—Our souls will be united with our resurrected body in eternity.

In this lesson, we talked about the how choices I make today will affect and impact my future. Not only do the choices I make affect me individually, they impact other people collectively. The reality is that we are going to have to give an account for the things that we have done and have not done, at our “particular judgment.” The Catholic Church invites us to think about this on a regular basis. How I live my life right now will impact my eternal destination. Ask yourself, “Where am I heading with the choices that I’m making right now?”* Based on your answer, what steps can you take to stay strong or change direction? _____

Purgatory-(video 3)

T/F—Our choices have consequences. We are responsible for our use of free will and must take ownership for our personal choices.

T/F—Jesus died to free us from the slavery of sin.

T/F—Our sins do not affect other people.

_____ is a state for those that need to be purified before they enter heaven.



3 THINGS YOU MAY NOT KNOW **ABOUT PURGATORY**

IT MAKES US IMAGES OF CHRIST

It isn't a punishment. Rather, it's a state of purification to make us "perfect images of Christ".

WE NEED TO PRAY FOR THE SOULS IN PURGATORY

This process of purification can be long and painful, so we need to pray for them - always.

THE SOULS IN PURGATORY CAN PRAY FOR US

Though they can't pray for themselves, as members of the body of Christ, can pray for us.

PRAYER FOR THE SOULS OF THE DEPARTED

V. Eternal rest grant unto them, O Lord.
R. And let the perpetual light shine upon them.
And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.



CatholicLink

The Catholic Church will help us on our journey towards the love of God. God want us to be with Him forever and we all need His mercy. Receiving Reconciliation and Eucharist brings us healing, strength and helps us to make good choices. The Sacraments give us the grace to be strong in the Lord.*

You are loved and made for something more! *

*notes from *Chosen* videos.

THE POWER AND THE PURPOSE OF THE SACRAMENTS

CHOSEN 8

Go to page 73 and read about “grace.”

T/F—Grace is God’s gift of his life to us.

T/F– Grace is a gift; we do not deserve it. We must accept and cooperate with grace in order for it to become effective.

The Gift of Grace (Video 1)

Through _____ we become adopted sons and daughters of God.

- The Church is a family of faith called to holiness through baptism .
- The communion of saints is the community of all believers, living and dead. Godparents and sponsors represent the Christian community and are to be models of faith.
- The Christian life is one of continual conversion from sin to a life of grace.

What is a Sacrament? (Video 2)

There are _____ sacraments.

T/F- The sacraments are visible signs instituted by Jesus himself by which we meet Christ and receive his grace.

T/F—Sacraments are not mere signs, but are efficacious and give us God’s grace.

The sacraments were entrusted to _____.

- The sacraments are a continuation of Jesus’ ministry and presence to the world and a gift of strength and life to His people the Church.
- Christ acting in the Church is the ultimate celebrant of every sacrament.
- The “seven sacraments touch all stages and important moments of a Christian’s life.”

Vocabulary

Grace – God’s gift of His life to us (Chosen, p. 73). The free and undeserved gift God gives us to respond to our vocation to become his adopted children. (CCC, Glossary)

The Seven Sacraments—Video 3 (See also definitions on pages 243.)

The three Sacraments of Initiation “lay the foundations of every Christian’s life,” and make us full members of the Church (CCC 1212). What are they? _____

This Sacrament is the source and summit of our Christian life; the very Body, Blood, Soul, and Divinity of Jesus Christ is uniquely present (CCC 1324, 1374). _____

The two Sacraments of Healing are _____

The two Sacraments of Service are _____

Go to page 70 and read about St. Therese of Lisieux. St. Therese of Lisieux is the patron saint of missions, known for her “_____ way” of holiness.

WHEN DID MY JOURNEY BEGIN?

CHOSEN 9

Actions Have Consequences (video 1)

Before the Fall, Adam and Eve lived in a graced state the Church calls _____.

Through the Fall of Adam and Eve, we have inherited Original _____.

God gave us _____; our actions have consequences.

God wants to restore you as his rightful heir so that you may have _____ with Him forever.

What is Baptism? (video 2)

_____ completes the grace you were given at Baptism.

- Baptism washes away effects of Original Sin and infuses you with God's divine grace.
- Baptism also results in forgiveness of personal sins.
- Baptism does not remove the inclination to sin (concupiscence).
- Baptism makes us members of the Church. (CCC 930). Baptism marks our birth into new life and our becoming a child of God.

Baptism leaves an _____ mark (permanent) on our soul that unites you to Christ and His Church forever.

Vocabulary

Baptism - the first Sacrament of Initiation, gives us to share in God's divine life through sanctifying grace, which cleanses us of Original Sin, any personal sins (if received after the age of reason), and the punishment due for sin. It unites us to the Death and Resurrection of Jesus Christ, indelibly marks our souls as belonging to God, and imparts the theological virtues and Gifts of the Holy Spirit.



The Symbols of Baptism? (video 3)

At Baptism, the white garment represents _____.

The oil used at both Baptism and Confirmation is _____.

- Through Baptism, each of us shares in Jesus' mission as priest, prophet and king. We offer our lives and prayer to God, show others the Good News through our words and actions, and serve and lead others (*Trinity*, Harcourt Publishing p. 47).

Look at pictures from your baptismal day. How many symbols of Baptism can you find in the pictures? _____ What are they? _____

Ask someone who was at your Baptism to tell you about that day. Write about the most special memory they shared. _____

SACRAMENTS OF HEALING

CHOSEN 10 - THE HEALING POWER OF CONFESSION

Sacraments of Healing:

Sacrament of Reconciliation (or Confession) - The sacramental celebration in which, through God's mercy and forgiveness, the sinner is reconciled with God and also with the Church (*Sacraments*, p. 64, Harcourt Publishing).

- An examination of conscience will help us make a good confession.
- Individual, integral confession of grave sin followed by absolution remains the only ordinary way for the faithful to reconcile themselves with God and the Church (CCC 1484, 1497). In other words, after committing a mortal sin we are required to make a sacramental confession which includes contrition, confession, penance and absolution (*Sacraments*, pp. 35-36, Harcourt Publishing).

