

# **Disciples of Jesus Filled with Joy**

## **Confirmation Preparation Sessions 7th -10th January 2025**

### **Resources**



**DERRY DIOCESAN  
CATECHETICAL  
CENTRE**

# Introduction

The Catechetical Centre is delighted to offer a series of Confirmation Preparation Sessions to support schools, parishes and families in the preparation of children for the Sacrament of Confirmation. We are looking forward to being part of this special time in the faith journey of the children.

The sessions will take place via Saint Eugene's Cathedral Hall webcam from 10am - 12 Noon <http://www.steugenescathedral.com/webcamhall.html>

Tuesday 7th January  
Wednesday 8th January  
Thursday 9th January  
Friday 10th January



In this resource you will find a timetable for each day and templates for use during the sessions. If you prefer not to print out the templates, children could simply complete the activities in their Religious Education book or on pages.

The catechesis and activities will also link into the diocesan pupil's Confirmation book, ***Filled With Joy*** and the diocesan parent booklet, ***Disciples of Jesus***, which many of you use and are *available to purchase at the Catechetical Centre*. We will reference the pages each day.

Each day we will begin with morning prayer which is included at the end of this resource. It would be important for the children to have access to this liturgy so they can respond in class.

We would love to see the children's work each day so please share it with us on social media @



<https://www.facebook.com/DerryDiocesanCC>



door\_of\_faith

**Tuesday 7th January 2025**  
**Whom shall I send? Sacraments of Initiation**

**Introduction:** (10.00-10.20)

Welcome: **Bishop Donal McKeown**

Opening Prayer: ***Scripture Reading and Reflection***, Bishop Donal McKeown

Warm up: Holy Spirit Stretch

**Activity 1:** (10.20-11.00) **Baptism:** *Our journey to God the Father with Jesus begins*

**Catechesis:**

What is a sacrament? Why do we need sacraments? Accepting the gift of the sacrament of Baptism

**Activity Resource:** Called by God to Proclaim the Good News-people template.

To complete the task, use **Resource 1: Myself** (we have provided a number of choices for the children or they can simply draw their own image.)

**BREAK** (11.00-11.15)

**Activity 2:** (11.15-11.40) **Eucharist:** *Food to live life well*

**Catechesis:**

What is the gift of the Eucharist? Why do we need the Eucharist?

How do we live the Eucharist in our daily lives?

**Guided Meditation on The Washing of the Feet (John 13:1-14)**

**Activity Resource:** Foot Template

To complete the task, use **Resource 2: The Washing of the Feet**

**Activity 3:** (11.40-12.00) **Confirmation:** *In journeying with Jesus, strengthened by the Holy Spirit, you open yourself up to the gift of God's perfect plan, God's dream for you....*

**Catechesis:**

Exploring the link between Baptism, Eucharist and Confirmation - Sacraments of Initiation

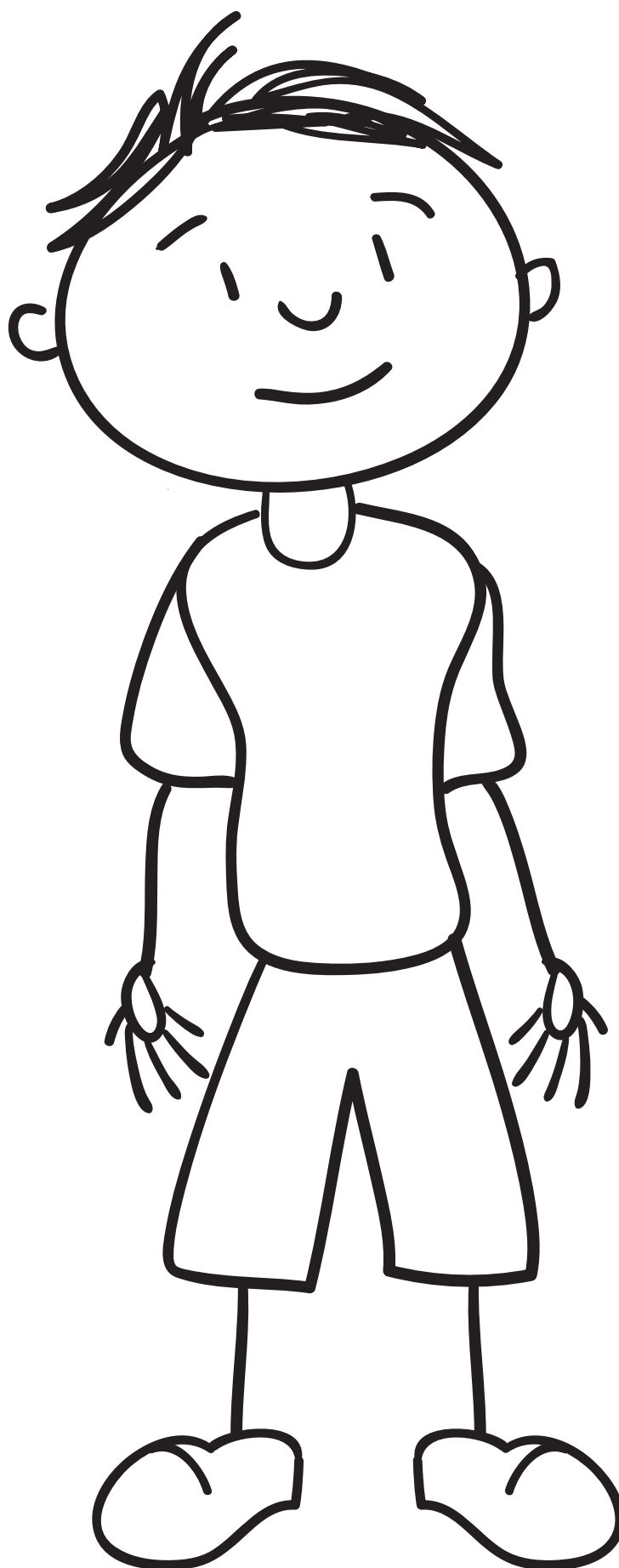
**Activity Resource:** An Invitation from Jesus, Discussion Sheet

