Loving Father, TODAY
I invite you into my life & make myself available to you.
Help me to become the best version of myself by seeking your will & becoming a living example of your love in the world.
Open my heart to the areas of my life that need change.
In order for me to carry out the mission & experience the joy you have imagined for my life, inspire me to live the Catholic faith in ways that are dynamic & engaging.
Show me how to best get involved in the life of my parish.
Make our community hungry for best practices and continuous learning.
Give me courage when I am afraid, hope when I am discouraged, and clarity in times of decision.
Teach me to enjoy uncertainty & lead your church to become all you imagined it would be for the people of our times.
Amen.
Acknowledgments

This project began with a dream.

More than a thousand people have poured their time, talent, and treasure into DECISION POINT. It is the result of years of research, development, and testing. To everyone involved in every stage of the process: Thank you! May God bless you and reward you richly for your generosity.

Now we offer it to the Church as a gift, hopeful that it will help millions of young people encounter Jesus and discover the genius of Catholicism.

Special thanks goes to: Matthew Kiernan, Margie Rapp, Allen Hunt, Anita Hunt, Fr. Robert Sherry, Tim Nowak, Penny Giunta, Beth Rainsford, Ashley Berger, and Fr. David Zink.

DECISION POINT was funded by a group of generous donors. It will now be made available at no cost to every parish in North America. This is one of the many ways that this program is unique.

Everything great in history has been accomplished by people who believed that the future could be better than the past. Thank you for believing!
It began with a dream—to give catechists, youth ministers, sponsors, parents, pastors, and Directors of Religious Education (DREs) the tools they need to engage young Catholics in a meaningful conversation about the genius of Catholicism in preparation for the Sacrament of Confirmation.

Catechesis is the Church’s efforts to bring to life the teachings of Jesus Christ in the lives of ordinary men, women, and children. Religious education classes are one of the primary forms of catechesis.

But evangelization precedes catechesis.

Evangelization is first and foremost a dialogue. It is not a monologue. Evangelization is a personal and powerful conversation that leads to conversion of heart, mind, and soul.

And let’s face it, our young people need to be evangelized. They need to hear the Gospel in a way that is fresh, intriguing, relevant, compelling, and attractive. Too often we make the mistake of assuming that they have made a choice for Christ and his Church, when the great majority of them have not. They need to be boldly invited to choose Christ and the Church.

The theology of Confirmation informs us that it is about God choosing us, but we are endowed with free will and so for God to do his best work in us and through us we need to respond and cooperate as Mary and the saints did.

It is our hope that this program will not only prepare young Catholics for the Sacrament of Confirmation in a dynamic way, but also teach and inspire them to respond and cooperate with God’s grace in all the circumstances of their daily lives, long after their Confirmation has passed.
These materials are the result of thousands of hours of work. More than seven hundred people have been involved in the process. Never before has a Catholic program been developed with such rigorous research, development, and testing. Yes, testing. Over and over again, we have put these materials in front of teens and asked them to tell us what was working and what wasn’t. Over and over, we refined our offering based on that feedback.

And we are not finished yet. For decades we have been using programs that were developed once and never changed, or changed every seven years. That is not the case with Decision Point. We hope you will provide feedback so that we can continue to improve this offering regularly.

Whatever role you play in preparing young Catholics for Confirmation, we realize it may be a thankless job—so we want to thank you. Thank you for all you are doing for the Church. It is our hope and prayer that this program will help make your experience with today’s Catholic teens infinitely more fulfilling for you and for them.

There is a moment in each person’s life when our eyes get wide and begin to sparkle. At Dynamic Catholic we call that the “I get it now” moment. We hope that our efforts combined with your dedication will produce more “I get it now” moments for Catholic teens.

May the grace of our abundantly generous God inspire you and give you courage, wisdom, and patience.

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The Dynamic Catholic Team

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THE DYNAMIC CATHOLIC APPROACH

This is different. One look at the materials for DECISION POINT and that is clear. It looks different because it is different. But it is not just different in how it looks and feels. The way we developed it was very different from how Catholic programs have been developed in the past.

And it’s not just different for the sake of being different. It’s different for a reason. Let’s be honest—the old way isn’t working. Eighty-five percent of young Catholics stop practicing their faith within ten years of their Confirmation. Different is needed.

DECISION POINT is different in a hundred ways.
Dynamic Catholic was founded on the idea of “meeting people where they are and leading them to where God is calling them to be.” Once Catholics are engaged in their spiritual journey, there is an abundance of materials that can feed them and draw them deeper into relationship with God and the Church. But there is a great shortage of materials that engage disengaged Catholics.

Most young Catholics are disengaged. Engaging them is therefore the first step. Until they are engaged it doesn’t matter how much information you download on them; they simply will not absorb it and make it their own.

There are many programs that faithfully present the teachings of the Church. But that alone is not enough. While presenting the Church’s teachings faithfully is essential, it is also critically important that they be presented in ways that are engaging, accessible, and relevant.

In setting out, our goal was to create the most dynamic program to prepare young Catholics for Confirmation. But we realized that in order to do this we had to get a real sense of what was working, what wasn’t working, and what experts on the front lines thought was needed.

DECISION POINT has taken more than four years to develop. The truth is, in many ways it is very different from what we originally envisioned. When we first set out we thought that the entire program would be online. But over and over again, you asked for physical workbooks, leader guides, and DVDs—so we adapted. Hundreds of people have spoken into this project, and it is better because of that.

This is the process we worked through to deliver what you now hold in your hands.

YEAR ONE: LISTEN
We spent the first year just listening. During that time we conducted more than seven hundred interviews with catechists, DREs, priests, youth ministers, youth group leaders, high school and middle school teachers, parents, candidates, current and former sponsors, and bishops.

YEAR TWO: EXPLORE
We spent the second year exploring every Confirmation preparation program that was currently available. We analyzed the differences and similarities between each program. We investigated which parts of each program were effective and which aspects simply weren’t working. We also explored best practices among other Christian churches and groups to discover how they were engaging their teens. Then we spent a lot of time asking why. Over and over again, we asked why: Why does this work? Why doesn’t this work? Why don’t young people respond to this or that? What will it take to really engage them in a meaningful discussion about the genius of Catholicism?

YEAR THREE: DEVELOP AND TEST
By the third year we were developing our own program based on all that we had learned. This began a cycle of development and testing. We would develop snippets of material and then test them with Catholic teens. A lot of the material worked, but some didn’t. And all of it was improved by the feedback we got during the testing.

