

Virtual Confirmation Retreat

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.

Note to Confirmation Coordinator/Leader:

If possible, teens should be provided opportunities and encouraged to share their reflections and thoughts with others. Sharing can be done personally (at home) with family members or sponsors, or may be done in a virtual group meeting (using a platform such as Zoom) with catechists/leaders and other teens. Please read through the outline below to note the sections that you might want to encourage at home sharing or virtual group sharing.

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/entrance into 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 thought 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 the Sacrament

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 answer 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...whether they are preparing now or celebrated the sacrament long ago...

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 need to celebrate it? What can it do for me?

(Video—Sophia Sketch Pad—Confirmation) (https://www.youtube.com/watch?v=Lu3MoT_egFl)

What from the video sticks out to you? Why?

Has your understanding of Confirmation changed? If so, how? Did this video provide answers to any of your questions?

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 you will receive it 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?

Note to Confirmation Coordinator/Leader:

If possible, provide an opportunity for teens to share their responses to these questions with their leader/catechist. This can be done via email or in a virtual gathering such as a Zoom. Catechists should make an effort to respond to questions, either individually or in a group.

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 homescreen 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://www.youtube.com/watch?v=sWz9VREQDro>)

Where do you see others living the gifts of the Holy Spirit? What does this look like?

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?

Note to Confirmation Coordinator/Leader:

If teens have identified a sponsor, encourage them to share their responses to the previous two sections. If not, invite them to think about someone who might be a good sponsor and share their responses with that person. Sponsors are also encouraged to share their own responses/reflections.

Obstacles/need for God's grace on the journey

Watch the following video on YouTube (https://www.youtube.com/watch?v=fSjt4p_ALhU).

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

How has this impacted your life? Or the lives of others?

Who is someone you can talk to about these struggles? Make a plan to talk to them.

What do you need from God in order to begin moving past this obstacle? As you pray the prayer at the end of this section, 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, thank you 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...](#)

[Catholic Pick Up Lines](#)

[“Awkward Things to Give Up for Lent”:](#)

[Stuff Catholics Say](#)

Discernment/Living the gifts

Watch the following video on YouTube (<https://youtu.be/HlqcJb9kAZA>) .

What from Anna's story stuck out to you? Why?

What gifts has God given you? What skills or talent has He blessed you with?

Where and how do you use these gifts? Looking back at these moments, what do you notice about yourself and others?

Anna used the gift of wisdom to know when to share faith with her friend and the gift of courage to overcome her fear. What gift is God calling you to share in new ways? How is He asking you to go deeper?

Who do you turn to for help in making life choices? Why do you turn to this person? How might he or she help you to continue in your journey of faith?

Note to Confirmation Coordinator/Leader:

If possible, provide an opportunity for teens to share their responses to these questions and the overall retreat experience with their leader/catechist. This can be done via email or in a virtual gathering such as a Zoom. If doing a zoom, you may also consider praying the following closing prayer together.

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?

Then, 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

End by saying: “Every prayer we make is + in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”