Hitting the Goal-(video 1)

1. The _____ are God's "rules" that allow us to be truly free.
2. Father Mike Schmitz says God's plan for your life is that you _____ Him, that you _____ Him, and that you serve Him in this life in such a way as to live with Him forever in the next. (see the *Catechism of the Catholic Church*, 1)

What is Sin-(video 2)

What are the three requirements for a sin to be mortal?

1. _____
2. _____
3. _____

T/F—The Church distinguishes between private and public sin because some sin only affects us personally.

Review the Examination of Conscience given to you.

Vocabulary

Sin – deliberately breaking God's laws. Sin is a deliberate thought, word, deed, or omission contrary to the God's plan that offends God and harms ourselves and others. (*Chosen*, p. 246, Ascension Press)

Venial sin - sins that damages but does not destroy our relationship with God. A venial sin wounds but does not destroy the divine life in the soul. Unlike mortal sin, which can normally be forgiven only in the Sacrament of Reconciliation, venial sin may be forgiven by a worthy reception of the Eucharist. (*Chosen*, p. 247, Ascension Press)

Mortal sin - a grave sin that breaks and destroys our relationship with God. A mortal sin occurs when a gravely sinful act is committed with full understanding and consent of will. If not repented, it deprives the soul of sanctifying grace, which is needed to enter heaven. (*Chosen*, p. 247, Ascension Press)

SACRAMENTS OF HEALING

CHOSEN 10 - THE HEALING POWER OF CONFESSION

Read “Any Questions” on page 94 of your book.

1. Who breathed on the apostles and gave them the authority to forgive sins? _____
2. What or who did the apostles receive when he breathed on them? _____

The Power of Confession-(video 3)

1. What did Father Mike Schmitz say you should do before going to confession to help you prepare?

2. During confession, we must confess **all** of our _____ sins in number and kind.

RITE OF RECONCILIATION

You may choose face to face or behind the screen.

PENITENT: In the name of the Father, and of the Son, and of the Holy Spirit. Amen. It has been _____ since my last confession. *(Tell your sins to the priest and then say:)*

This is all I remember. (or) I am sorry for these and all the sins of my past life.

PRIEST: Talks to you, asks you to say a prayer or do something for someone.

PENITENT: My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

PRIEST: God the Father of mercies. . .I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

PENITENT: Amen. *(Make the sign of the cross.)*

PRIEST: The Lord has freed you from your sins. Go in peace.

PENITENT: Amen. Thank you.



SACRAMENTS OF HEALING

CHOSEN 11 – ANOINTING OF THE SICK AND REDEMPTIVE SUFFERING

Sacraments of Healing:

Anointing of the Sick – One of the Sacraments of Healing for people who are seriously ill, elderly, or in danger of dying. In the sacrament, the person's forehead and hands are anointed with the blessed oil of the sick (*Sacraments*, p. 64, Harcourt Publishing). A person may receive this sacrament more than once.

The Problem of Suffering (11.1)

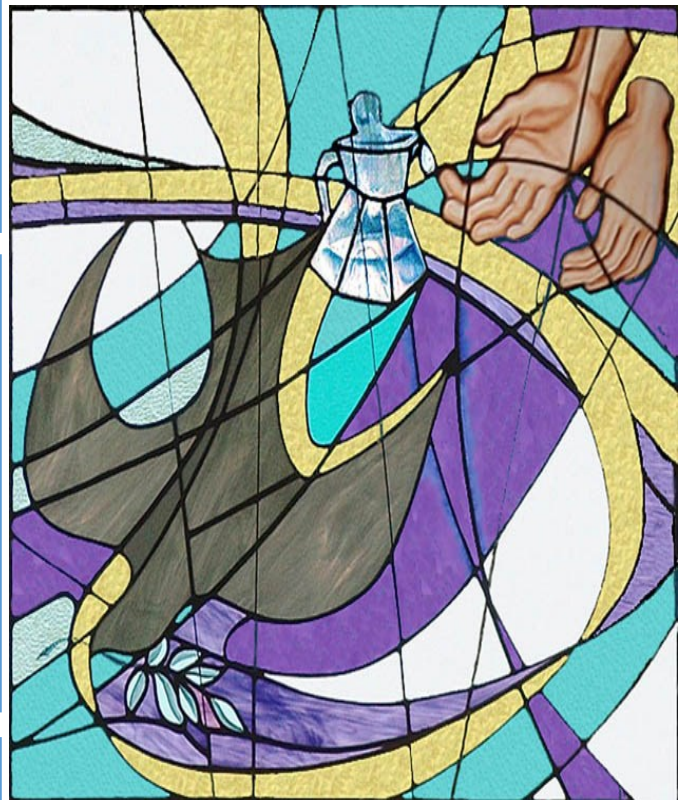
1. T/F—Suffering was part of God's creation from the beginning.
2. This name means "God is with us" - even in our suffering. _____

God Is With Us (11.2)

1. When we allow our suffering to be joined with the sufferings of Jesus, our suffering is made___.
A. purified (Select one)
B. unified
C. redemptive
D. collective

The Anointing of the Sick (11.3)

1. The Anointing of the Sick confers a special grace on those who receive it, especially those in danger of death due to serious _____.
2. T/F—A person can receive the sacrament of the Anointing of the Sick more than once.
3. Which book of the Bible speaks of anointing those who are ill so that they might be healed?



In this stained glass window from St. Margaret Mary Church, the Dove with the olive branch symbolizes Reconciliation while the oil cruet and hands symbolize the Sacrament of the Sick.