YEAR FOUR: REFINE AND RETEST
In the fourth year we finalized the structure, layout, and content of DECISION POINT, all the time retesting and refining even the smallest details.

Now it’s time to share it with the world. But we see the launch of DECISION POINT as just a larger pilot study. We know it isn’t perfect; no program is. The difference is, we are not done yet. Many programs get launched and are never changed. But we are excited to continuously improve this program based on the feedback you and your students provide to us. So if you see a typo or a substantial way to improve this program, please let us know.
WHOM IS DECISION POINT FOR?

DECISION POINT is a Confirmation preparation program primarily designed for Catholics between the ages of twelve and eighteen. It has been designed to ignite a conversation about the genius of Catholicism between candidates and their parents, sponsors, catechists, teachers, peers, and priests. That conversation will be different if you're teaching this content to a group of middle school students than it would be if you were teaching it to a group of high school seniors. But the nature of the content and questions makes them flexible for a broad age group.

In fact, as you get into the materials, you may have the same reaction that many Confirmation leaders had in our focus groups when they said, “Every Catholic should experience this program—not just teens preparing for Confirmation!”

In response to this feedback we made two significant changes to the program. First, we abandoned the idea of having separate workbooks for parents and sponsors and decided that candidates, parents, and sponsors should all have the same workbook, and that we would make the content that’s unique to parents and sponsors available online.

Next, we decided to develop a version of the program that would be available in the form of a weekly e-mail. In this way, parents and sponsors can have an incredible adult faith formation experience alongside the candidates as they prepare for Confirmation.

As you work through the program, ask yourself: How many Catholics do I know who don’t need to experience this program?

In time we hope that whole parishes will go through the Confirmation preparation experience together via the online, app, or e-mail versions of DECISION POINT.

GETTING STARTED

Leading a Confirmation class can be overwhelming. Teens can be daunting. But never forget that this is one of the most important things you will do in your life. These young people are hungry to make sense of life—and nothing does that like the Gospel.

We are going to spend a lot of time exploring incredible content, but interestingly the most important part of your role can be completely covered in one sentence—eight words, actually:

Make sure they know you care about them.

Theodore Roosevelt, the twenty-sixth President of the United States, perfectly summed up the scenario you are about to find yourself in when he wrote, “People don’t care how much you know, until they know how much you care.”

Start praying for the teens in your class today. Make an effort to know their names. Let them know you are praying for them every day. Pay attention to what is happening in their lives; they will reveal this to you in a hundred ways throughout your time together.

It’s also important to realize that you cannot cover everything. You can’t teach them everything about the Catholic faith. You can’t combat every misconception they have about Catholicism. But if you give them a glimpse of the truth, beauty, and goodness that are at the core of our faith, they will get in touch with their appetite for these things—and that is no small thing. We have set you up with ideas and questions that will intrigue them and show them that Catholicism makes sense, that it works, that it is practical and joy filled, and that it is something that deep down they need and want. And remember, you don’t have to have all the answers. If you don’t know something, just say, “Good question, I don’t know. Let’s find out together.”

When young people have questions about the faith, the questions are beautiful, because they represent their deepest yearnings. It doesn’t matter how aggressively or disrespectfully the questions are asked. Never forget that every question comes from a yearning to know, love, and serve God. Young people may come at it in a very roundabout way, but don’t we all?

Most of all, never get discouraged, and don’t let what you can’t do interfere with what you can do. What you can do is love these teens, walk with them in their journey, pray that they open themselves up to God’s dream for their lives, and give them the most dynamic experience of Catholicism they have ever had.
Greet your candidates at the door when they arrive for each class. Welcome them. Look them in the eye and thank them for coming.

Learn your candidates’ names. This is the simplest way to demonstrate that they matter to you.

Start on time and end on time. Honoring time, honors people.

Speak up! Your voice is one of your best teaching tools. Be careful not to mumble or speak too quickly. A clear, slightly louder than normal voice is needed to lead a group. Say it like you mean it! You don’t need to shout, but a firm voice says you’re ready to lead.

Repeat yourself. Once is not enough. They need to hear important points over and over again. Make connections between what they learned and discussed last time you were together and what they are learning today. Keep repeating key phrases and themes. Repetition is a powerful force in educating and inspiring.

Look up! Whether you are sitting in a circle or in rows, make sure when you are speaking to look around the room. One temptation in leading a group is to speak only to those who are closest to you. Each class, make a conscious effort to make eye contact with everyone in the room.

Be prepared. Review the materials before class, mark the Scripture passages in your Bible, watch the videos, and ask the Holy Spirit to guide you. Being prepared sends so many messages to these young people: “You matter.” “This is important.” “I want to make this a great experience for you.”

Tell your candidates what’s up. Leading a group means guiding them step by step through the time together. So let them know what’s next. “Now we are going to pray.” The more specific the better. Feel free to add to your directions: “Now we are going to pray. Please bow your heads and close your eyes.” Being specific helps our brains to envision directions. Putting directions in the positive—“Keep your glass up”—helps us get it right. When we put them in the negative—“Don’t spill that”—we envision spilling the glass and often do just that!

Don’t be afraid of silence. After you ask someone a question, anticipate a pause of several seconds. Some people need longer than others to process. That’s OK. You can always go back to someone who needs more time. “I can see that you are working on your answer. I’ll give you a moment.” OR “Would you like me to come back to you?”

Redirect behavior. Tell them to cut it out. If you find yourself yelling, you are losing control of the group. Being prepared on the front end will help you lead well, without yelling. Being specific lets them know what is needed. A firm voice, not angry, sets the tone. “We are not talking right now. We are listening.” “I am waiting on everyone to close their eyes to begin.” (Make sure you look at them when you have to redirect.) You can turn this to the positive as well. This should be the voice of an appreciative, encouraging leader: “I really appreciate the way this group is working together on the activity. You are all listening to each other and sharing your ideas. Well done.” Last, standing up and stretching is a great redirection. Sometimes we all just need to move. So move. If you move, lead this activity too. “Everyone up and let’s stretch our legs.” You may want to encourage them to trade seats. Moving is a helpful way to redirect behavior.

Smile. Really. Smiling at someone is a gift and conveys a sincere warmth. It just feels good when someone smiles at you.

Tell your story. One of the most powerful tools you have to lead this group is your story. Know your story and share it—not necessarily all at once, but in bits and pieces as they relate to the content. To successfully lead, you have to see your candidates as real people and they have to see you as a real person, and as crazy as that may sound, getting to this place can be harder than you think.

