

# At-Home Confirmation Retreat

## A Strange Time

No one suspected that you would be making your final preparations for Confirmation apart from the group you've been with for two years. It is not right, nor is it fair. But it is what it is, and we will make the best of it.

This retreat is intended to get you thinking. It is far from perfect, and in fact could never hope to accomplish what you would get from a group retreat. But it is not intended to be perfect.

During this time of social distancing, we are given the opportunity for two things related to Confirmation. 1) We can learn about our faith and examine elements we don't normally have time for. 2) We can come to a deeper appreciation of why we want to come back to our community of the Church. This retreat strives for the first goal.

Thank you for taking the time to reflect and think about what is in this retreat.

You can find the video portion of the retreat at [oec.dor.org/xxxx](http://oec.dor.org/xxxx). If at all possible, don't do this alone. Ask a family member to watch and reflect with you, or even another candidate for Confirmation through Zoom or your cell phone.

Thank you again, and I hope this "retreat" is a good experience for you as you prepare for Confirmation.



Coordinator of Sacramental Catechesis & Family Life

## Baptismal Promises

A key part of Confirmation is renewing your Baptismal Promises. These were made on your behalf at your baptism, but you will affirm them as your own at Confirmation.

**Do you renounce Satan, and all his works and all his empty promises?**

*I do.*

**Do you believe in God, the Father almighty, Creator of heaven and earth?**

*I do.*

**Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead, and is seated at the right hand of the Father?**

*I do.*

**Do you believe in the Holy Spirit, the Lord, the giver of life, who today through the Sacrament of Confirmation is given to you in a special way just as he was given to the Apostles on the day of Pentecost?**

*I do.*

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

*I do.*

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

*Amen.*

## Gifts of the Holy Spirit

- Wisdom
- Understanding
- Knowledge
- Counsel
- Fortitude
- Piety
- Fear of the Lord

## Session One: Gifts of the Holy Spirit

### Being the Body of Christ

If you were to describe your role in the Church as a body part, what would it be?

---

---

---

---

---

---

---

---

What gifts do you bring to groups you're in?

How can you support other members of the Church?

---

---

---

---

---

---

### Gifts of the Holy Spirit

What Gift of the Spirit do you feel you have a lot of?

---

---

---

---

---

---

What Gift of the Spirit do you want to work on developing more?

Share a time when you felt gifted most by God.

---

---

---

---

---

---

Share a time when you felt you needed more gifts from God.

---

---

---

---

---

---

- Courage** – the quality that allows one to overcome fears & obstacles.
- Wisdom** – knowing what comes from God and what does not.
- Understanding** – comprehending how we need to live as followers of Christ.
- Counsel** – Ability to know between right and wrong.
- Knowledge** – awareness or understanding of someone or something.
- Piety** – Showing God that we love God
- Fear of the Lord** – Recognizing how great God is.

*“Now the body is not a single part, but many.”*

## Session Two: Discipleship

### What's in a Name?

What name have you chosen as your Confirmation name? Why did you choose it?

---

---

---

---

---

---

---

---

Who else do you know with that name?

What gifts do you see in someone with that name that you would like?

---

---

---

---

---

*I have called you by name, and you are mine.*

*-Isaiah 43:1*

### Being Called.

What are some things you love to do?

---

---

---

---

---

---

---

---

What are some things others say you are good at?

When do you feel the most content with what you are doing?

---

---

---

---

---

---

---

---

---

What has been a common thread of "what do you want to be when you grown up"?

## Session Three: The Rite of Confirmation

### Confirmed in the Spirit for More

**Introduction to the Bishop.**

Why is it important that the bishop hear YOUR name?

---

---

---

---

---

---

**Renewal of Baptismal Promises.**

How can (or do) you show that this is YOUR faith?

---

---

---

---

---

---

**Laying on of hands.**

How can you show respect and honor to those who have come before you?

---

---

---

---

---

---

**Anointing with Chrism.**

What do you hope you will become when you are sealed with the Gift of the Holy Spirit?

---

---

---

---

---

---

**Exchange of Peace.**

How do you already share peace with others? How can you do more?

---

---

---

---

---

---

*"Be Sealed with the  
Gift of the Holy  
Spirit."*

*-Rite of  
Confirmation*