SACRAMENTS OF HEALING

CHOSEN 11 – ANOINTING OF THE SICK AND REDEMPTIVE SUFFERING



Apply It! As a baptized member of the church, you are called to be a part of Christ's mission here on earth. In the midst of the pandemic, it is more difficult to perform service, but also more necessary. Many elderly are unable to socialize in the ways they used to and are feeling very alone. Perhaps you have a neighbor or family member that could benefit from a telephone call, some groceries dropped off, a card, or some outdoor chores being done for them. Look around! How can you be Christ to this person at this time? ***DO IT!***

Corporal Works of Mercy - kind acts by which we help our neighbors with their material and physical needs.

feed the hungry (Example—providing food to those in need)

shelter the homeless (helping others to have a better place to live in)

clothe the naked (giving clothing to those who need it)

visit the sick (helping the sick with their physical needs)

visit the imprisoned (helping the disabled, shut-ins, elderly and in jails)

bury the dead (respect and care for the deceased, for cemeteries and those grieving)

give alms to the poor (providing money and other assistance to the poor)

Spiritual Works of Mercy— kind acts by which we help our neighbors with their emotional and spiritual needs.

instruct the ignorant (teaching others)

counsel the doubtful (advise others, especially those who are unsure)

admonish the sinner (instructing others, especially about right and wrong and our Faith)

console the sorrowing (cheering others up)

forgive those who have injured us (forgiving, praying for and caring for our enemies)

bear wrongs patiently (being patient with others, especially those who have hurt us)

pray for the living and dead (praying for those on earth and those in purgatory)

WHO IS THE HOLY SPIRIT?

CHOSEN 12

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

Acts 2:1-4, *NAB*



Symbols of the Holy Spirit (Video 1)

The day the Holy Spirit descended upon the Apostles in the form of tongues of fire is called _____.

The Holy Spirit is the _____ Person of the Holy Trinity often signified using these symbols that can help us to learn more about Him.:

_____ is life giving. This reminds us of the water of _____ through which we are given sanctifying grace (birth into the divine life of God) and membership in the Church.

_____ gives light, energy and purifies.

- _____—reminds us to bring the light of Christ to the world The Holy Spirit empowers us to proclaim the Gospel.
- _____—Through the sacraments we are purified of our sins and given grace.
- _____—The Holy Spirit empowers us to continue Christ's mission through His Gifts.

_____ cannot be seen but presence can be felt. The Holy Spirit enlightens our choices, was sent by the Father and Son to live within us and unite us, and strengthens our relationship with Jesus.

The Holy Spirit:

- _____ from the Father and the Son (p 112).
- guides and teaches us. (Video 2)
- is the principle _____ of the Bible.
- The _____ of the Church, He guides, guards and protects Her.
- _____ us to live our faith. (Video 3)

What is one time in your life when you felt inspired by the Holy Spirit? _____

When did you last feel the Holy Spirit prompting you to do something (or not do something)?

GIFTS FOR THE JOURNEY

CHOSEN 13

The table below lists the gifts of the Holy Spirit and descriptions provided by the *Chosen* curriculum and the Diocesan videos featuring Bishop Zubik. You will view the Diocesan videos shortly before your Confirmation as a final preparation. The first four gifts help us to know God, the last three help us to love God.

The last column contains scenarios where using a Gift(s) of the Holy Spirit could help. After watching videos 1 & 2, draw a line from the Gift(s) to the scenario where using that Gift could assist you.

	Gift	<i>Chosen</i> Description	Diocesan Video Description	Situation:
Intellect	Wisdom 	Helps us to prioritize those things that we believe through faith.	<u>Means knowing the mind and the heart of God.</u> What God wants us to be able to know and to understand about Him.	You have a major test tomorrow.
	Understanding 	Helps us know <i>how</i> we live this life to be the saints we are called to be.	<u>Means getting to know who I am</u> (what are my gifts and my vices?) <u>so I can seek to become a holy person.</u>	You find yourself in the middle of a gossip conversation.
	Knowledge 	Helps us to know God and puts things in their proper perspective.	<u>Means coming to know more about God and the Church</u> through the Bible, the Sacraments, and the Magisterium.	You are dating and striving to practice chastity.
	Counsel or Right Judgement 	Right judgement to know something is good and right and will help me to become a saint.	<u>Means knowing the right thing to do in a situation.</u>	You encounter a poor person who asks for help.
Will	Fortitude or Courage 	Gives us the strength to live our faith.	<u>Means doing the right thing even when it is difficult.</u>	Your friend is going through a tough time and needs advice.
	Piety 	Piety helps us give God the reverence He is due and to treat the Church and the things of God with respect.	<u>Means learning more that sense of prayer, spirituality and holiness.</u>	You are feeling over-worked and stressed.
	Fear (Awe) of the Lord 	Fear of the Lord allows us to be in awe of the greatness of God and that our great God wants to love us. It is the beginning of wisdom.	<u>Having an awesome respect for God.</u>	You are at the Easter Vigil Mass and the Mass is long.

Apply It! The gifts of the Holy Spirit empower us to continue Christ's mission—to share the faith with others. Have you ever given someone a gift and he/she was ungrateful? How did that make you feel?