Be you. If you like sports trivia, use that as an icebreaker. If you love chocolate, give candy for prizes. If you love music, play some as they enter or as a closer. Let them get to know you.

13 helpful hints
from great leaders

1. Greet your candidates at the door when they arrive for each class. Welcome them. Look them in the eye and thank them for coming.

2. Learn your candidates’ names. This is the simplest way to demonstrate that they matter to you.

3. Start on time and end on time. Honoring time, honors people.

4. Speak up! Your voice is one of your best teaching tools. Be careful not to mumble or speak too quickly. A clear, slightly louder than normal voice is needed to lead a group. Say it like you mean it! You don’t need to shout, but a firm voice says you’re ready to lead.

5. Repeat yourself. Once is not enough. They need to hear important points over and over again. Make connections between what they learned and discussed last time you were together and what they are learning today. Keep repeating key phrases and themes. Repetition is a powerful force in educating and inspiring.

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13. Be you. If you like sports trivia, use that as an icebreaker. If you love chocolate, give candy for prizes. If you love music, play some as they enter or as a closer. Let them get to know you.
DECISION POINT is a Dynamic Catholic program designed to prepare young Catholics for the Sacrament of Confirmation. The various components of the program can be experienced online or in the traditional format of workbook, leader guide, and DVDs.

At the heart of the program are seventy-two short films, which range in length from three to fifteen minutes and feature Matthew Kelly.

Here is a quick look at the different ways DECISION POINT can be experienced:

- **Online:** The entire program will be available online to anyone at any time.
- **Hard copies:** The workbook, leader guide, and DVD series will also be available as hard copies for parishes and individuals who prefer them.
- **E-mail:** The program will also be available in an e-mail version, which will allow individuals to sign up and receive the program in bite-size portions each week. Perfect for parents and sponsors.
- **App:** The seventy-two short films and bonus content will also be available on an application for smart phones and tablets.

To learn more, visit DynamicCatholic.com/Confirmation.

“**Pray** that young people **open** themselves up to God's dream for their lives, and give them the most **dynamic** experience of Catholicism they've **ever** had.”

**#1 TIP**

Every section has a little **tip**. These tips are usually just a sentence or two.

**READ THROUGH ALL THE TIPS FROM START TO FINISH IN ONE SITTING.** It will take you less than 30 minutes. This will give you a really good sense of how to engage these young Catholics in a dynamic experience. It will give you confidence. It will help you enjoy the process... and the more you enjoy it, the more they will enjoy it!

**You are offering them something beautiful.**

**They need to hear something beautiful, to experience something beautiful.** There is so much trash out there and they are encountering it every day.

**You are about to change these young people’s lives.**

Don’t lose sight of that.

We are committed to helping you succeed.
One of the great challenges in developing Confirmation materials is that each diocese prepares candidates in different ways for different periods of time, with different class formats. With this in mind, DECISION POINT has been developed with a suggested format, but in a way that makes it infinitely flexible.

**SUGGESTED FORMAT:**

We suggest that the program be experienced through twelve one–hundred twenty minute classes. These can take place once a month for twelve months, twice a month for six months, or once a week for three months.

If this is not how you currently structure your Confirmation preparation, we invite you to consider trying something new. Just because you have always done it a certain way doesn’t mean you need to continue to do it a certain way—especially if that way is not producing results.

But if your parish or diocese requires a different format, there are plenty of options.

**OTHER FORMAT OPTIONS:**

The core of the program is seventy-two short films. In the suggested format the candidates would experience six of these short films in each class. But you could use one per class for seventy-two sessions, or two per class for thirty-six sessions, or three per class for twenty-four sessions.

The program was specifically designed to have this flexibility. Each short film is content and concept rich. This leads to great opportunities for class or small group discussions.

There is also plenty of extra material and exercises in the workbook that are not used in the twelve-session format, for those parishes that have longer programs and need more material.

MY LORD GOD, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself... But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. Therefore I will trust you always though I may seem to be lost... I will not fear, for you are ever with me, and you will never leave me to face my perils alone.
SESSION ONE: LIFE IS CHOICES

Objectives:

- To remind candidates that they make hundreds of choices every day and that every choice has consequences.
- To help candidates become better decision makers.
- To demonstrate that God’s way and the way of the world are very different, and invite candidates to choose to walk with God.

From day one it is important to convey two things: that you care about the candidates and that you are excited.

Introduce yourself. Tell them a few things about you and your life—where you grew up, what football team you support, your hobbies, your favorite flavor of ice cream, and why you decided to be here with them right now.

Tell them this is going to be different from anything they have experienced before in a religious education class.

Take a few minutes and go around the class, asking each person to introduce him— or herself and share something just like you did.

Let them know you are praying for them. Encourage them to start praying for each other.

And remember what Theodore Roosevelt wrote: “People don’t care how much you know, until they know how much you care.”
**STEP 2** OPENING PRAYER

Get them quiet. Don’t rush this. Begin with the sign of the cross. Make it with reverence; they are always watching you.

Allow them a moment of quiet before you start reading the prayer. You could say something like, “Let’s just take a moment in silence to be still and quiet and open ourselves up to whatever God wants to lead us to today.”

After thirty to forty seconds of silence—which will seem like an eternity for them, and maybe for you—read the prayer slowly and reflectively.

MY LORD GOD, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself... But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. Therefore I will trust you always though I may seem to be lost... I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Thomas Merton

**STEP 3** ENGAGE: WATCH & DISCUSS

**SESSION 1 INTRODUCTION**

**WATCH VIDEO**

**NAVIGATION**

**Tip:** This is the first short film they are going to experience in the program. Make sure everyone can see the screen. Encourage them to turn off their phones. You may want to consider establishing cell phone rules now. Otherwise they may become the bane of your existence.

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?

Did you notice the kid in the film talking on his cell phone? Use this opportunity to talk to the class about how dangerous that can be.
1) Who do you know who is a great decision maker? What makes this person a great decision maker?

2) Describe a time when you ignored your conscience and regretted it later. Describe a time when you listened to your conscience and followed it, even though it was difficult.

3) Are you good at making decisions? On a scale of 1 to 10 (10 being the best), how good do you think you are at making decisions? What’s one practical thing you could do to become a better decision maker?

Tip:
If your group is less than twenty people, you can have the discussion as a class. If you have more than that, you may want to consider breaking them up into small groups.

Discussion Questions [WB5]
**SESSION 1.2 THE BEST WAY TO LIVE**

**WATCH VIDEO**

If you had a chance to watch this short film before class, tell the students about your favorite part. Not too much—just enough to arouse curiosity. This will help them to focus, waiting for the part you mentioned.