To complete the task use **Resource 3: An Invitation from Jesus for discussion**

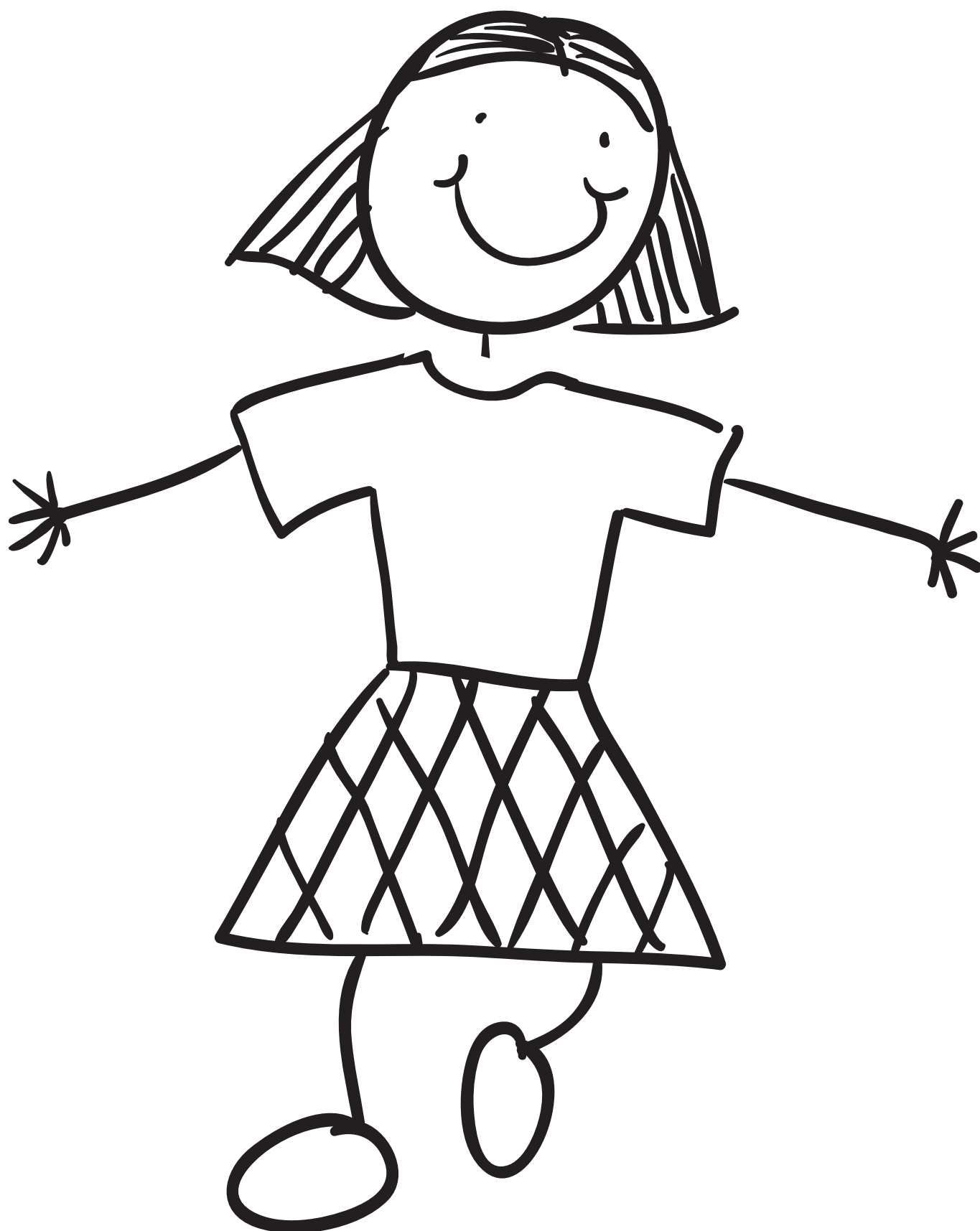
**Closing Prayer**



**Confirmation Preparation Sessions**  
**Day One: Resource 1 Myself**

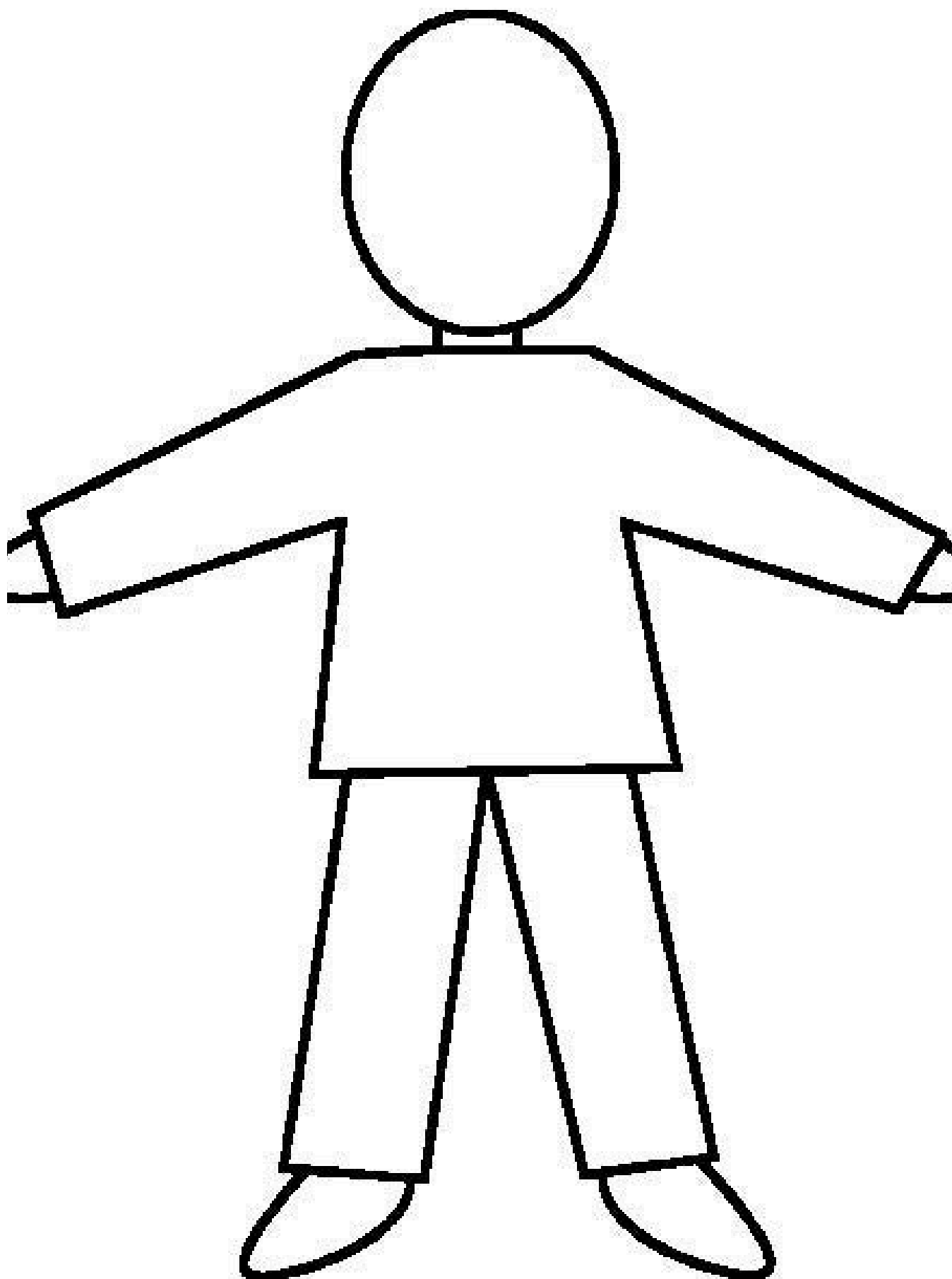


**Confirmation Preparation Sessions**  
**Day