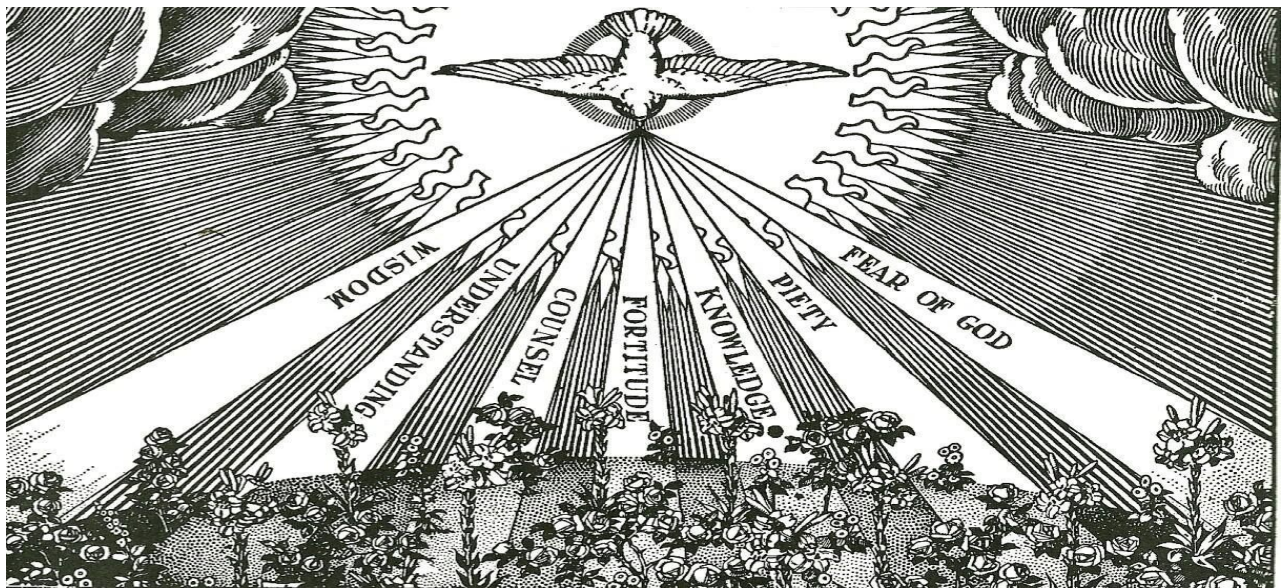
How would your life be better if you really opened yourself up to the gifts of the Holy Spirit?

List the gifts that are your strength:

List the gifts that you would like to strengthen:

What steps could you take to strengthen these gifts in your life?

Ask the Holy Spirit to show you how He wants you to use these gifts in your life. Then ask Him to help you fully unwrap and use these gifts now and after your Confirmation.



Remember, the *fruits* of the Holy Spirit (Charity, Peace, Joy, Patience, Kindness, Gentleness, Goodness, Generosity, Self- Control, Faithfulness, Modesty, Chastity) flow from the *gifts* of the Holy Spirit. The *gifts* and *fruits* of the Holy Spirit enable us to develop our talents as members of the Church and strengthen us to serve God as He wills. The *fruits* of the Holy Spirit are a demonstration of the *gifts* of the Holy Spirit working in you!

SEALED AND SENT IN CONFIRMATION

CHOSEN 14

In a few months, you will be confirmed! In the *Catechism of the Catholic Church* we learn that “...the effect of the sacrament of Confirmation is a special outpouring of the Holy Spirit as once granted to the Apostles on the day of Pentecost” (1302). Please take a moment to reflect on this powerful statement and ask the Holy Spirit how He wants you to use this grace in your life.

At Confirmation, we again receive the Holy Spirit or Third Person of the Trinity. When was the first time you received the Holy Spirit? _____

This sacrament:

- Enables us to develop our talents as members of the church. *Did you discover new talents this year?*
- Strengthens us to serve God. *How is God calling you to serve Him?*
- Empowers us with the gifts of the Spirit to share our faith with others as we continue the mission of Jesus. *Is there one person that might benefit from you sharing your faith with them?*
- The life, death and Resurrection of Jesus (or Paschal Mystery) triumphs over sin, through personal conversion we become “other Christs” to the world. *Could you be “Christ” to that person? How?*

Vocabulary

Confirmation – is a Sacrament of Initiation and completes Baptism. The Gifts of the Holy Spirit are increased to provide the strength to live out God's call to serve the Church in various ways, especially through faithful witness. (*Chosen*, p. 236, Ascension Press)

Chrism – Perfumed oil, consecrated by the bishop, which signifies the gift of the Holy Spirit. Chrism is used for [anointing] in the Sacraments of Baptism, Confirmation, and Holy Orders.

Some notes about the Sacrament of Confirmation:

- The bishop is the ordinary minister of Confirmation.
- The renewal of Baptismal promises affirms the connection between these two Sacraments of Initiation.
- When the bishop extends his hands, he is invoking the Holy Spirit
- The ancient liturgical gesture of imposing hands symbolizes the confirming of the divine power of the Holy Spirit
- The anointing with oil (chrism) symbolizes selection and strength as it did in biblical times.
- Bishop anoints you saying, “(Name), be sealed with the gift of the Holy Spirit.”
- Being marked with a sign of the cross is a reminder that we share in the life of Christ
- The “Amen” is the candidate’s personal affirmation of their desire to be a spiritual witness of Christ (or Christ’s presence) in the world.
- “...imprints on the soul an *indelible spiritual mark* ... which is a sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness” (CCC, 1304)



In this stained glass window from St. Margaret Mary Church, the descending dove and seven flames represent Confirmation .

ENCOUNTERING JESUS IN THE EUCHARIST

CHOSEN 15

The Liturgy

The liturgy is the official public worship of the Church (*Sacraments*, p. 64, Harcourt Publishing). In the liturgical celebration, we are joined to the heavenly liturgy. *Take a moment to imagine what this means. When you participate in Mass, you are joined with a heavenly army singing a hymn of glory to God!* (CCC 1326, 1090)

Shut your eyes and imagine yourself there!

What Happens at Mass? (video 1)

Have you ever thought of the Mass as a conversation between you and God? _____ How does thinking of the Mass as a conversation between God and you change the way you attend Mass? _____

T/F—The Eucharist is the source and the summit of the Christian life.

Walter's Story (video 2)

T/F—The ancient Jewish feast of Passover is a foreshadowing of the Mass.

Vocabulary

Transubstantiation – the process by which, through the power of the Holy Spirit and the words and actions of the priest, the bread and wine are transformed into the Body and Blood of Christ during the Eucharistic Prayer of the Mass (*Sacraments*, p. 64, Harcourt Publishing).

Eucharist – the Sacrament of Initiation during which the bread and wine become the Body and Blood of Christ and all who receive him in Holy Communion are brought closer to Him and one another (*Sacraments*, p.64, Harcourt Publishing).

