



# Catechetical Resources for The Sacrament of Confirmation

## **BOOKS/TEXTS: WITH NOTES FROM WEB SITES**

### **1. Gifted with the Spirit**

Pflaum Publishing

<https://www.pflaum.com/confirmation-program/>

#### **Features**

- One unified program for two levels—junior high and senior high
- Improved and engaging design, content, photos, and illustrations
- Updated Catechist Edition, e-blast content for parents/sponsors and candidates, resources to support requirements for two-year sacramental preparation programs, and video links for each lesson.
- The new Gifted with the Spirit Confirmation Preparation Program has been found to be in conformity with the Catechism of the Catholic Church

On the USCCB Conformity List for Sacramental Prep

### **2. Called to Mercy**

St. Mary Press

<https://www.smp.org/product/E2924/Called-to-Mercy/>

Called to Mercy, a new Confirmation preparation program, invites and draws young people into the Lord's most powerful message: to give witness to mercy with their lives! Online learning modules and gathered community-building sessions offer engaging, relevant, and deeply reflective opportunities for a true spiritual conversion to lives that give witness to Jesus' call and the Church's mission of mercy.

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### **3. Filled with the Holy Spirit**

RCL Benziger

<http://www.rclbsacraments.com/confirmation/confirmation>

emphasizes ritual in a highly effective catechetical lesson plan, focusing on the eight aspects of the Confirmation rite. Both younger and older teens will be ready to experience and appreciate the beauty of the sacraments and gradually come to know the mysteries of our faith.

- Rooted in a solid sacramental theology that includes ritual, prayer, Scripture, doctrine, and reflection that leads to service.
- Centered in community, which “lives, celebrates and bears witness to faith” (*General Directory for Catechesis* 68).

### **The Gift of the Spirit**

RCL Benziger

<http://www.rclbsacraments.com/confirmation/gift-spirit>

is aimed at junior high and early high school candidates. This curriculum uses reflection, prayer, Scripture, doctrinal review and activities to invite candidates to become more actively involved in their preparation for the Rite of Confirmation.

- Leader’s Guide: The Rite of Confirmation forms the basis for this easy-to-use resource. A solid theological foundation, reflections for adult leaders, and a host of creative activities are provided to lead young people into deeper understanding and commitment. Black line master handouts for students and sponsors are included.
- Rituals and Retreats: Eight blessings and rituals (four traditional and four contemporary) utilize the central symbols of the Rite of Confirmation. Two retreat plans are included and are easily adapted to meet the needs of younger or older candidates.
- Candidate’s Book: A better understanding of personal friendship with Jesus and membership in the Catholic community are stressed throughout each of five colorful sections. Prior to each session, opportunities are provided for reflection and journaling.

## **4. Call to Celebrate**

Our Sunday Visitor

<https://www.comcenter.com/program/195/Call-to-Celebrate-Confirmation-Younger-Adolescents/>

***Candidate Book for Younger Adolescents*** (for ages 12–14) and ***Candidate Book for Older Adolescents*** (for ages 15–18) feature eight complete catechetical sessions that help young people reflect on the mystery of the outpouring of the Holy Spirit at Confirmation through celebrations, colorful and appealing visuals, and interactive pages with activities and prayers. Journey Together pages facilitate dialogue and encourage activities for candidates and their families or sponsor/mentor

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## **5. Believe Celebrate Live Confirmation**

Sadlier Religion

<https://www.sadlier.com/religion/sacrament-preparation/confirmation>

Bring the spirit of Confirmation to life for students and families while invigorating your parish community with a program that meets the needs of all candidates.

- Inspire and engage adolescents through the multimedia approach of artwork, illustrations, thought-provoking docudrama videos, and appealing liturgical music
- Cultivate a deeper understanding of Scripture and relationship with Christ through the practice of *Lectio* and *Visio Divina*
- Make preparation and participation easy for catechists, teachers, parents, and sponsors with an innovative App and Director's Resource Guide eBook
- Flexibility with optional Student Edition eBooks

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## **6. Send Out Your Spirit (high school)**

Ave Maria Press

<https://www.avemariapress.com/products/send-out-your-spirit>

*Send Out Your Spirit* leads teens through the major tenets of their faith—the Trinity, Jesus, scripture, Church, sacraments, morality, and more—specifically structured for the context of preparing for confirmation. This program is rooted in the idea that high school-aged candidates want the necessary information on the Catholic faith in hand as they commit personally to the promises of faith originally made for them at baptism and reaffirmed in confirmation.