One: Resource 1 Myself**

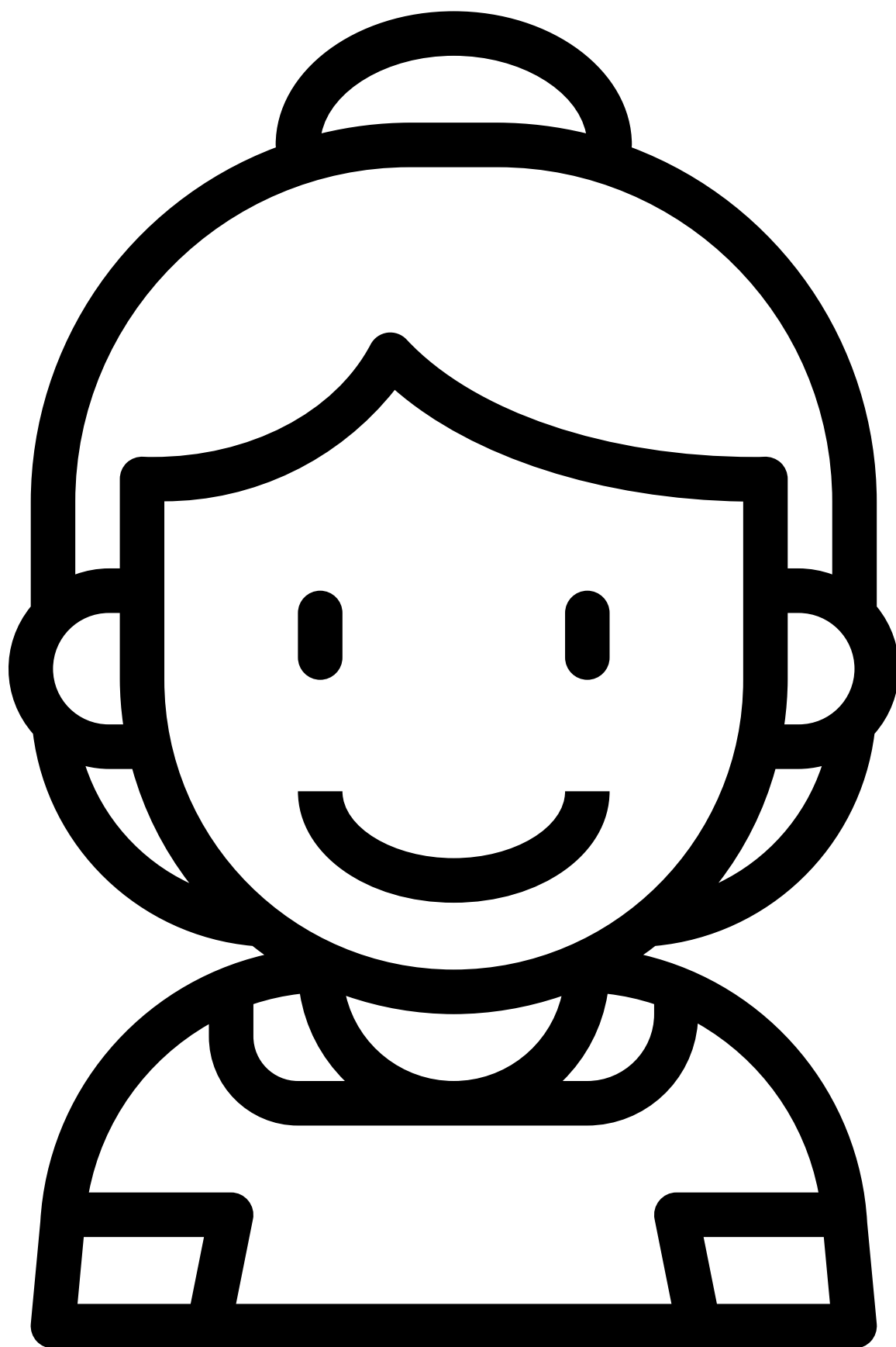


**Confirmation Preparation Sessions**  
**Day One: Resource 1 Myself**

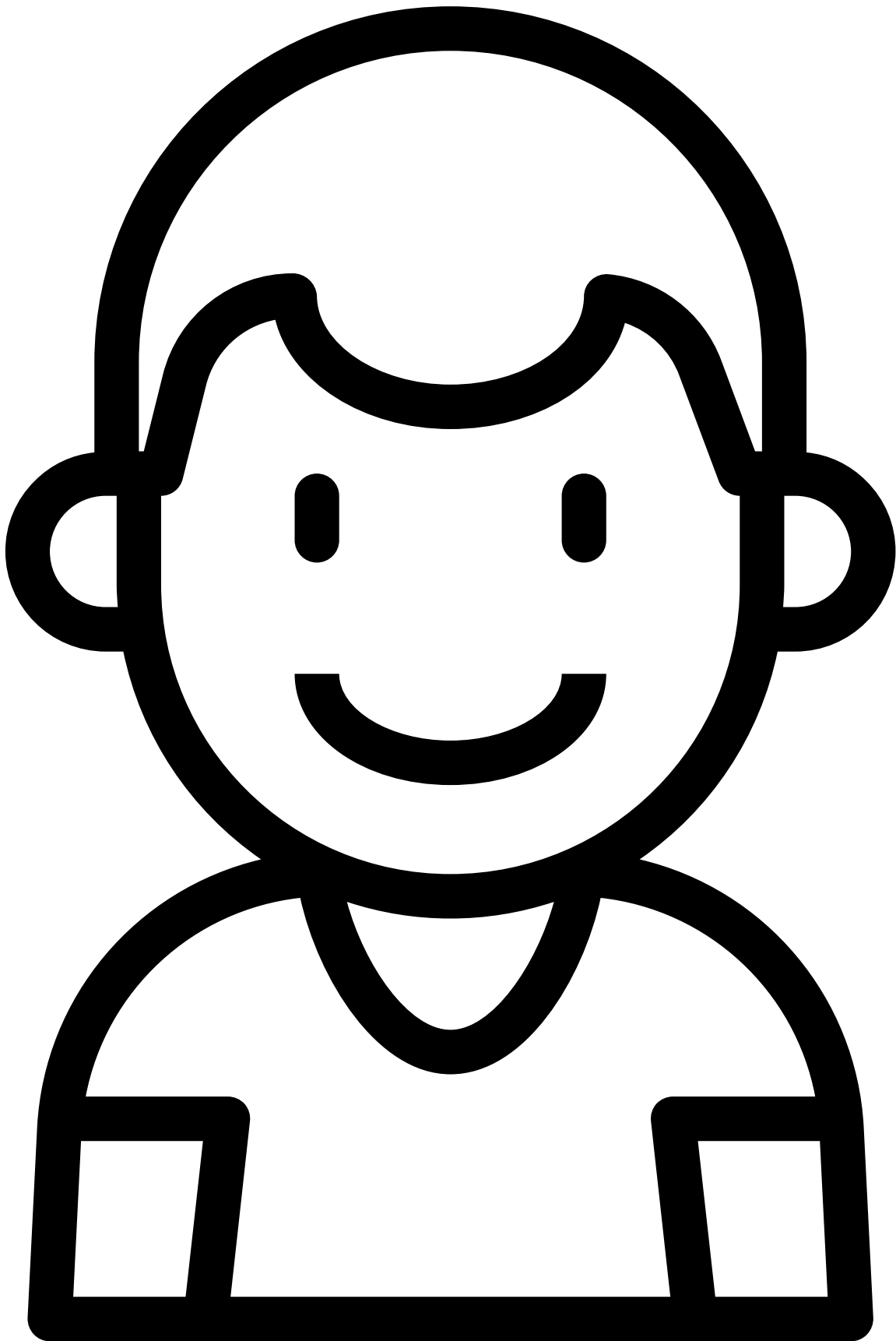
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**Confirmation Preparation Sessions**  
**Day One: Resource 1 Myself**