The Eucharist and Love

- The Eucharist is a gift of pure love from Jesus to us.
- The power of Jesus' love is most apparent in the Eucharist.
- We must receive the gift of the Eucharist worthily. Serious impurities of heart, mind and action make us unworthy to receive Jesus in Communion.
- The Eucharist gives us the grace to live lives of chastity.

Preparing for Mass (video 3)

What are the practical tips Brian offers as ways we could better prepare for Mass?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

The Eucharist

- Greek "*eucharistia*" means "thanksgiving"
- The Eucharist is thanksgiving to God for all of creation.
- Christ is present completely under either form.
- The Eucharist is the memorial of Christ's Passover in the sense that it not only recalls, but also makes it present.
- The ultimate fruit of the Eucharist is the fullness of divine life and unity of the Mystical Body of Christ.
- We are called to become the living presence of Christ in the world.

SACRAMENTS OF SERVICE

CHOSEN 16—MARRIAGE, A SIGN OF GOD'S LOVE

What is Marriage?

1. The commitment of each spouse in a marriage must be free, total, _____ and fruitful.
2. The purpose of marriage?
 - A. procreation of children
 - B. education of children
 - C. mutual perfection and sanctification of spouses
 - D. All of the above
3. T/F— The sacrament of Matrimony is an image of Christ's love for the Church, a sign of God's love for us.

Tough Questions-(video 2)

1. T/F-An annulment is a decree that states that the relationship in question was not a valid marriage.

Free, Total, Faithful, Fruitful (video 3)

1. Fidelity is something we do with our _____.
 - A. Hearts
 - B. Eyes
 - C. Imagination
 - D. A, B, C
2. Page 152—The Church's unchangeable teaching on marriage and family life is based on_____.
3. Page 153—Marriage is an exclusive, indissoluble, and lifelong _____ between a man and a woman.

Holy Matrimony

In this lesson, we learned about Holy Matrimony. Here are some notes about marriage:

- The procreation of children, the mutual sanctification of the spouses, and the education of children are all "purposes" of marriage.
- Christ is present in the graces of the Sacrament of Matrimony to enable the couple to live out what might seem at times an impossible demand.
- Jesus taught that marriage is permanent and cannot be dissolved; the Church cannot change that teaching.

APPLY IT!

What characteristics do you think make a good spouse?* _____

List any of these characteristics you see in yourself:*

What steps can you take to develop the characteristics you feel are important in marriage, but do not yet see in yourself?* _____

Consider praying for your future spouse daily. You may ask God to help them grow in their faith or be strong in temptations. What are some other ways you could pray for them? _____

Complete one of the challenges on page 151 or support a married couple you know by praying for them, thanking them for their example or sacrifice, wishing them a happy anniversary, helping with chores or offering to babysit so they can have a "date night."

SACRAMENTS OF SERVICE

CHOSEN 17—HOLY ORDERS AND VOCATIONAL DISCERNMENT

This lesson and the next are about the Sacraments at the Service of Communion and Vocations. What does this mean? “God calls all of us to share in the life and mission of Jesus. A vocation is the purpose for which God made us, and a particular way to answer his call to service. The word vocation comes from the Latin word *vocare*, which means ‘to call.’ Our vocation helps us see how everything fits together in our lives. It shows us how God created us to love, serve, and work with each other. Our vocation comes from the grace we receive in the Sacrament of Baptism. Everyone of us must answer our call from God to work with him as he builds his Kingdom on Earth. There are three ways you can serve God through your vocation: as a layperson, or member of the laity, as a member of a religious community, or as a member of the ordained ministry.” (*Alive in Christ Grade 8*, Our Sunday Visitor, 378)

We are members of the laity and through our everyday life, we are called to make sure that those we encounter come to know the Gospel and learn to love Christ. (YouCat, 139). This lesson explores the further calling to the priesthood or religious life. In the next lesson we will explore the call to married life. In both callings there is a lifelong commitment to offer our life as a gift to bring others closer to God. The ordained and religious dedicate their life to serving the entire Church and the world, while the married dedicate their life to their spouse and family.

The Power of the Priesthood(video 1)

T/F—Without the priesthood, we wouldn’t have the other sacraments.

Jesus called twelve _____ and established the priesthood through them.

T/F—When a man is ordained to the priesthood, his soul receives an “indelible mark,” changing it forever.

By means of his ordination, a priest is empowered to perform his ministry with the authority of Jesus himself. He acts _____.

Questions About the Priesthood(video 2)

T/F Through the discipline of celibacy, priests imitate the total love of Christ for his Church.

Discerning God’s Plan for Your Life(video 3)

What are the three questions Father gave to help discern God’s will for your life?

- 1) _____
- 2) _____
- 3) _____

SACRAMENTS OF SERVICE

CHOSEN 17—HOLY ORDERS AND VOCATIONAL DISCERNMENT

“For I know well the plans I have in mind for you, says the LORD, plans for your welfare, not for woe! Plans to give you a future full of hope. When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart...” Jeremiah 29:11-13 (NAB)

Holy Orders

- By means of his ordination, a priest is empowered to minister in the place of Christ, or *in persona Christi*.
- Priests act in the person of Christ and in the name of the whole Church.
- The priesthood reaches its high point in the celebration of the Eucharist.
- “Through ordained ministry, that of bishops and priests, the presence of Christ as head of the Church is made visible in the midst of the community of believers.”
- The Church confers the Sacrament of Holy Orders only on baptized men whose suitability for the exercise of the ministry has been duly recognized.
- Called by God through the Church, priests are ordained to serve as co-workers with the bishop in serving the Catholic community.
- Priests remain celibate for the sake of the kingdom of heaven.

APPLY IT!