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## **7. Called to be Catholic (7<sup>th</sup> Grade)** **Confirmed in the Spirit (8<sup>th</sup> Grade)**

Loyola Press

<https://www.loyolapress.com>

*Called to Be Catholic* gives a comprehensive introduction to the essentials and key teachings of the four pillars of the Catholic faith. It can be used as the first part of a two-part Confirmation preparation program or a stand-alone resource to fill in faith formation gaps.

*Confirmed in the Spirit* is a **fully bilingual, comprehensive, and flexible sacramental preparation program** designed to welcome and form young people as they **grow in faith and embrace their roles as disciples of Jesus Christ**. Based on years of extensive research from experts in the field of catechesis and youth ministry, the components are **doctrinally sound and use a proven pedagogy** created by the Sisters of Notre Dame. The results are unparalleled experiences and support for young people and the adults who guide them.

On the USCCB Conformity List for Sacramental Prep

## **8. Chosen Your Journey Toward Confirmation (can be split to two years)**

Ascension Press

<https://ascensionpress.com/collections/chosen-your-journey-toward-confirmation>

*\*Includes Digital Student Workbook*

### **Engage your teens and excite them about the Faith**

Chosen: Your Journey Toward Confirmation takes young people on a journey through the entire Catholic faith in all its richness and vitality. Teens will be captivated by the story, from Creation all the way through salvation history, and they will come to see how the sacraments, prayer, and discipleship are the keys to a happy life. The goal of this 24-lesson program is nothing short of winning over the hearts of teens and making them disciples of Christ.

Chosen's carefully designed methodology features highly effective and engaging material conveyed through videos, student workbooks, and classroom experience. Featuring twelve of the top youth experts in the Church today and filmed in more than 50 locations, Chosen is unlike any program available in the Church-- order your Starter Pack today.

Chosen has been produced in two formats, this Confirmation Edition (Chosen: Your Journey Toward Confirmation) and a Teen Faith Formation edition (Chosen: This Is Your Catholic Faith). Both use the same twenty-four lessons and only differ in how Confirmation preparation is emphasized and highlighted in this Confirmation edition. Chosen has received:

- Nihil Obstat
- Imprimatur
- Inclusion on the USCCB Conformity List

## 9. Purpose

Lifeteen

<https://purposeconfirmation.com/>

**Purpose** is Life Teen's transformative plan for confirmation preparation. More than a resource, *Purpose* is designed to help proclaim the Gospel message to young people while providing an atmosphere where they are accompanied by adult leaders toward discipleship. There are three aspects to the *Purpose* plan:

### **A Powerful App Platform**

All the leader guide content is delivered digitally via the Life Teen Purpose app. This app platform is designed to help streamline administrative functions and ease communication between youth ministers and Core Members in planning and implementing sessions, as well as help youth ministers, provide important event information and deadlines to parents and teenagers. Simply schedule your sessions in the Life Teen Purpose app and instantly Core Members, parents, and teens all receive the information they need, right in the Life Teen Purpose app on their iOS or Android device.

### **Impactful Curriculum**

The *Purpose* curriculum is 24 sessions and focuses on three big questions - "Why believe in God?" "Why trust Jesus?" and "Why belong to the Church?" This curriculum is designed to be kerygmatic with an emphasis on walking a teenager from an unfounded belief (or disbelief) in God toward a commitment to Jesus lived out through the Catholic Church. Each session is supplemented with video that engages the hearts, mind, and humor of teenagers. This curriculum is available in a large group, small group, 8th grade, and Spanish format. All four curriculum types are provided with one subscription purchase. Additionally, there is a lectionary-based discipleship bible study option for every session called "Summit." These small group sessions are 20 minutes long and a unique outline is provided for every Sunday of the liturgical year. All Summit sessions can be accessed from within the app platform.