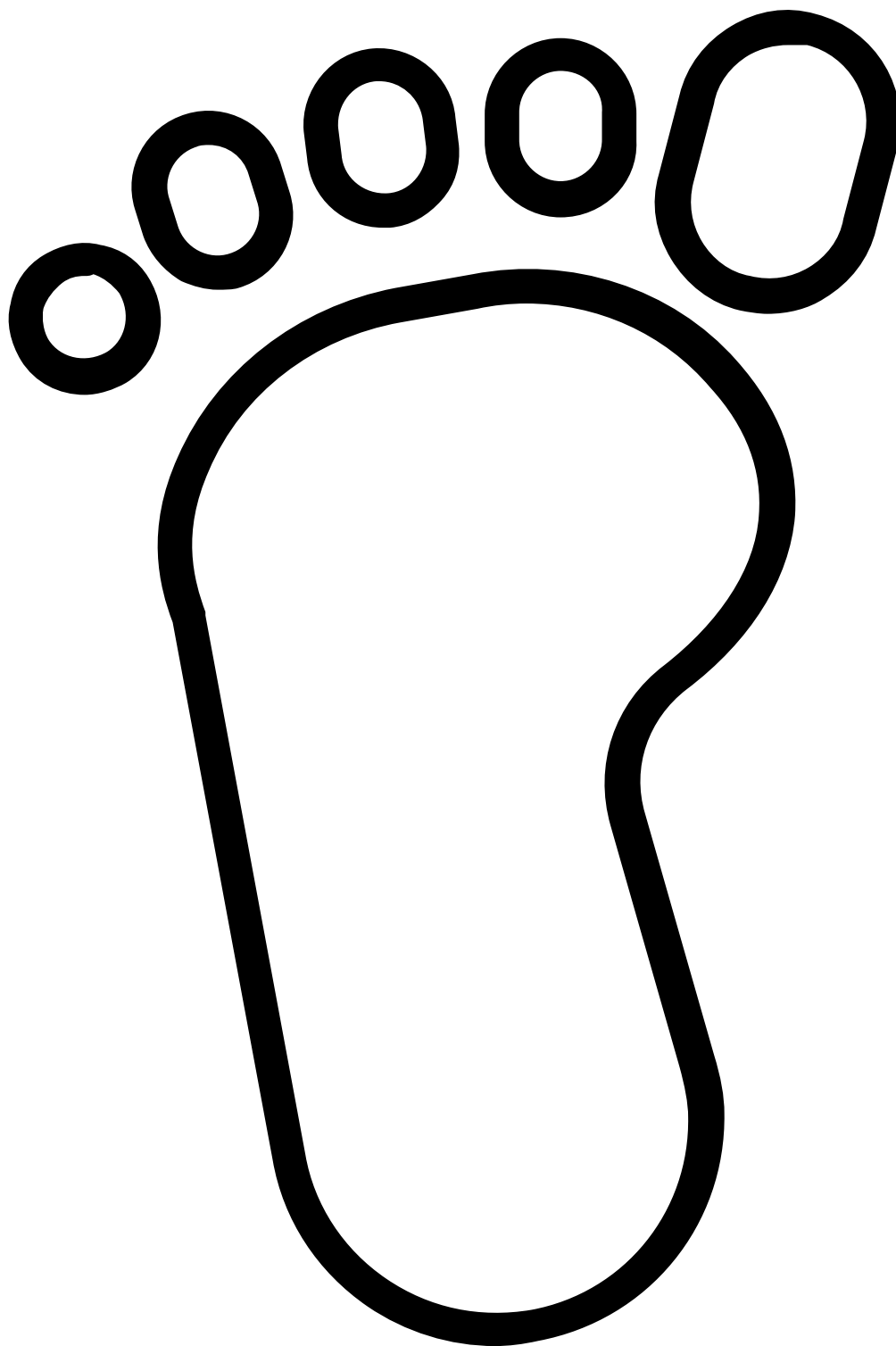


**Confirmation Preparation Sessions**  
**Day One: Resource 1 Myself**





**Confirmation Preparation Sessions**  
**Day One: Resource 2 Washing of the Feet**



**Confirmation Preparation Sessions**  
**Day One: Resource 3 Discussion Sheet**

# Invitation from Jesus



“What special gift is Jesus offering to you this year?”

“What difference do you think this gift will make in your life?”

“How will you talk to Jesus in prayer this week about receiving this gift?”

“Why do you think you are ready to accept this gift?”



**Wednesday 8th January 2024**

## **What is the Holy Spirit like?**

**Introduction:** (10.00-10.20)

Welcome:

Opening Prayer; ***Scripture Reading and Reflection, Bishop Donal McKeown***

Warm up: Holy Spirit Stretch

**Activity 1:** (10.20-11.00) *And suddenly from heaven there came a sound . . .*

### **Catechesis:**

Jesus' whole life and mission was carried out in communion with the Holy Spirit.

To understand the Holy Spirit, we can use three main symbols- wind, fire, and dove.

Exploring the work of the Holy Spirit in our lives through the use of these symbols.

### **Activity Resource:**

To complete the task, use **Resource 1: Design and make a Holy Spirit Kite**

**BREAK** (11.00-11.15)

**Activity 2a:** (11.15-11.40) *If we are led by God's Spirit and open to the **gifts** that God gives us, the fruits of the Holy Spirit will be seen in everything we do.*

### **Catechesis:**

What are the gifts of the Holy Spirit?

Why did God give us the gifts of the Holy Spirit?

How can we use the gifts of the Holy Spirit to become disciples of Jesus filled with joy.

### **Activity Resource:**

To complete the task, use **Resource 2: Prayer and reflection asking God for the gift of the Holy Spirit you need most at this time in your life.**

**Activity 2b:** (11.40-12.00) *If we are led by God's Spirit and open to the gifts that God gives us the **fruits** of the Holy Spirit will be seen in everything, we do.*

### **Catechesis:**

Using the gifts of the Holy Spirit, people will see the fruits of the Holy Spirit in our lives.

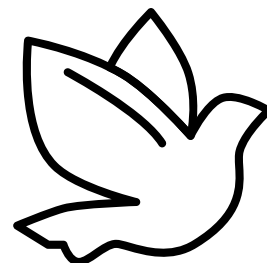
### **Activity Resource:**

If you have ***Filled With Joy***, the diocesan Pupil Workbook, use pages 46 & 47 of the pupil workbook. If not, use the resource sheet provided.