**DISCUSSION QUESTIONS [WB11]**

1) In some ways the best way to live is the same for us all. Which of the three principles had the most impact on you (the-best-version-of-yourself, virtue, or self-control)?

2) How would your relationships improve if you started to really live these three principles?

3) If at the end of your life you could be remembered for just one virtue, which would you choose? Why is that virtue important to you?

**SESSION 1.3 GOD’S DREAM FOR YOU**

**WATCH VIDEO**

Don’t rush it. Don’t be constantly looking at the clock. If you do, they will. If you don’t finish everything, that’s OK! Hopefully that means you have been having some great discussions. Discussion = Engagement. If you don’t get through the whole session, ask them to watch the remaining videos on the app and to journal about the discussion questions in their workbooks at home.

**DISCUSSION QUESTIONS [WB17]**

1) Have you ever met someone and discovered that person was nothing like what you thought he or she would be like?

2) Who in your life is helping you become the-best-version-of-yourself?

3) What are two things you can do to become a-better-version-of-yourself this week?
Ask your class to fill out the diagram on page 18 of their workbooks. If you want them to make themselves vulnerable to the process, you need to make yourself vulnerable to them first. Share with the class what is enslaving you at the moment or what has enslaved you in the past.

Tip

Exercise: What’s Enslaving You?

1) When was the last time you watched something on TV that helped you become a better version of yourself?
2) In what ways do you feel called to rebel against today’s culture?
3) How is the path God is calling you along different and better than the culture’s way of doing things?

Discussion Questions [WB22]

Tell them they are going to be surprised by what they are about to hear.
It’s probably the last thing that you expected to hear at church, but it really is exciting to be encouraged to rebel. Jesus was a rebel, but here’s the thing: it’s important to rebel against the right things.

Today’s culture doesn’t want you to become the best version of yourself. Today’s culture doesn’t want you to think too much about the truth. Today’s culture doesn’t want you to develop your spiritual self. Today’s culture doesn’t want you to have a great relationship with God.

Modern culture wants you to be a good, obedient little consumer, and not ask too many questions about where the whole consumerism is coming from.

I want you to be against that. I want you to rebel against the modern culture.

Now, let’s compare God’s vision for you and your life with the modern culture’s vision for you and your life.

God wants you deeply and wants you to become the best version of yourself. The culture doesn’t care about you and simply wants you to be a successful person of your peripheral.

What does God love? What’s driving the modern culture? Consumerism.

Almost everything that happens in today’s culture is aimed at getting you to buy something, or to adopt a lifestyle.

Everything has a brand on it. Today. What did we first use brands on? Recreation. Recreation is a big deal to the modern culture.

God sees all of his children, no matter who they are and wants to keep them free. The culture sees us as coffee and wants to sell us this dream.

Do you want to be a child of God or a slave to the culture?

The problem is, most of us spend a lot more time listening to the culture than we do listening to God.

It’s time to rebel!

Rebel the world’s vision for your life, because it leads to emptiness and death. If you think the need for focus and commitment doesn’t apply to your life, because it leads to pay and balance, now add one more: God’s vision for your life.

They say that every teenager goes through a rebellious stage. But we usually rebel against the wrong things. If you want to rebel against something, rebel against the culture that wants to rob you of your best self and enable you. Rebel against the things that try to make you more than what you really are.

The history of our great country is full of examples of men and women who rejected the culture’s vision for their life.

Anthony of the Desert inherited an enormous fortune as a young man, which he had been promised would bring him a life of luxury and prosperity. He saw the culture’s vision for him to be a life of availability and luxury as a wealthy landowner. He rejected the culture’s vision for his life when he heard the words of Jesus, “If you want to be perfect, go and shut what you possess to the poor, and you will have treasures in heaven and yours, and you will be perfect (Matthew 19:21)”. Anthony said to give away all his lands and possessions, give him the words of Jesus, and pursue a life of total poverty and service.

Everyone has a vision for your life, and it is a vision of something. God has imagined for you.

“For I know the plans I have for you,” says the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call me, the Lord your God, and you will come and pray to me, and I will listen to you. You will seek me and find me when you search for me with all your heart. I will be found by you,” says the Lord, “when you seek me, if you seek me with all your heart and with all your soul” (Jeremiah 29:11-13). For, in order to know God’s vision for your life, you have to seek it with all your heart and all your soul.

THINK ABOUT IT: If Jesus wants to help you develop a vision for your life, how would you describe your vision for your life?

KNOW IT: The things of the world’s empty vision for your life.

LIFE IS CHOICES

DO NOT BE AFRAID. THE CAPACITY TO ACCEPT OR TOLERATE DELAY, TROUBLE, OR SUFFERING WITHOUT GETTING ANGRY OR ANGRY.

WHO IS THE MOST PATIENT PERSON YOU KNOW?

HOW DO THEY DO IT?

WHAT ARE THREE WAYS YOU CAN BECOME MORE PATIENT?

DECISION POINT

1. DO YOU WANT TO LIVE LIFE TO THE FULLEST? WHY OR WHY NOT?

LIVE IT: When you are choosing life or death, choose life! It is the only way to find fullness of life. It is the only way to find maximum fulfillment. It is the only way to find the things of God.

THINK ABOUT IT: Are you choosing life or death every day?

KNOW IT: Joshua is telling the people of Israel, “I have set before you today life and prosperity, death and adversity. Joshua 24:15”

LIFE IS CHOICES

DO NOT BE AFRAID.

The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

WHO IS THE MOST PATIENT PERSON YOU KNOW?

HOW DO THEY DO IT?

WHAT ARE THREE WAYS YOU CAN BECOME MORE PATIENT?

DECISION POINT

1. DO YOU WANT TO LIVE LIFE TO THE FULLEST? WHY OR WHY NOT?

LIVE IT: When you are choosing life or death, choose life! It is the only way to find fullness of life. It is the only way to find maximum fulfillment. It is the only way to find the things of God.

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LIFE IS CHOICES

DO NOT BE AFRAID.

The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

WHO IS THE MOST PATIENT PERSON YOU KNOW?

HOW DO THEY DO IT?

WHAT ARE THREE WAYS YOU CAN BECOME MORE PATIENT?

DECISION POINT
INSTRUCTIONS: Invite your class to open up to page 25 and take a few minutes in silence to journal their answers to those questions.