Do you trust that God has a plan for your life? Why or why not?*

What is your dream job and why?*

Have you taken the time to think about what vocation God may be calling you to? How can you continue to discern where God is calling you?*

What characteristics do you think make a good priest/religious sister? *

Do you see any of those characteristics in yourself?*

How can you be more open to God’s calling for your life?*

What is one action you can take to support those who serve the Church in the ordained priesthood?*

*LifeTeen Life Night Lesson Plans at <https://www.usccb.org/resources/Life%20Teen%20Curriculum%20Guide.pdf>

PRAYER

CHOSEN 18—GETTING TO KNOW GOD THROUGH PRAYER

Chosen Lesson 18

In this lesson, we learned about prayer. Here are some notes from our *Chosen* videos:

- Prayer is responding and relating to God.
- God is there as we pray at every moment of our life. God is there first!
- Every relationship takes communication, effort and work, including our relationship with God.
- Prayer helps deepen our personal relationship with Jesus.
- Prayer allows us to go from our head to our heart, from knowledge about God to a personal experience of the Lord.
- Although God is always waiting for us, prayer still takes discipline, effort and patience on our part.
- The habit of daily prayer may help me to seek guidance and to discern my vocation.

You have been born at this time and place for a reason! God longs for you to let your light shine!

Consider taking these thoughts with you to visit our Lord in Eucharistic Adoration or the tabernacle.

What is Prayer?-(video 1)

- 1) The _____ are Old Testament songs of prayer and would have been prayed by Jesus during public worship.
- 2) Father Toups says that Martha teaches us how to pray: she was frustrated and she ended in peace because she _____.

How to Pray-(video 2)

- 1) The four steps in *Lectio divina* (Latin for divine reading):

What Happens When I Pray?(3)

- 1) The two fundamental reasons prayer is important:

- 2) T/F—When prayer becomes difficult or dry, we should stop and try again later when it becomes easier.

APPLY IT!

If you had a God “app” on your phone that allowed you to ask God what to do at any given moment, what would you ask Him?

{ _____

_____ }

PRAYER

CHOSEN 18—GETTING TO KNOW GOD THROUGH PRAYER



THE LORD'S PRAYER

Our Father, who art in heaven,
hallowed be thy name;

Thy kingdom come; Thy will be
done on earth as it is in heaven.

Give us this day our daily
bread; and forgive us our
trespasses as we forgive those
who trespass against us; and
lead us not into temptation but
deliver us from evil.

Amen.

APPLY IT!

- Do I think of God as my Father?
- Do I keep His name hallowed?
- What is God's will for me today?
- Am I thankful for my daily blessings? What are they?
- What trespasses do I need God to forgive today? Have I forgiven others?
- Has God helped me make a good choice today? Did I thank Him?

Types of Prayer

Adoration— Tell God how awesome He is!

Contrition—Tell God you are sorry and ask Him to forgive you.

Thanksgiving—Thank God for all the blessings in your life.

Supplication— Ask God for things you need or intercede for others.

We can pray silently or aloud. We can pray alone or with others.

One way to pray is to meditate. To meditate is to think about God. We try to keep our attention and focus on God. In meditation we may use Scripture, prayer books, or icons, which are religious images, to help us concentrate and to spark our imagination.

Another way to pray is to contemplate. This means that we rest quietly in God's presence.

WHO IS MARY?

CHOSEN 19

Mary and the Communion of Saints

Saint—"Those whom the Church declares led holy lives and are enjoying eternal life with God in Heaven" (OSV, *Alive in Christ* 7, p.394).

Communion of saints - the community between all believers, living and dead, who by grace are united to the dead and risen Christ (Compendium, 195).

- We can ask the saints in heaven to pray for us.
- Mary is the Mother of the Church and the perfect model for all Christians to follow.
- Mary cooperated with Christ in the work of redemption.

"Mary said, 'Behold, I am the handmaid of the Lord. May it be done to me according to your word.'"

Luke 1:38 (NAB)

Saint Gianna Beretta Molla (page 176)

1) T/F Saint Gianna was canonized because of her extreme sacrifice—she placed her unborn child's life above her own, even at the risk of her own life.

APPLY IT!

Mary cooperated with God's plan by saying "yes". You are also called to continue Christ's mission (CCC 1268). What are some ways you can say "yes" to God right now?

Who is Mary? (Video 1)

1) T/F We can ask the saints in heaven to pray for us.

Match the following terms:

- | | |
|----------------------|---|
| 2) Church Militant | A) Those in purgatory being purified before entering into heaven. |
| 3) Church Suffering | B) Those enjoying eternal blessedness with God in heaven. |
| 4) Church Triumphant | C) Those on earth fighting against sin. |

5) T/F The "Communion of Saints" refers to all who are part of God's family: those on earth, in purgatory, and in heaven.

6) T/F All of the Saints lived perfect lives.

MARY AND THE SAINTS

CHOSEN 19

The Four Marian Dogmas (Video 2)

In this video, Jason brings up some common misconceptions about our Catholic faith. Understanding Church teaching and learning to defend the faith is an important part of your Confirmation preparation. Your teachers are here to help you. Write down any questions you have and bring them your next class!

At the end of this year YOU will make the decision to receive this final sacrament of initiation into the Catholic faith. To make a good decision and lasting commitment, put your best effort into your work so that you will best understand the Church you are joining.

- 1) T/F—The Greek word for “brothers” used in the Bible (Mt 13:55-56) does NOT also mean a relative including cousins, uncles, and nephews.



Marian Devotion (Video 3)

- 1) The rosary is a meditation of the life of _____.

My Questions and Notes:



THE BEATITUDES

CHOSEN 20

The Beatitudes

Matthew 5:3-12 NAB

pleased

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

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

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

Blessed are the merciful, for they will be shown mercy.

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

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

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. Rejoice and be glad, for your reward will be great in heaven.

The Beatitudes (Video 1)

In the video, Mari says she can get so busy looking down and building mud pies, that she misses the beautiful seven-layer cake God is trying to give her. What some 'mud pies' in your life that might cause you to miss God's gifts?

Record one action you will take to turn your focus toward God instead _____

The word "beatitude" means true and lasting _____

The Beatitudes (Video 1—con't)

How would you define beatitude in your own words? _____

Read through the Beatitudes. Is there one with which you can relate?

Is there one you find particularly challenging?