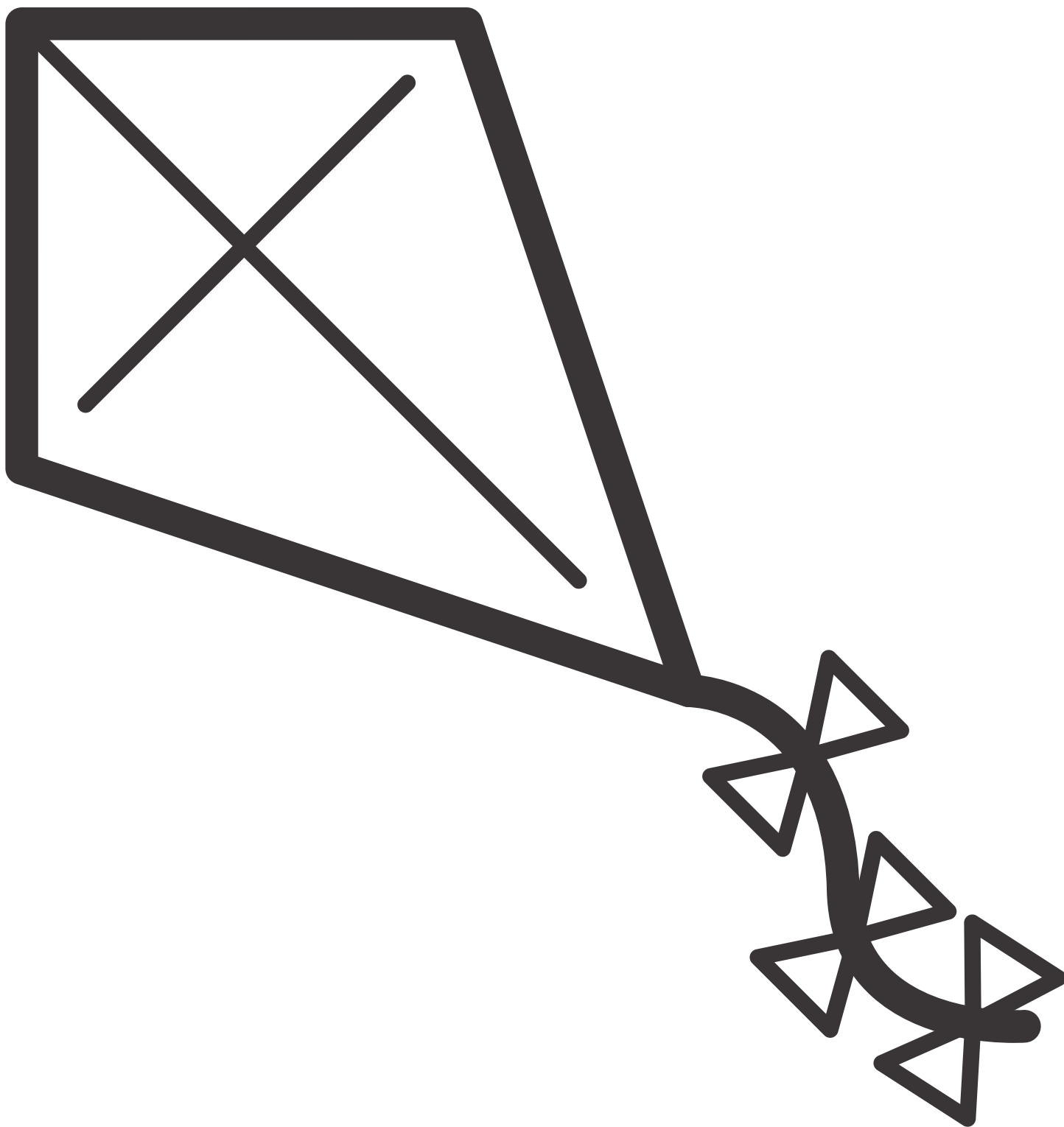
**Resource 2a Fruits of the Holy Spirit in our Lives**

**Activity 3:** Pentecost Story  
**Prayer through Movement**

**Closing Prayer**



**Confirmation Preparation Sessions**  
**Day Two: Resource 1: Design and make a Holy Spirit Kite**



**Recycled Materials I will use to make my kite**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**

## **Confirmation Preparation Sessions**

### **Day Two: Resource 2: The Gift of the Holy Spirit I Need Most at this Time..**

#### **Holy Spirit Prayer**

**Come, Holy Spirit,**

**Fill me with a desire to live out my**

**baptismal call to spread**

**the Good News of Jesus Christ**

**to the whole world.**

**Fan the flames of faith within me.**

**May I come to know more fully God's**

**love for me and respond to that love.**

**Hear the prayer now of my heart**

**Give me the gift of \_\_\_\_\_**

**I need this gift very much at this time because \_\_\_\_\_**



**Amen**



## Confirmation Preparation Sessions

### Day Two: Resource 2a: Fruits of the Holy Spirit in our Lives

Give an example of when we see the fruits of the Spirit at work in people's lives

**Love** \_\_\_\_\_  
\_\_\_\_\_

**Joy** \_\_\_\_\_  
\_\_\_\_\_

**Kindness** \_\_\_\_\_  
\_\_\_\_\_

**Goodness** \_\_\_\_\_  
\_\_\_\_\_

**Peace** \_\_\_\_\_  
\_\_\_\_\_

**Patience** \_\_\_\_\_  
\_\_\_\_\_

**Gentleness** \_\_\_\_\_  
\_\_\_\_\_

**Self-Control** \_\_\_\_\_  
\_\_\_\_\_

**Faithfulness** \_\_\_\_\_  
\_\_\_\_\_

# Thursday 9th January 2024

## Confirmation Ceremony

**Introduction:** (10.00-10.20)

Welcome

Opening Prayer: *Scripture Reading and Reflection*

Warm up: Holy Spirit Stretch

**Activity 1:** (10.20-11.00) *I have called you by your name, you are mine*

### Catechesis:

In Baptism we are given the name God knows us by for all of our life

In Confirmation we take a new name as we take on more responsibility as a disciple of Jesus

Called for Mission-Biblical characters who were given new names as they were called by God

Choosing a Confirmation Name

Qualities of a Saint

### Activity Resource:

To complete the task, use **Resource 1: Confirmation Name**

**BREAK** (11.00-11.15)

**Activity 2:** (11.15-11.40) *Then Peter and John placed their hands on them, and they received the Holy Spirit. (Acts 8:17) Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came powerfully upon David. (1:Samuel 16:13)*

### Catechesis:

Prophets, kings and priests and prophets were anointed with oil as a sign of being strengthened by the Holy Spirit.

The Bishop will anoint the Confirmation candidate with the oil of Chrism also used at their Baptism

The name 'Christ' means 'anointed.' Jesus placed hands on people as a sign of healing or blessing.

The apostles used the laying on of hands as a sign of the coming of the Holy Spirit (Acts 8:14-17)

The Bishop/Priest lays hands on the Confirmation candidate as a sign of being chosen for Mission

### Activity Resource:

To complete the task, use **Resource 2: Ready for Mission**

**Activity 3:**(11.40-12.00) *So, give encouragement to each other and keep strengthening one another as you do already*

### Catechesis:

What is a sponsor?

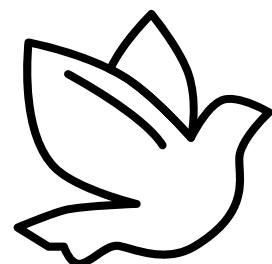
What is the role of a sponsor in Confirmation?

What qualities do you think a sponsor need to have?