TIP

Getting people to start listening to the voice of God is a huge step. Once they are tuned in to God’s radio station, he can communicate with them constantly and lead them in the paths he has designed just for them.

STEP 4 JOURNAL

STEP 5 ANNOUNCEMENTS

TIP

Thank them for coming. Seriously, Thank them. And thank them for participating, even if they didn’t participate as you would have liked them to. Praise and encouragement brings the best out of us all. Remind them you will be praying for them. You might say something like, “Remember, if you have a tough week or find yourself in a difficult situation, I am praying for you.” Encourage them to watch the videos again for homework online or on the app—and to journal.

STEP 6 CLOSING PRAYER

The closing prayer for every session is a Psalm. Why a Psalm? We are trying to immerse these young Catholics in the life of the Church in a thousand ways, most of which they will not realize are happening. Read it slowly. After the Psalm you may want to finish with a spontaneous prayer asking God to bless and guide you and the students in the coming week.

Psalm 1: The Two Ways

1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;  
2 but his delight is in the law of the Lord, and on his law he meditates day and night.  
3 He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.  
4 The wicked are not so, but are like chaff which the wind drives away.  
5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;  
6 for the Lord knows the way of the righteous, but the way of the wicked will perish.
O Lord my God, teach my heart this day where and how to see you, where and how to find you. You have made me and remade me, and you have bestowed on me all the good things I possess, and still I do not know you. I have not yet done that for which I was made. Teach me to seek you, for I cannot seek you unless you teach me, or find you unless you show yourself to me. Let me seek you in my desire, let me desire you in my seeking. Let me find you by loving you, let me love you when I find you. Amen.

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St. Anselm
SESSION TWO: WHAT’S HOLDING YOU BACK?

Objectives:

- To demonstrate that all paths are not equal and that there is such a thing as objective truth.
- To teach candidates to recognize patterns of stinking thinking in their lives.
- To help candidates to recognize who and what is holding them back from living the incredible life God invites them to.

GREET the candidates by name at the door as they arrive. This lets them know that they are worthy of your respect and attention, and that you are ready to lead.

TIME-ICON: This icon serves as a guide to help you plan approximately how long each activity will take.

This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

Example: [WB5] points you to page 5 in the Workbook.

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
**STEP 2  OPENING PRAYER**

**Tip**

Take a moment to get them quiet.

Now, speak to them about why quiet time is important in your life. The more specific you can be, the more they will latch on to this habit. How does quiet time make you a better person, friend, husband, wife, father, mother?

Begin with the Sign of the Cross, invite them to close their eyes, and read the opening prayer slowly and deliberately. Then give them thirty seconds in silence to reflect on the prayer and what God is saying to them through it.

O Lord my God, teach my heart this day where and how to see you, where and how to find you. You have made me and remade me, and you have bestowed on me all the good things I possess, and still I do not know you. I have not yet done that for which I was made. Teach me to seek you, for I cannot seek you unless you teach me, or find you unless you show yourself to me. Let me seek you in my desire, let me desire you in my seeking. Let me find you by loving you, let me love you when I find you. Amen.

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**STEP 3  ENGAGE: WATCH & DISCUSS**

**SESSION 2 INTRODUCTION**

**WATCH VIDEO**

**WHAT ARE YOU DOING?**

1) What is the one idea in this short film that you found most helpful?

**TIp:**

Make sure you are paying attention. Even if you have watched the short film ten times to prepare for class, watch it like it is the first time you are seeing it.
SESSION 2.1 THE QUEST FOR HAPPINESS

WATCH VIDEO

2.1 The Quest for Happiness

DISCUSSION QUESTIONS [WB34]

Tip

Speak up! By all means, let them have their say, but remember, you have had experiences that they haven’t. You have wisdom that they need to hear.

1) What are some things you desire that are good for you?

2) What is something you thought would make you happy, but in fact left you feeling empty, unhappy, miserable, used, deceived, or worse?

3) Describe a time when you had the wisdom and courage to follow your conscience, and you were glad you did.

EXERCISE

Every session highlights a saint or biblical figure. Invite a student to read “Who Was Mother Teresa?” from the workbook. Ask the class what else they know about her or what they admire about her. [WB32]

Sometimes young people can be slow to participate, so it might be helpful if you are ready to share how Mother Teresa inspires you.

DECISION POINT

WHAT’S HOLDING YOU BACK?
**SESSION 2.2 STINKING THINKING**

**WATCH VIDEO**

Introduce the video. “The next video is about stinking thinking. After the video I will tell you about a time in my life when I fell into stinking thinking.”

**DISCUSSION QUESTIONS [WB38]**

1) How is “Stinking Thinking” holding you back from becoming the person God created you to be?

2) Individualism, hedonism, minimalism, relativism: which of these are the biggest temptations for you at this time in your life?

3) Describe a time when you embraced one of these broken philosophies. What was the outcome? How did you feel afterward? Did you become a-better-version-of-yourself?

**SESSION 2.3 HUNGRY FOR THE TRUTH**

**WATCH VIDEO**

Don’t be afraid of silence. After you ask someone a question, be prepared for a pause of several seconds. Some people need longer than others to process. That’s OK. You can always go back to someone who needs more time. After several seconds, if you sense he or she still needs a little more time, ask, “Would you like me to come back to you?”

**DISCUSSION QUESTIONS [WB42]**

1) Describe a time when you were not “hungry for truth,” when you didn’t want to know the truth. Why were you avoiding it?

2) Think about a disturbing story you have seen in the news recently. What happened? Which of the ten commandments were broken?
Learn to keep control of the conversation. Don’t be afraid to tell them to cut it out. You are the leader, and part of your job is to redirect behavior.

### EXERCISE: THE TEN COMMANDMENTS

Work through the Ten Commandments and discuss the less obvious ways we can break them. For example, the fifth commandment is “You shall not kill.” Most of us wouldn’t think of killing another person physically, but it is easy to kill a person’s reputation with gossip and lies. [WB41]

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**What is Wisdom?**

Wisdom is not the accumulating information. The sheer size of information available on the Internet is enough to boggle the mind. Do experts say the amount of data will soon double every day? But information is not wisdom. In fact, one of the problems is that most of us don’t even know what we know. We claim to know it, but it is not wisdom.

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**SESSION 2.4 THIS IS PERSONAL**

**Watch Video**

**Tip**

Tell them they are about to hear an incredibly powerful story.