### **Supplemental Resources that Last**

*Purpose* includes several supplemental resources that are designed to be more than a textbook - they are reference for teenagers and adults long after they've received the Sacrament of Confirmation. The *Foundations* series covers the three questions, "Why believe in God?", "Why trust Jesus?", and "Why belong to the Church?" The bible companion, "*Inspired*," helps teenagers understand Sacred Scripture and the two books, "*100 Things Every Catholic Teen Should Know*" and "*100 Saints Every Catholic Teen Should Know*" introduce teens to some of the most basic (and important) Church teachings and saints. Parents and sponsors can dive into the "*Story Guide*" and find reading for each of the 24 Purpose sessions so they can follow along with their son, daughter, or candidate's confirmation preparation.

**Purpose** is a curriculum that grows - every year we will update content to keep it relevant for young people and will add new video content, as well as retreat content to keep your ministry current while proclaiming truths that are timeless.

### **Next Steps**

After your purchase for Purpose is complete, you will receive a confirmation email from our store for your order. Your temporary login information will be sent via email within an hour of completion.

With your first year subscription, you will receive a box with each of our 7 supplemental books for Purpose! These will arrive within 1-2 weeks of purchasing Purpose.

### **Already a subscriber to Life Teen or Edge?**

If you're already subscribed to Life Teen or Edge, we have a special rate for you at \$199 for the first year and then \$99 every year after! To take advantage of this discount, you'll need to sign in to our online store or create an account with the email address used to purchase your most recent annual subscription. Questions? Reach out to us at [store@lifeteen.com](mailto:store@lifeteen.com)

## 10. Decision Point

Dynamic Catholic

<https://www.dynamiccatholic.com/confirmation/decision-point.html>

DECISION POINT is the first Confirmation program specifically developed to engage young Catholics in a meaningful conversation about the genius of Catholicism. It teaches and inspires teens to respond to God's grace, and it's changing hundreds of thousands of young lives. Today, DECISION POINT is the most used Confirmation program in America.

Before we could create the most dynamic program available, we needed to understand what was and wasn't effective in engaging young Catholics in their faith. We conducted hundreds of interviews, analyzed every Confirmation program available, and explored best practices among other Christian churches and groups. What we learned shaped our entire program.

That's why DECISION POINT consists of 72 short films, a student workbook, and a leader guide. That's why the content meets teens where they are in their everyday lives. And that's why the program is available for free.

## Catechetical Resources in Spanish

[Confirmación](#) RCL Benziger S&TM ©2014

[Confirmación: Inspirados por el Espíritu](#) William H. Sadlier, Inc. S/P&TM/CM ©2013

[Creer • Celebrar • Vivir Confirmación](#) William H. Sadlier, Inc ©2018 *(not on conformity list but it is an approved publisher and this fits with grade 7, ages 12-15)*

[Confirmados en el Espíritu](#) (7-9) Loyola Press S/P&TM/CM ©2007, 2013

[El Espíritu Santo nos Libera: Preparando a los jóvenes para la Confirmación](#) William H. Sadlier, Inc. S/P&TM/CM ©2000

[Un llamado a celebrar: la Confirmación](#) Harcourt (OSV Curriculum) S/P&TM/CM ©2008

# Letter to the Bishop

## What changed in your journey to Confirmation?

### A LETTER TO THE BISHOP

### REQUESTING THE SACRAMENT OF CONFIRMATION

You are free to respond to God's call to live your faith more deeply – to worship, witness and serve as a confirmed Catholic Christian. If you wish to receive the Sacrament of Confirmation, write a formal letter of request to Bishop Malone stating your desire to be confirmed. Follow these guidelines:

#### **GREETING**

**The bishop prefers the letters be handwritten not typed on the computer.**

Begin your letter with the greeting: The Most Reverend Francis Malone or Dear Bishop Malone.

#### **Helpful hints for the body of the letter**

Introduce yourself. Say something about your family or your background.

Request the sacrament. Give several reasons why you would like to be confirmed.

Explain how you have prepared for the sacrament. It is important that you talk about specific parts of your preparation: your prayer life, your celebration of the other sacraments, your service to others exercised at home, in the community and in the parish, etc.

Tell how you will continue to carry out your life of service to God and others through the power of the Holy Spirit. Tell how you plan to make your being sealed with the Gifts of the Holy Spirit real and alive in your life.

#### **CONCLUSION**

Conclude the letter, handwrite your complete signature. Please be sure to check your spelling and grammar.

Thank you for all your hard work and efforts to prepare yourselves for this important part of your faith journey.



