

Virtual
Confirmation
Retreat
Workbook



Diocese of Saint Cloud



This booklet is adapted from the Diocese of Buffalo.

Goal

To provide candidates for the Sacrament of Confirmation an opportunity to deepen their understanding of the Sacrament, to reflect on its place in their lives, and to engage in prayer, reflection, and conversation as they prepare to celebrate the Sacrament.

For the Teen going on Retreat . . . Setting the Stage:

As much as possible, try to create a prayerful environment in which to experience this retreat. Limit distractions from family, TV, or your phone. Create a prayer space, with a crucifix, candles, or other holy objects or images. If it is helpful, play instrumental or other reflective music to help you focus. There are many playlists available on Spotify and YouTube to help with this. Work through the activities in order, at a slow, reflective pace. Do not rush.

Gathering Prayer

Prepare your heart and mind for this time by listening to:
"Holy Spirit" by Francesca Battistelli.

<https://www.youtube.com/watch?v=BoZd7ZXh9yY>

Pray the following prayer (silently or aloud) asking the Holy Spirit to be with you and guide your thoughts and words during this time.

Come, Holy Spirit, fill the hearts of your faithful and kindle in us the fire of your love.

Send forth your Spirit and we shall be created and we shall renew the face of the earth.

O God, who by the light of the Holy Spirit, instruct the hearts of the faithful, grant that, by the same spirit we may be truly wise and ever enjoy His peace.

Amen.

Thinking about Confirmation

Take some time to reflect on the following questions. Be as open and honest as you can. No answer is wrong, and God will meet you where you are and walk with you on this journey. If possible, share the answers with your sponsor, a parent, an older sibling, or someone else who is also preparing for the sacrament. Invite them to share their answers as well.

As you are preparing to celebrate the Sacrament of Confirmation, how do you feel?

What are you hoping for, or looking forward to, as you celebrate the Sacrament of Confirmation?

**What are you wondering?
What doubts or questions do you have?**

**What is Confirmation?
Why do we celebrate it?
What can it do for me?**

Watch this video Sophia SketchPad:
Confirmation.

https://www.youtube.com/watch?v=Lu3MoT_egFI

What from the video sticks out to you? Why?

Did the video raise any new questions for you?

In the video, you heard that the apostles received the Holy Spirit at Pentecost to prepare them for their mission of establishing the Church. Just as with the disciples, the Holy Spirit comes to prepare and strengthen you in your mission of sharing faith in the world today.

**What might the Spirit be preparing you for?
Where (and how) might God be calling you and
strengthening you to share the Good News?**

What is the Holy Spirit?

Read: [Acts 2: 1-19](#) and [2 Timothy 1 :6-14](#)

Optional: Draw, paint, or otherwise create your interpretation of Acts 2 and share it with someone. Also consider setting this image as your home screen or lock screen from now until you celebrate Confirmation.

In the story from Acts, which person do you most identify with? Why?

From that person's point of view, what does this story say to you?

"God did not give us a spirit of cowardice but rather of power and love and self-control."

Where do you see this Spirit at work in your life?

In your opinion, what does it mean to be "called to a holy life?" Do you think you are called to a holy life?

Why or why not?

Gifts of the Holy Spirit

Watch the following video on YouTube.

<https://youtu.be/t9ifTU0LmLA?feature=shared>

List the 7 Gifts of the Holy Spirit.

Where do you see others living the gifts of the Holy Spirit? What does this look like? Chose 1 or 2 gifts.

Think about the person you have chosen (or may possibly choose) as your sponsor. How does that person live out the gifts of the Holy Spirit?

What gift of the Holy Spirit do you see most strongly in yourself? When and how?

What gift of the Holy Spirit do you most need/want to have strengthened in the Sacrament of Confirmation?

Obstacles/need for God's grace on the journey

Watch the following video on YouTube.

<https://www.youtube.com/watch?v=3HtwGH4skO4>

What from your past (or present) is an obstacle in your relationship with God?

How has this impacted your life? The lives of others? Who is someone you can talk to about these struggles? Make a plan to talk to that person.

What do you need from God in order to begin moving past this obstacle? As you pray the prayer below, ask God to bless you with this grace.

When you are able, celebrate the Sacrament of Reconciliation and ask God for the gift of His mercy to heal and strengthen you on the journey.

In the meantime, consider sharing your responses with one other person (teen or adult) who is part of your Confirmation journey, and praying the following prayer for mercy together:

*Faithful Father,
I am thankful that your word revives my soul,
gives wisdom to my mind and produces joy in my heart.
Restore my relationships that have been damaged by sin.
When I have sinned against others,
help me to repent and seek forgiveness.
When others have sinned against me,
help me to forgive just as I have been forgiven by you.
May the Lord Jesus Christ, who loved me and gave me eternal comfort and good hope through grace,
comfort my heart and establish me in every good thought,
word and deed.
Through Jesus Christ our Lord,
Amen.*

SNACK BREAK!!

Every good retreat needs food! Take a few minutes to go to the kitchen, find your favorite snack, and (hopefully) have a few laughs with these videos!

If Alexa was Christian:

https://www.youtube.com/watch?v=d8Z_5Agtsqg

Catholic Pick Up Lines:

<https://www.youtube.com/watch?v=hRDwyhfUkIQ>

Awkward Things to Give Up for Lent:

<https://www.youtube.com/watch?v=stcztYRJj28>

Catholic Problems:

<https://www.youtube.com/watch?v=brChl15D0Uo>

Discipleship/Living the Faith

Watch the following video on YouTube "DUST".

<https://youtu.be/BkOZEt-KwZw?feature=shared>

What from Rob Bell's story about the Rabbi stuck out to you? Why?

What does it mean to be the "best of the best of the best?"

Rob Bell tells about how Jesus chose those who were NOT the best of the best of the best to follow him. How does that make you feel about being chosen to follow Jesus?

In the video, it is shared that Peter took his eyes off Jesus and began to sink in the water. This was not so much because Peter did not have faith in Jesus, but rather, Peter did not have faith in himself to follow Jesus. What gifts has God given you?

What skills or talents has He blessed you with? How can this help you to trust in yourself and better follow Jesus?

Confirmation helps us to be better disciples, sharing our God Given gifts. What gift is God calling you to share in new ways?

How is Jesus asking you to go deeper in your relationship with him? Who do you turn to for help when making life choices? Why do you turn to this person? How might he or she help you to continue in your journey of faith?

Sending Forth

Take a minute or two of silence to think back through the activities of the various moments.

Where did God speak to you today?

What appears to be that next step toward God, with God?

How will you be able to take that step?

Take a moment to listen to the following song as closing prayer. At the end, join in the final refrain, asking the Holy Spirit in song to help you with every step of your journey: "Holy Spirit, Holy Spirit, Holy Spirit Come!"

Load the following video on YouTube.

https://www.youtube.com/watch?v=hqM_Xg721AU

*Every prayer we make is
in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.*



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