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**DISCUSSION QUESTIONS [WB47]**

1. What did the story about the rattlesnake make you think?
2. What does the rattlesnake represent for you? Who or what is holding you back? What is it that sooner or later is going to turn on you and strike you down? How would your life be better if you could walk away from that rattlesnake?
3. If you had more courage, what good thing would you do?

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**WHAT'S HOLDING YOU BACK?**

**Decision Point**

What's holding you back?

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**Engage: Watch & Discuss**

**Step 3 Continued**
I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY, MAKER OF HEAVEN AND EARTH, OF ALL THINGS VISIBLE AND INVISIBLE. I BELIEVE IN ONE LORD JESUS CHRIST, THE ONLY BEGOTTEN SON OF GOD, BORN OF THE FATHER.

These disordered desires direct you away from what is good. If they were, they desires are good. Not all your decisions point towards what is good. What is good? What has been the most courageous moment of your life? Who is the most courageous person you know? In what situations would you like to have more courage?

Keep encouraging them to bring a Bible to class. Bring some extra Bibles if you have any. Each time, invite a different student to find the passage in the Bible and read it to the class. [WB33]

Compliment them. We all shine when we realize that someone cares enough to notice.
**STEP 4**  JOURNAL

**INSTRUCTIONS:** Invite your class to open up to page 52 and take a few minutes in silence to journal their answers to those questions.

If some members of your class seem to be finished but others are still working, invite them to do the crossword puzzle at the end of the session.

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**STEP 5**  ANNOUNCEMENTS

Thank them for coming. Never stop thanking them for coming. Tell them you are proud of the progress they are making. Remind them that you are praying for them every day. Encourage them to watch the videos again online or on the app, and to journal or do the crossword puzzle.

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**STEP 6**  CLOSING PRAYER

The Psalms are rich and beautiful, but they often contain language that we are not used to. So read each Psalm slowly. Allow the words to sink in. We do almost everything too quickly in our lives. Don’t be afraid to go slow. After you have read the Psalm, close with a spontaneous prayer that asks God for the grace and the courage to live what we have learned here today.

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The Psalms are rich and beautiful, but they often contain language that we are not used to. So read each Psalm slowly. Allow the words to sink in. We do almost everything too quickly in our lives. Don’t be afraid to go slow. After you have read the Psalm, close with a spontaneous prayer that asks God for the grace and the courage to live what we have learned here today.

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**TIP**

If some members of your class seem to be finished but others are still working, invite them to do the crossword puzzle at the end of the session.

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Lord, catch me off guard today. Surprise me with some moment of beauty or pain. So that at least for the moment I may be startled into seeing that you are here in all your splendor, always and everywhere, barely hidden, beneath, beyond, within this life I breathe. Amen.

Frederick Buechner
SESSION THREE: THE JESUS QUESTION

Objectives:

- To encourage candidates to rediscover Jesus and to reassess the role he should be playing in their lives.
- To teach candidates that Jesus and his teachings are the answer to the problems we face in our lives and in the world.
- To help candidates recognize the power and importance of having a personal relationship with Jesus.

**TIP**

Start on time. If people are late, they are late. Systems drive behavior—if you want them to be on time, you need to start on time.

Remind them of one of the key points from the previous session, just like TV shows start with, “Previously on . . .” followed by a short highlights reel from the most recent episode.

Ask them what they remember from the previous session.

Engage them constantly. They may resist, but in truth they yearn for this.

**LEADER GUIDE KEY**

**TIME-ICON:** This icon serves as a guide to help you plan approximately how long each activity will take.

**[WB5]** This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

*Example: [WB5] points you to page 5 in the Workbook*

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
Tip

Each of the prayers has been selected to do exactly what this prayer asks the Lord to do: catch us off guard. These prayers are real and approachable. The language they use is practical.

Begin with the Sign of the Cross, invite them to close their eyes, and read the opening prayer slowly and deliberately. Then give them thirty seconds in silence to reflect on the prayer and what God is saying to them through it.

Lord, catch me off guard today. Surprise me with some moment of beauty or pain. So that at least for the moment I may be startled into seeing that you are here in all your splendor, always and everywhere, barely hidden, beneath, beyond, within this life I breathe. Amen.

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Frederick Buechner
SESSION 3.1 WHO IS JESUS?

WATCH VIDEO

3.1 WHO IS JESUS?

DISCUSSION QUESTIONS [WB62]

These are big questions. They are life-changing questions. Tell them that. “We are just taking a few minutes to start exploring these questions together now. But these are big questions that you will spend the rest of your life revisiting.”

1) How did this session change the way you see Jesus?

2) How did Jesus change the world?

3) The Jesus question is, “Who do you say that I am?” (Mark 8:29) If Jesus came to your house to visit today and asked you this question, what would your answer be?

EXERCISE

 Invite a student to read “Who is the Messiah?”

 Invite another student to read “The Jesus Prophecies.”

When both have been read, ask the students to speak about their reactions to each piece. [WB60]

Tip!

Talk about how your relationship with Jesus has evolved over the course of your life. Talk about the difference between who you are today and who you were before you really knew Jesus.

Steve Breyer, one of the great Christian writers of the twentieth century and the creator of the Narnia series, says we only really have three choices when it comes to Jesus: He is a liar, a lunatic, or the Messiah he claims to be.

Other major world religions acknowledge Jesus as a great teacher or a great prophet—which seems very accommodating and tolerant—but there are several problems with this position.

First, Jesus never claimed to be a great teacher or a great prophet. He claimed to be the long-awaited Messiah. If he isn’t the Messiah, he is either a liar or a lunatic—but not a great teacher and prophet. These things are incongruent.

Let’s get clear. If Jesus is not the Messiah, he is the biggest liar who ever lived. You cannot be the biggest liar in history and still be a great teacher and prophet. These things are incongruent.

And more than being a liar, if Jesus is not the Christ, he perpetrated the biggest fraud in human history.

If Jesus was a lunatic, could the early Christians have kept that a secret? The scale of the conspiracy that would be required to conceal Jesus as a lunatic makes it more than improbable. And if he was just a lunatic, they could have easily proved that and simply locked him up. There would have been no need to crucify him, as he would have been easily discredited. If they could have proved he was a lunatic, they would have had no reason to feel threatened by him, and no reason to kill him. But he was considered by both the secular and the religious authorities of his time to be much more dangerous than a simple lunatic.

C. S. Lewis, one of the great Christian writers of the twentieth century and the creator of the Narnia series, says we only really have three choices when it comes to Jesus: He is a liar, a lunatic, or the Messiah he claims to be.