### Activity: Resource

To complete the task, use **Resource 3: Praying in Colour**

**Closing Prayer**





## Confirmation Preparation Sessions

### Day Three: Resource 1: Choosing a Confirmation Name

NAME:

\_\_\_\_\_

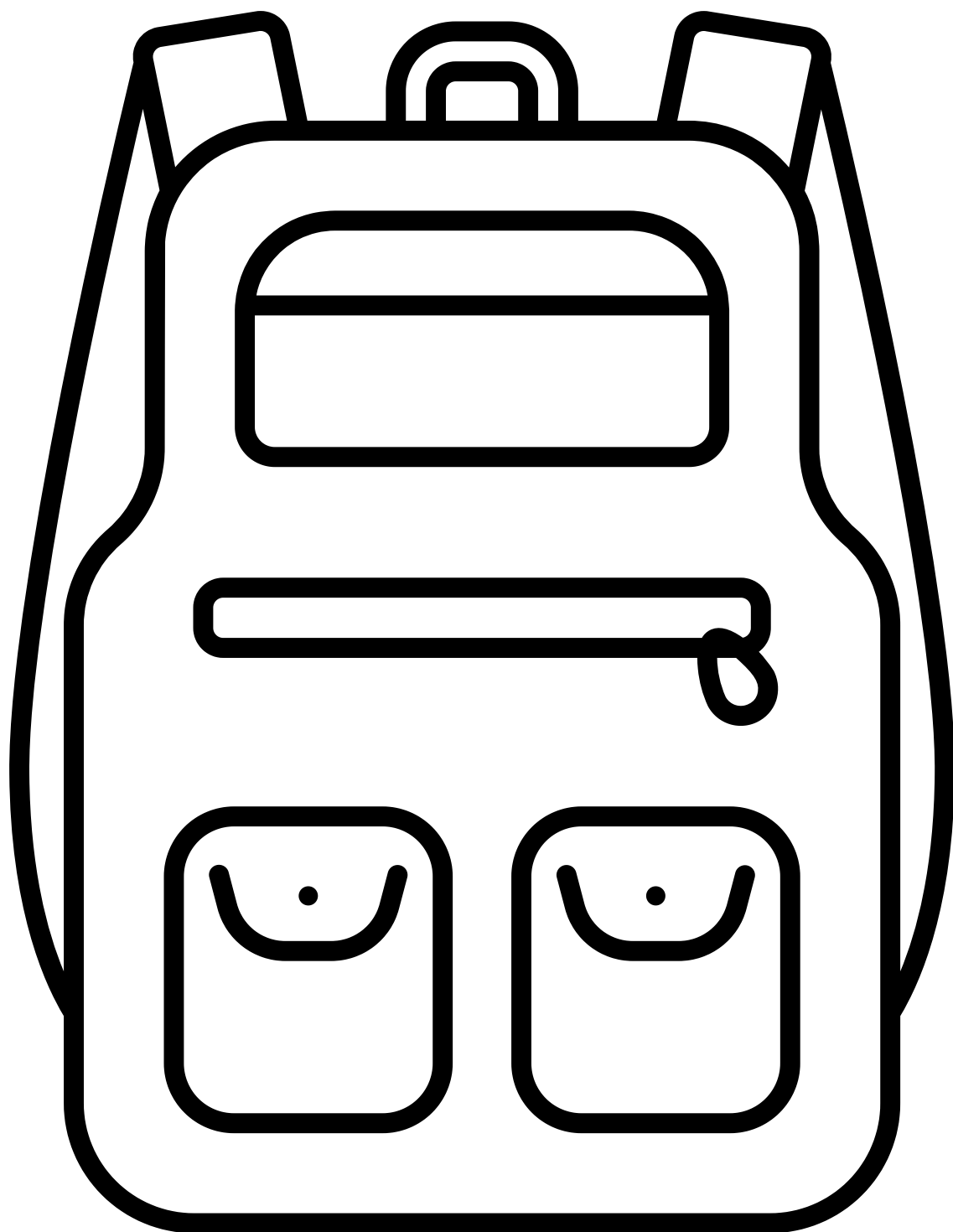
“ \_\_\_\_\_ ”

I have chosen/will choose this Saint because they have qualities that  
I would like to have, to help me to stay close to Jesus and to tell  
everyone the Good News of God's love.

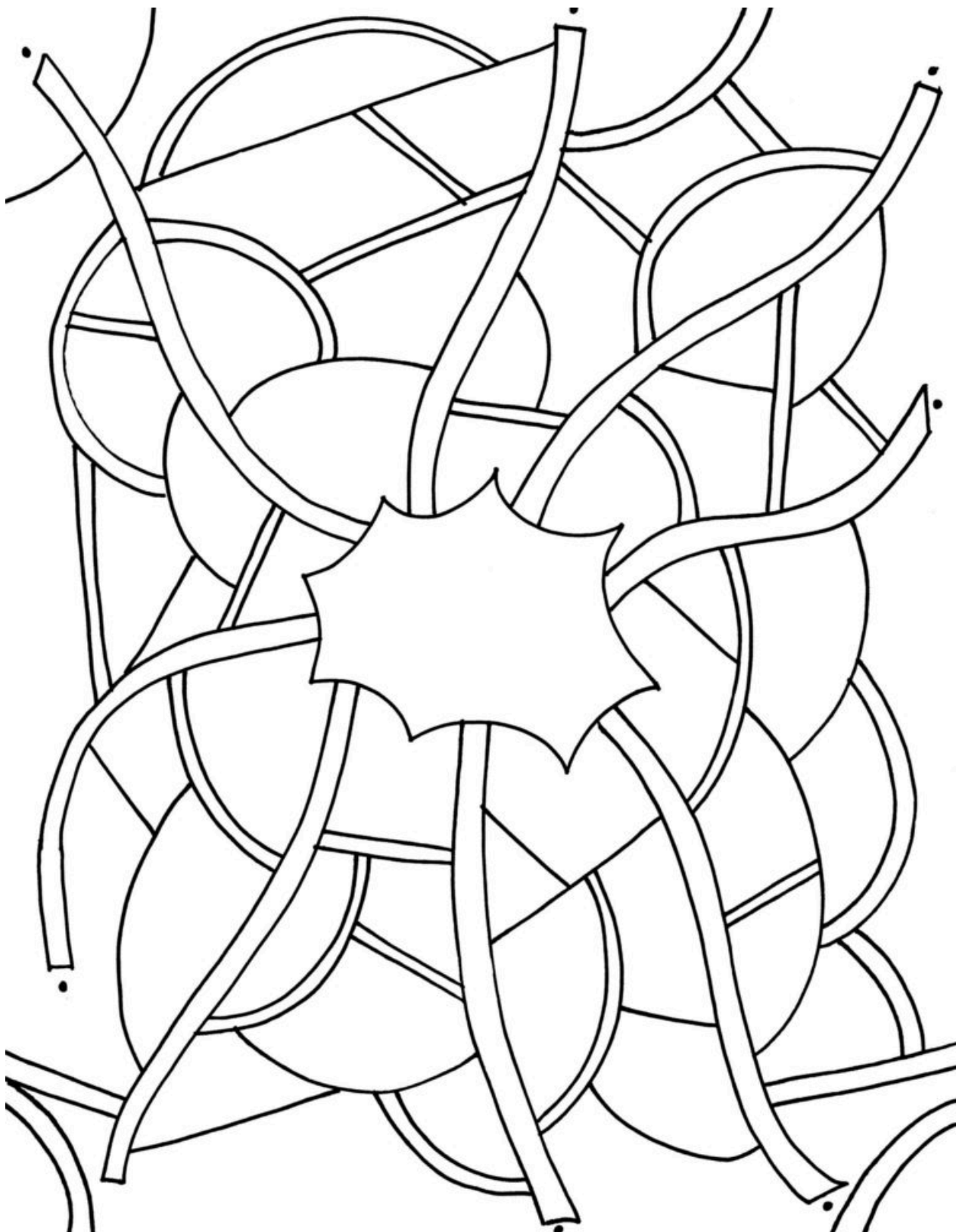
\_\_\_\_\_, \_\_\_\_\_ ”



**Confirmation Preparation Sessions**  
**Day Three: Resource 2: Ready for Mission!!!**



**Confirmation Preparation Sessions**  
**Day Three: Resource 3: Praying in Colour**



## Friday 10th January 2024

### Called to be Saints

#### **Introduction:** (10.00-10.20)

Welcome

Opening Prayer: **Scripture Reading and Reflection, Bishop Donal McKeown**

Warm up: Holy Spirit Stretch

**Activity 1:** (10.20-11.00) *Here then is the secret of life... to fix our gaze on Jesus' face and become familiar with him*

#### **Catechesis:**

What is God's plan, dream for me?