"Know that God is our Father, that Jesus is there and that what he has to offer is better than anything the world can offer us." - Mari Pablo

THE BEATITUDES

CHOSEN 20



The Beatitudes in Action

(Video 2)

In the video, the Friars of the Renewal live in poor neighborhoods to find Christ in the poor and bring Christ to the poor. They hope that God's presence, joy and peace shines through their work. What is one action you can take to allow God's presence to shine through you? ____

Do It!

Living the Beatitudes(Video 3)

The happiness we experience in heaven is called the _____ Vision.

List the seven Gifts of the Holy Spirit.

"What no one ever saw
or heard,
what no one ever
thought could happen,
is the very thing God
prepared for those who
love Him."

~1 Cor 2:9 (GNT, CE)

BUILDING VIRTUE

CHOSEN 21

Virtues

Virtue- A strong habit of doing good that helps us make good moral decisions. (*Morality*, p. 64, Harcourt)

- The Church holds up the saints as examples of heroic virtue.

Theological Virtues—faith, hope and charity

Cardinal Virtues—prudence, justice, fortitude and temperance.

**Do not be afraid
to become the
saints of the
new millennium!**

saint john paul ii

The saints teach us how to be holy



Virtues for a Digital Age

<https://media.pauline.org/ministrylinks>

BE PRUDENT

...in what you tweet, post, snap or share

T.H.I.N.K. before responding/
reacting/communicating:

T=Is it TRUE?

H=Is it HELPFUL?

I=Is it INSPIRING?

N=Is it NECESSARY?

K=Is it KIND?



"Do to others whatever you would have them do to you" (Mt. 7:12).

BE TEMPERATE

...in your digital media use

Use technology, don't let it use you! Spend time interacting with people face-to-face in the physical world and experience the beauty that is in our midst. Use media that builds up.

**If you are
what you
should be,
you will set
the whole
world ablaze!"**

saint catherine of siena

The saints teach us how to be holy



BE JUST

...in your posts, remembering that there are always two sides to a story.

Justice is about supporting the dignity of each human being, who is made in the image and likeness of God.

"Blessed are those who do what is right, whose deeds are always just" (Psalm 106:3).

BE COURAGEOUS

...in the digital media universe

Stop cyberbullying. Stand up for the person who is being bullied even if that means risking persecution by others. Stand up for what is right!

BUILDING VIRTUE

CVOL (EXCERPTS FROM WWW.DIOPITT.ORG)

“Do you not know that you are the temple of God, and that the Spirit of God dwells in you? If any man destroys God’s temple of God, God will destroy that person; for the temple of God is holy, which you are, is holy.” (1 Corinthians 3:16-17)

What do you think this really means?

- Modesty encourages patience and moderation (which can be really hard), and it inspires ones choice of clothing, words, and closeness of a relationship. That’s what modesty of the feelings is all about—“Modesty inspires a way of life” (CCC 2521-2523).
- Modesty and Chastity are hard to practice alone. We need to understand and practice the cardinal virtues of Prudence, Temperance, Fortitude and Justice in order to protect the dignity of ourselves and others.
- The Catechism tells us a virtue is a habitual and firm disposition to do good (CCC #1803). We make it a habit and are firm about our conviction to do good. We use our conscience to help us.
- The moral virtues are acquired through human effort aided by God’s grace (CCC #1803). God never leaves us hanging—but helps us by giving us the graces necessary to practice the moral virtues, make good decisions, and do what’s right.
- How do we get God’s grace? One way we get grace is through all of the sacraments we receive, especially Holy Communion and Penance (going to confession). Our conscience comes into play again here.

PRUDENCE

- The virtue of Prudence means exercising sound judgment. “Prudence guides the judgment of conscience.” (CCC 1780) This virtue helps us overcome irresponsibility and become wise.
- Prudence is the opposite of being impulsive.
- Prudence helps us stop and think first, before we act on something.

TEMPERANCE

- Another word for temperance is “self-control” Temperance is doing things in moderation. Practicing self-control or self-denial helps us in many situations.
- Temperance helps us to “temper” our desires by practicing self-control. It helps us to find balance in our lives.

FORTITUDE

- Fortitude strengthens us to overcome obstacles—to live a good, solid, moral life.
- Fortitude helps us to stay strong in our conviction to do what is good and right! To follow our conscience—to use the graces God give us.

JUSTICE

- The virtue of Justice asks the question: “Who do you serve, yourself, or do you serve God?”
- Justice is about giving God and others what is their due. Jesus tells us to love God about all else and to love our neighbor as we love ourselves.
- Justice helps us to treat others fairly—the way God intended.

These cardinal virtues help us to honor the dignity of ourselves and others.

GOD'S PLAN FOR LOVE & SEX

CHOSEN 22

Vocabulary

Charity (Love) – the greatest of the theological virtues, the virtue of charity helps us express the self-giving love of Christ to others. (*Chosen*, p. 236, Ascension Press)

Chastity – the virtue that helps us use the gift of sexuality to express authentic love, which reserves sexual expression for marriage. (*Chosen*, p. 236, Ascension Press)

Love vs. Lust (video 1)

1) Chastity frees us to _____.

Tough Questions About Chastity (2)

1) Chastity calls us to love that is free, total, _____, and fruitful (life-giving).

2) T/F—We are made in the image and likeness of God.

- The conscience of a Christian will always be guided by the teaching of Christ and the inspiration of the Holy Spirit.*

Tips for Practicing Chastity (3)

1) The first tip recommended for being/staying chaste is to have an interior life of _____.

2) When we fail in chastity, the sacrament of _____ gives us the grace to continue to pursue virtue and holiness.

- The Eucharist is a gift of pure love from Jesus to us.*
- We must receive the gift of the Eucharist worthily.*
- Serious impurities of heart, mind, and action make us unworthy to receive Jesus in Communion.*
- The Eucharist gives us the grace to live lives of chastity.*

APPLY IT! Chastity means getting personal control of your own life, by your own acts, your own feelings. It means not being driven by the pressures of peers, or by passions, when we know they are urging us to act in foolish ways.