The Messiah complex is a post-Jesus phenomenon. If Jesus was a lunatic, could the early Christians have kept that a secret? The scale of the conspiracy that would be required to conceal Jesus as a lunatic makes it more than improbable. And if he was just a lunatic, they could have easily proved that and simply locked him up. There would have been no need to crucify him, as he would have been easily discredited. If they could have proved he was a lunatic, they would have had no reason to feel threatened by him, and no reason to kill him. But he was considered by both the secular and the religious authorities of his time to be much more dangerous than a simple lunatic.

Who is Jesus? He is the Galilean carpenter who became an itinerant preacher, who turned water into wine, made the lame walk and the blind see, walked on water, multiplied a handful of loaves and fishes to feed thousands, got under the skin of secular and religious leaders of the day, was executed on a cross, was buried in a borrowed tomb, and three days later rose from the dead. Jesus wasn’t a great teacher; he was the greatest teacher. He wasn’t a great prophet; he was the greatest prophet. But more importantly, Jesus is the Christ, the long-awaited Messiah.
SESSION 3.2 THE PROBLEM AND THE SOLUTION

WATCH VIDEO

Introduce the video. “Have you ever wondered why the world is a bit of a mess? This next video does a great job of explaining that.”

DISCUSSION QUESTIONS [WB67]

1) In many ways the world is an incredible place, but in lots of other ways it is a mess. In what ways is the world a mess?

2) How did the world get to be such a mess?

3) What is sin? How does it affect you?

SESSION 3.3 JESUS WAS A RADICAL

WATCH VIDEO

If they seem restless, distracted, or lifeless, take a few moments before this next video to get them moving. It may seem counterintuitive to think that moving would help them sit still and focus, but it works. Ask everyone to change chairs and sit as far away as possible from the chair they are in at the moment.

DISCUSSION QUESTIONS [WB73]

1) Who do you know who take the teachings of Jesus seriously, allowing those lessons to direct the way they live their lives?

2) How do the teachings of Jesus challenge you to radically change your life?

3) What is agape love? How is it different from the way movies, music, and the media portray love?
This is a powerful piece. Don’t rob it of its power. Read it a couple of times before class. Take a moment to get the class quiet before you begin. Invite them to close their eyes if they seem distracted. Read it slowly, deliberately. Let the words sink in.

ONE SOLITARY LIFE
BY JAMES ALLAN FRANCIS

He was born in an obscure village
The child of a peasant woman
He grew up in another obscure village
Where he worked in a carpenter shop
Until he was thirty when public opinion turned against him.

He never wrote a book
He never held an office
He never went to college
He never visited a big city
He never traveled more than two hundred miles
From the place where he was born
He did none of the things
Usually associated with greatness

He had no credentials but himself
He was only thirty three
His friends ran away
One of them denied him
He was turned over to his enemies
And went through the mockery of a trial
While being abused between two thieves
The only property he had on earth

When he was dead
He was laid in a borrowed grave
Through the pity of a friend

Nineteen centuries have come and gone
And today Jesus is the central figure of the human race
And the leader of mankind’s progress

All the armies that have ever marched
All the navies that have ever sailed
All the parliaments that have ever sat
All the kings that ever reigned put together
Have not affected the life of Jesus on earth
So powerfully as that one solitary life

1) Grace is the help God gives us to respond to his call and to do what is good and right. In what part of your life do you need God’s grace most today?

2) How do you imagine you would be different if you went to reconciliation once a month?

3) We all need to be forgiven by God and others, and we all have people we need to forgive. In the Our Father we pray, “Forgive us our trespasses as we forgive those who trespass against us.” Whom is God calling you to forgive today?

Introduce the video by saying that we all need a second chance from time to time.
I am not going to give you a long lecture about it. I am just going to engage them with a question. Ask the candidates to share their answers. [WB77]

Session 3.5 Decision Point

We all need a fresh start from time to time. Where grace and sin intersect is a sign of our spiritual life. It means that you are in touch with your conscience. This is a sign of where grace and sin intersect. You may be too young right now, but there will come a time in your life when you will be faced with a hard but certain decision. You will try to find a way to prolong the reindeer as you would try to avoid taking responsibility for what you had done.

I try to forgive a month. I need the grace. I need to take an honest look at myself. I need to be held accountable. I bring the best out of me. I need the spiritual coaching and guidance that I get in the sacrament of Reconciliation.

The peace that comes from having our sins forgiven is a peace that the world cannot give us. Do you have that peace? If you don’t, maybe it’s time you made a good confession. The peace of Reconciliation.

I need the grace. I need to take an honest look at myself. I need to be held accountable; it brings the best out of me. I try to go once a month. I need the grace. I need to take an honest look at myself. I need to be held accountable; it brings the best out of me. I need the spiritual coaching and guidance that I get in the sacrament of Reconciliation.

Grace gets us beyond the Paul dilemma: “I do not do the good I want, and to do what is good and right.

What is grace? Grace is the help God gives us to respond to his call, strength and abilities. On this day you will discover your need for grace. What is grace? Grace is the help God gives us to respond to his call, strength and abilities. On this day you will discover your need for grace.

It’s good for me and I love the peace that fills my heart when the priest says, “I have forgiven you of your sins.” Of course, I need the grace. I need to take an honest look at myself. I need to be held accountable; it brings the best out of me. I try to go once a month. I need the grace. I need to take an honest look at myself. I need to be held accountable; it brings the best out of me. I need the spiritual coaching and guidance that I get in the sacrament of Reconciliation.

I do not do the good I want, and to do what is good and right.

The truth is, you cannot become the-best-version-of-yourself on your own. You need grace. You need the grace that comes from having your sins forgiven. Do you have that peace? If you don’t, maybe it’s time you made a good confession. The peace of Reconciliation.

I am not going to give you a long lecture about it. I am just going to engage them with a question. Ask the candidates to share their answers. [WB77]

We all need a fresh start from time to time. Where grace and sin intersect is a sign of our spiritual life. It means that you are in touch with your conscience. This is a sign of where grace and sin intersect. You may be too young right now, but there will come a time in your life when you will be faced with a hard but certain decision. You will try to find a way to prolong the reindeer as you would try to avoid taking responsibility for what you had done.

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I do not do the good I want, and to do what is good and right.

The truth is, you cannot become the-best-version-of-yourself on your own. You need grace. You need the grace that comes from having your sins forgiven. Do you have that peace? If you don’t, maybe it’s time you made a good confession. The peace of Reconciliation.