How do I discern God's plan?

What/who can help me to discover God's plan?

How do we live as God wants us to live?

What gifts and talents has God given me to be who he calls me to be?

#### **Activity Resource:**

To complete the task, use **Resource 1: 'Building Up God's Church'**

**BREAK** (11.00-11.15)

**Activity 2:** (11.15-11.40) *Blessed are the poor... ....Living the Beatitudes.*

#### **Catechesis:**

What are the Beatitudes?

What is their relationship to the Ten Commandments?

Jesus used the Beatitudes to show us how to live life well.

How do we live the Beatitudes?

#### **Activity Resource:**

To complete the task, use **Resource 2: Living the Beatitudes -True Joy**

**Activity 3:** (11.40-12.00) *Prayer is, for me, an outburst from the heart; it is a simple glance darted upwards to Heaven. (Saint Therese of Lisieux)*

#### **Catechesis:**

What is prayer?

Why, when, and where do we pray?

How do we pray?

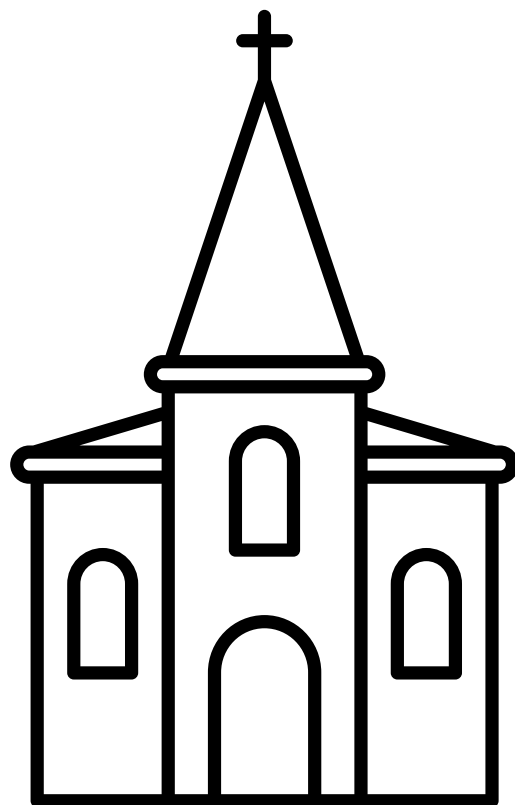
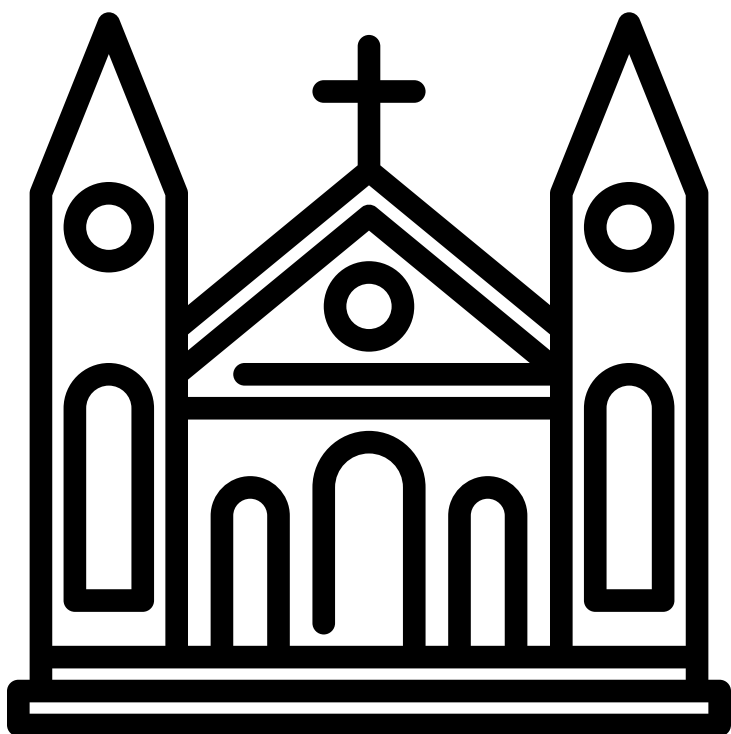
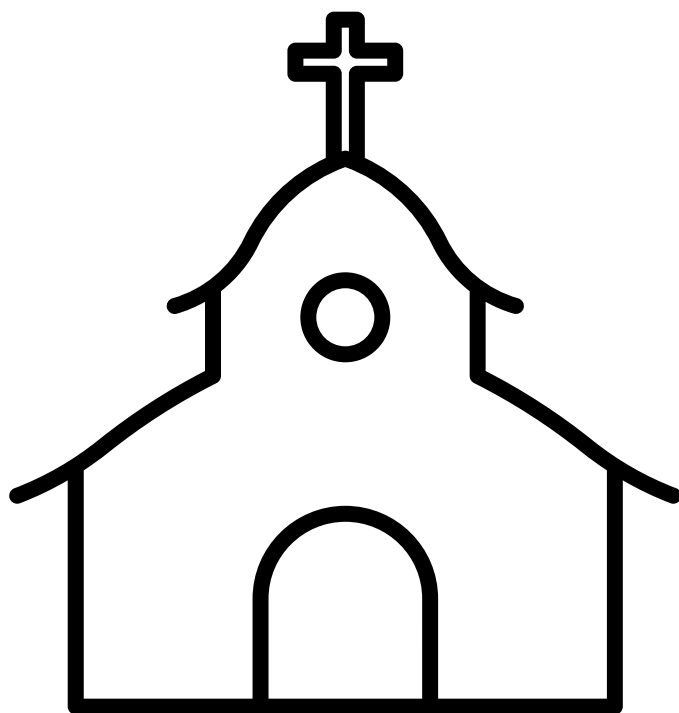
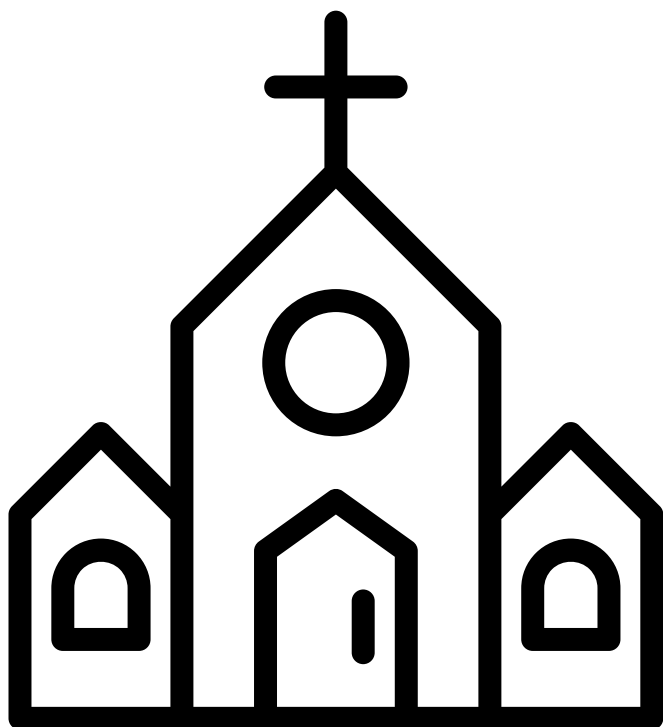
How will prayer help me to discover and live God's plan for me?

