



I'M  
CATHOLIC,

AND THAT'S WHAT'S UP



TEACHER'S  
GUIDE

VIDEO SERIES:  
"I'M LOST AND  
I NEED MY GPS"

HOSTS:

Fr. Kevin Abels  
& David Bisono

DURATION:

11 minutes, 16 seconds





## RELATED SCRIPTURE PASSAGES:

Now when the apostles at Jerusalem heard that Samaria had received the word of God, they sent to them Peter and John, who came down and prayed for them that they might receive the Holy Spirit; for it had not yet fallen on any of them, but they had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit.

**Acts 8:14-17**

He who believes in me, as the scripture has said, "Out of his heart shall flow rivers of living water." Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

**Jn 7:38-39**

Then afterward I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions.

**Joel 2:28**

## PURPOSE: >

Have you ever been lost? Do you get lost often? Well on today's video God is going to give you the GPS you need to find your way back home. Get ready to discover and learn the importance of the Sacrament of Confirmation. Don't worry you do not need an iPhone for this.

## QUESTIONS: \*

1. What is the Sacrament Confirmation?
2. How happens in the Sacrament of Confirmation?
3. Who can receive the Sacrament of Confirmation?

## GUIDE STEPS: \*

### STEP 1- CHRIST:

The starting point should always be Christ. Take time to pray with the group fostering an atmosphere where Christ is present, awake, and aware.

### STEP 2- CONNECT:

We were created to be connected. Who and what we connect with will either positively or negatively affect our lives. Meaningful connections are essential for the growth and development of spiritually healthy young men and women.

### STEP 3-COMMUNITY:

Divide them into groups where they can dive into the questions offered in this guide. The conversation in these communities will help them discover and learn from the video and one another.

### STEP 4- CHALLENGE:

Each session must end with a challenge. It is not enough that they connect and converse. There must also be a time for meditation and application of what was learned.

## CHRIST: PRAYER ✝

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen. You love us so much and in your love you have provided a way to walk with us in our journey of faith. Open our hearts and minds so that on this day we may follow and love you with joy and obedience. In the name of Jesus and through the intercession of Mary. Amen.*

## CONNECT: \*

Our main aim and objective is actually what the Catechism of Catholic Church states: "Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit - his actions, his gifts, and his biddings - in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community." (CCC 1309)



## RELATED CATECHISM OF THE CATHOLIC CHURCH REFERENCES:

**1285:** Baptism, the Eucharist, and the sacrament of Confirmation together constitute the "sacraments of Christian initiation," whose unity must be safeguarded. It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For **"by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.**

**1293:** In treating the rite of Confirmation, it is fitting to consider the sign of anointing and what it signifies and imprints: a spiritual seal.

**1306:** Every baptized person not yet confirmed can and should receive the sacrament of Confirmation. 123 Since Baptism, Confirmation, and Eucharist form a unity, it follows that "the faithful are obliged to receive this sacrament at the appropriate time," 124 for without Confirmation and Eucharist, Baptism is certainly valid and efficacious, but Christian initiation remains incomplete

## COMMUNITY:

### Questions for Community Discussion

- 1- What is the Sacrament of Confirmation?
- 2- When can I receive it?
- 3- Who can receive it?
- 4- Why is confirmation so important?
- 5- What is the Holy Spirit?
- 6- What is the fruit of the Holy Spirit?
- 7- What are the gifts of the Holy Spirit?
- 8- Why do I need the Holy Spirit?

## COMMUNITY ACTIVITY:

### Meet Saints

During the time leading up to confirmation, some teens may have trouble choosing a patron saint for their confirmation name. A fun game may help teens get into the shoes of a possible choice. All you need for this game is a pile of name tags, markers and a pre-game homework assignment. Have each participant research a few saints -- their personality, good works, etc. Have them write each saint's name, along with the details they found, on an index card. Drop all the cards in a container and have each teen pick a card. Although the teens should keep their saint's name a secret, make a list of the saints chosen and write each saint's name on a name tag. The teens should mingle, acting like the saint stated on their card. Based on prior knowledge, the group should try to guess who's who after a few minutes. When they think they know, they can place a name tag on the other person. When all the name tags have been placed, take a poll to see how many saints were guessed correctly.

## CHALLENGE:

- 1- Pray to the Holy Spirit
- 2- Spend time with the Holy Spirit
- 3- Ask for the fruit and gifts of the Holy Spirit
- 4- If you really want to know the Holy Spirit, pray the rosary.

## WHAT POPE FRANCIS SAYS ABOUT THE SACRAMENT OF CONFIRMATION:

### Confirmation Gives Us Strength to Defend the Faith!

Through the sacramental sign of anointing with sacred chrism, we receive the gift of the Holy Spirit in order to be more closely conformed to Christ; God's 'anointed one.'

We are also strengthened — 'confirmed' — in the grace of our baptism and in our mission of bearing daily witness to Christ and his love," the Holy Father continued, adding, "Confirmation is God's work," as is every sacrament.

## HOLY CORNER:

"In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit." St. Paul

"Be who you were created to be, and you will set the world on fire."  
— St. Catherine of Siena