Chastity is a natural and good way to live. It is at home with honest friendship and good times that do not exploit people in any way.* What are some steps you can take to live a chaste life?



HOW DO I BUILD THE KINGDOM?

CHOSEN 23

We're On a Mission (Video 1)

- 1) We are called to be a part of the “culture of _____,” battling the evil we see in the world and protecting human dignity.

Building the Kingdom (Video 2)

- 1) In John 14:6, Jesus says “I am the way, the _____, and the life.”
- 2) St. Paul tells us that we are all part of the body of Christ. In his analogy, which part of the body is Christ? _____
- 3) T/F—Using the same analogy, we are called to be Christ’s hands and feet, His eyes and ears.

The Works of Mercy (Video 3)

- 1) Go to page 215 and read the words of Jesus in Matthew 25. Jesus is clear in Matthew 25 that whatever we do to _____ we do to him.
- 2) To comfort the sorrowful and to bear wrongs patiently are examples of the _____ works of mercy.
- 3) The _____ Works of Mercy are oriented toward the body, that is toward other people.
- 4) Matthew 5:6 says that we are blessed if we hunger and thirst for _____. (p. 223)



What was your favorite act of service this year?

What are some acts of service that you will continue to perform?

What are some new acts of service that you will try in the future?

HOW DO I BUILD THE KINGDOM?

CHOSEN 23

Corporal Works **of Mercy**

Kind acts by which we help our neighbors with their material and physical needs.

Spiritual Works **of Mercy**

Kind acts by which we help our neighbors with their emotional and spiritual needs.

THE WORKS OF MERCY

CORPORAL & SPIRITUAL

FEED THE HUNGRY



GIVE DRINK TO THE THIRSTY



SHELTER THE HOMELESS



CLOTHE THE NAKED



VISIT THE SICK



VISIT THE IMPRISONED



BURY THE DEAD



INSTRUCT THE IGNORANT



COUNSEL THE DOUBTFUL



ADMONISH SINNERS



FORGIVE OFFENSES



COMFORT THE AFFLICTED



BEAR WRONGS PATIENTLY



PRAY FOR THE LIVING AND THE DEAD

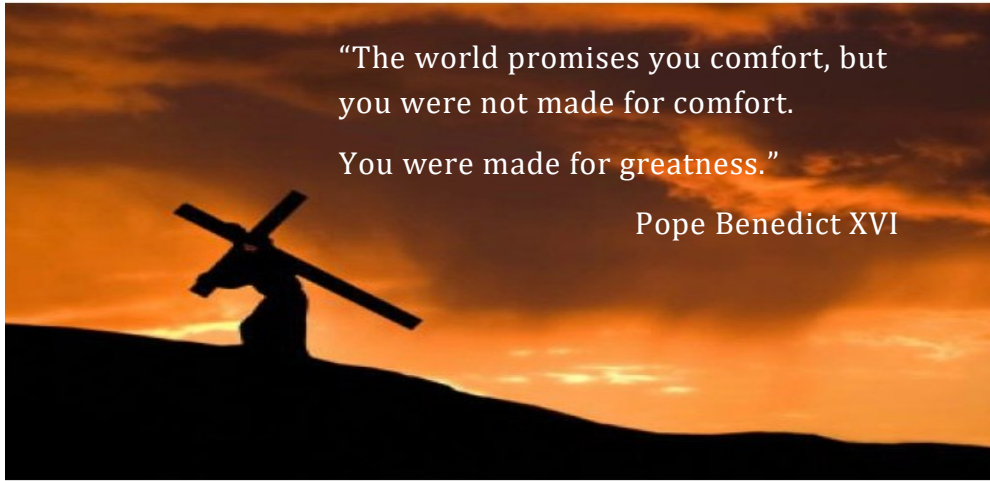
“A BIT OF MERCY MAKES THE WORLD LESS COLD AND MORE JUST” (POPE FRANCIS)



CatholicLink

WHERE DO I GO FROM HERE?

CHOSEN 24



List the five disciplines of a disciple:

1. _____
2. _____
3. _____
4. _____
5. _____

Do you believe that God has great plans for you? _____

What can you do to discover those plans? _____

God has chosen you to make the world a better place, to share His love.

What is one thing you can do today to make the world a better place? _____

_____ ***Do it!***

You did not choose me, but I chose you..." John 15:16 RSVCE

FINAL PREPARATION WITH BISHOP ZUBIK

VIDEO 1

Handout 2



CONFIRMATION REVIEW QUESTIONS

1. What is a sacrament?
2. Which Sacrament makes us members of the Church?
3. What does it mean to be initiated?
4. What are the three sacraments of initiation?
5. Why are learning, praying, and service a big part of preparing for Confirmation?
6. Who is the "usual" or ordinary minister of Confirmation?
7. Which Person of the Trinity is again received at Confirmation?
8. Why is a sponsor important? What is the role of the sponsor?
9. What is chrism? What does it symbolize? How is chrism used in the sacrament of Confirmation?

FINAL PREPARATION WITH BISHOP ZUBIK

VIDEO 2

Handout 2

CONFIRMATION REVIEW QUESTIONS



1. What are some things we need to know as we prepare for Confirmation?

2. In what ways is Confirmation more than a one-day event?

3. Name and define each of the seven gifts of the Holy Spirit.

1)

2)

3)

4)

5)

6)

7)

FINAL PREPARATION WITH BISHOP ZUBIK

VIDEO 2 REFLECTION

Handout 3



FAITH AND LIFE EXPERIENCE

Think about each question below and fill in your response as your catechist directs.

1. How do you see Jesus and the Holy Spirit alive in your own life?
2. In what ways can you strive to have the same attitude as Jesus?
3. How can you be a witness or example of your faith to others at home, at school, in your neighborhood?
4. What teachings of the Church challenge you as you prepare for Confirmation?
What will help you to overcome those challenges?