**Activity Resource: 3 The Examen**

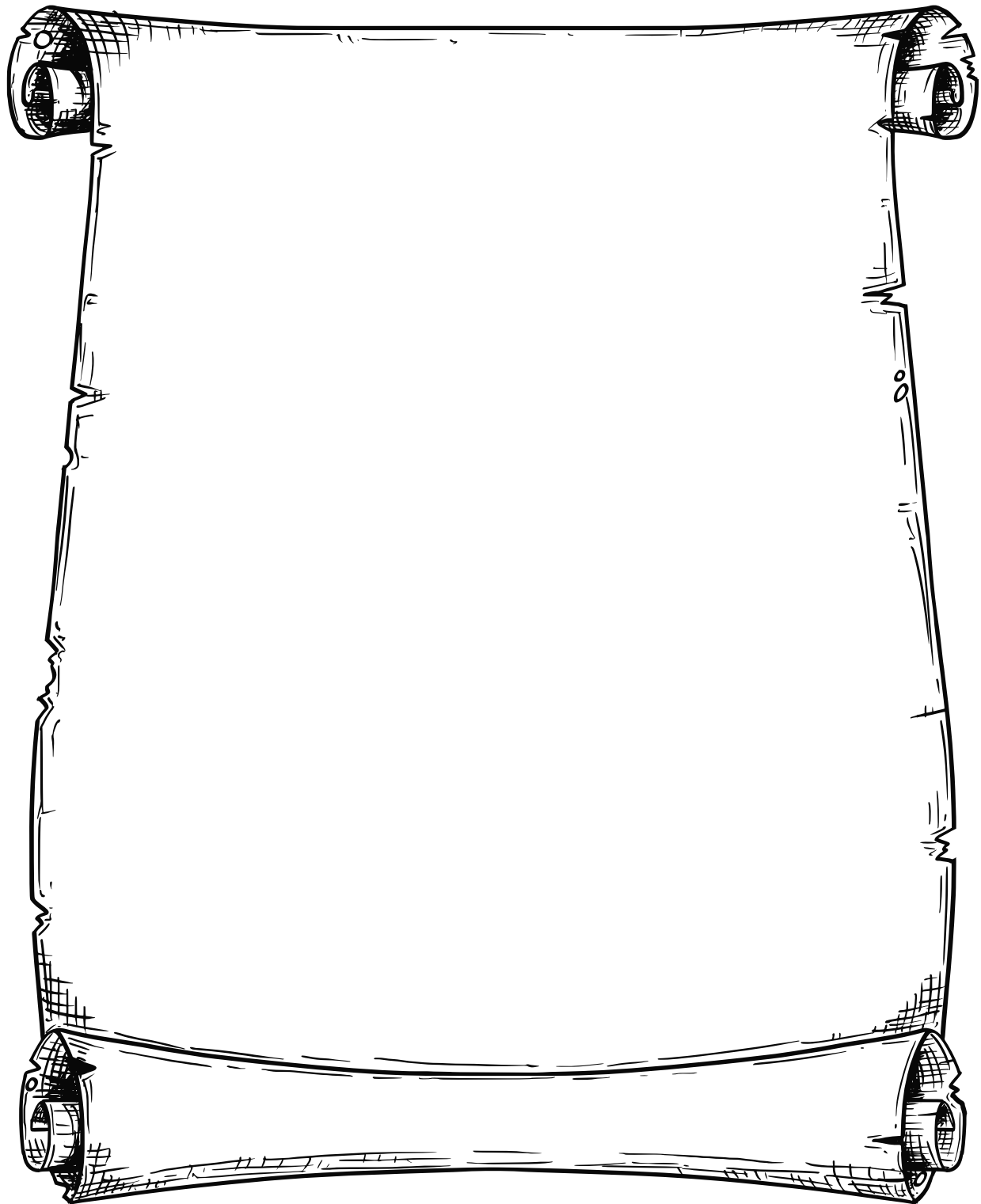
**Closing Prayer**

**Celebration: Mission Ready**

**Confirmation Preparation Sessions**  
**Day Four Resource 1: Building up God's Church**



**Confirmation Preparation Sessions**  
**Day Four Resource 2: Living the Beatitudes-True Joy**



# Morning Prayer

**Leader:** Let us pray.

O Lord open our lips

And we shall praise your name

**Response:**

**Glory be to the Father, and to the Son, and to the Holy Spirit as it was in the beginning, is now, and ever shall be, world without end. Amen.**

## PSALM

**Leader:** The response today is: Sing Praise to our God.

**Response: Sing praise to our God.**

**Leader:** Sing Praise to God, all you lands!

Serve our God with gladness.

Know that God made us. We belong to God.

We are God's children, the flock God carefully tends.

**Response: Sing Praise to our God.**

**Leader:** Come into God's house with thanksgiving.

Enter God's presence with hearts of praise.

Give thanks to God and bless God's name.

**Response: Sing Praise to our God.**

**Leader:** The Lord is good.

God's loving kindness lasts forever.

God's faithfulness will never end.

**Response: Sing Praise to our God.**

**All: Glory be to the Father, and to the Son, and to the Holy Spirit as it was in the beginning, is now, and ever shall be, world without end. Amen.**

## SCRIPTURE READING/REFLECTION

## CANTICLE

**Leader:** Bless the Lord, all you works of the Lord.

Praise God forever.

Sun and moon,

**Response: bless the Lord.**

**Leader:** Stars of heaven,

**Response: bless the Lord.**

**Leader:** Every shower and dew,

**Response:** **bless the Lord.**

**Leader:** All you winds,

**Response:** **bless the Lord.**

**Leader:** Fire and heat,

**Response:** **bless the Lord.**

**Leader:** Frost and chill,

**Response:** **bless the Lord.**

**Leader:** Lightning and clouds,

**Response:** **bless the Lord.**

**Leader:** All you sons and daughters,

**Response:** **bless the Lord.**

**Leader:** Let all the earth bless the Lord.

Praise God above everything forever.

**Response:** **Glory be to the Father, and to the Son, and to the Holy**

**Spirit as it was in the beginning, is now, and ever shall be, world without end. Amen.**

## **PRAYER**

**Leader:** In the quiet of our hearts, let us call to mind our own prayers and needs and anyone who needs our prayers at this time

Together, as children of peace, we offer our needs to God the Father using the words Jesus taught us

**Our Father....**

**Leader:** God, our Father, gifts without measure flow from your goodness. Our life itself is your gift.

Guide us on this day's journey, for only your love makes us whole. Keep us strong in your love.

**Response:** Amen.

## **DISMISSAL**

**Leader:** May God bless us, protect us, and walk with us this day.

**Response:** Amen.



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