I am not going to give you a long lecture about it. I am just going to engage them with a question. Ask the candidates to share their answers. [WB77]
INSTRUCTIONS: Invite your class to open up to page 81 and take a few minutes in silence to journal their answers to those questions.

TIP
There is something powerful about writing down our deepest thoughts. Encourage them to make time to journal, not just now but for the rest of their lives.

STEP 5 ANNOUNCEMENTS

TIP
Thank them for coming. Remind them you will be praying for them during the week. Remember, if you cannot convince them that you care about them, you will not be able to deliver a life-changing experience.

Encourage them to watch the videos again online or on the app. Give them examples of when they could do this during their day. “Watch one each night before you go to bed.” “Watch one each time you have a gap in your day.”

STEP 6 CLOSING PRAYER

This time let’s mix it up. Start with a spontaneous prayer and then lead into the Psalm. Prayer is powerful. Prayer can change a person’s life. Pray with power. Allow the power of God—Father, Son, and Holy Spirit—to flow through you. Ask God to fill you with the Holy Spirit so that you can impact and influence the young people before you in powerful ways.

Psalm 23

1 The Lord is my shepherd, I shall not want; 1 he makes me lie down in green pastures. He leads me beside still waters; 2 he restores my soul. He leads me in paths of righteousness for his name’s sake. 3 Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff, they comfort me. 4 Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows. 5 Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord for ever.
The prayer process

Decision Point

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardships as the pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that you will make all things right, if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next. Amen.

The Serenity Prayer

SESSION FOUR

The PRAYER Process
SESSION FOUR: THE PRAYER PROCESS

Objectives:

• To teach the candidates how to pray.
• To demonstrate that the way prayer helps is by helping us discover God’s will for our lives, and that we cannot ever truly be happy outside of God’s will.
• To encourage candidates to develop a daily routine of prayer.

TIP

Whether it has been a week or a month since you last met with them, ask the candidates to tell you the best thing that’s happened since you were last together. Take an interest in their lives. We listen most to the people we believe have our best interests at heart. The more you convince them that you are interested in them as individuals, the more they will listen to what you have to say.

LEADER GUIDE KEY

TIME-ICON: This icon serves as a guide to help you plan approximately how long each activity will take.

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Example: [WB5] points you to page 5 in the Workbook.

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
**STEP 2 OPENING PRAYER**

**Tip**

Take a moment to get them quiet.

Now, speak to them about why quiet time is important in your life. The more specific you can be, the more they will latch on to this habit. How does quiet time make you a better person, friend, husband, wife, father, mother?

Begin with the Sign of the Cross, invite them to close their eyes, and read the opening prayer slowly and deliberately. Then give them thirty seconds in silence to reflect on the prayer and what God is saying to them through it.

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God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardships as the pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that you will make all things right, if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next. Amen.

*The Serenity Prayer*

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**STEP 3 ENGAGE: WATCH & DISCUSS**

**SESSION 4 INTRODUCTION**

**WATCH VIDEO**

**SILENCE**

**Tip:**

We spend hundreds of thousands of hours watching television during our lives. But how often do you get up from watching TV and think, “That program helped me become a better-version-of-myself!” Probably not that often. Point out how rare it is that the programs we watch actually help us grow and improve.

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
**SESSION 4.1 WHY PRAY?**

1. **ENGAGE: WATCH & DISCUSS**

   **WALK VIDEO**

   ![Video](image)

   **DISCUSSION QUESTIONS [WB88]**

   Involve everyone. Ask males and females an equal number of questions. Look around the room. Move the conversation around the classroom, trying to involve as much of the class as possible.

   1. Whom do you talk to everyday? Why?
   2. Do you pray? How often? How do you feel after you pray?
   3. Do you think you would be happier if you made time to pray each day?

   **Exercise**

   Invite a student to read "Who Was Saint Teresa of Avila?" Ask the students what they think it would be like to live a life of prayer and silence as a cloistered nun. [WB95]

   **EXERCISE**

   When someone is speaking, give him or her your full attention. Make sure they know by your body language that you are deeply interested in what they are saying—and by extension, deeply interested in them.

   **GETTING STARTED**

   The hardest part of any lesson is getting started. If you are having trouble, ask a trusted friend or family member to help you start. The Prayer Process is a powerful technique that can help you explore your thoughts and feelings about a particular topic. It can be very difficult at first to take prayer seriously. You will be amazed at how much you can learn and grow by simply focusing on your thoughts and feelings. The time you spend with God will be time well spent. The hardest part is getting started. If you are having trouble, the Psalms are a powerful collection of prayers. Use them to get started—your own words will begin to flow.

   **DECISION POINT**

   The Prayer Process designed by the authors, will deepen students' love for the Lord and their commitment to prayer.

   1. **IDENTIFY**
   2. **HONESTY**: Begin by naming what is on your mind and what you are grateful for today. The Prayer Process is designed to help you explore your thoughts and feelings about a particular topic. It can be very difficult at first to take prayer seriously. If you are having trouble, the Psalms are a powerful collection of prayers. Use them to get started—your own words will begin to flow.

   **SUGGESTIONS**

   1. **IDENTIFY**: Begin by naming what is on your mind and what you are grateful for today.
   2. **HONESTY**: Begin by being honest about what is on your mind and what you are grateful for today.
   3. **MEDITATION**: Reflect on your thoughts and feelings about a particular topic. It can be very difficult at first to take prayer seriously. If you are having trouble, the Psalms are a powerful collection of prayers. Use them to get started—your own words will begin to flow.

   **SUGGESTIONS**

   1. **IDENTIFY**: Begin by naming what is on your mind and what you are grateful for today.
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   **WHY PRAY?**

   - **GRATITUDE**
   - **AWARENESS**
   - **SIGNIFICANT MOMENTS**
   - **PEACE**
   - **FREEDOM**
   - **OTHERS**
   - **Pray the Our Father**

   **TIP:** When someone is speaking, give him or her your full attention. Make sure they know by your body language that you are deeply interested in what they are saying—and by extension, deeply interested in them.

   **SUMMARY**

   The Prayer Process is quite simple and easy to talk about. But the best way to understand it is to practice it! The Prayer Process is designed to help you explore your thoughts and feelings about a particular topic. It can be very difficult at first to take prayer seriously. If you are having trouble, the Psalms are a powerful collection of prayers. Use them to get started—your own words will begin to flow.

   **TERESA OF AVILA (1515–1582)**

   Teresa of Avila was a Carmelite Nun. She was a great Catholic Author and Mystic, and a Champion of Prayer. Teresa wrote extensively about the importance of having intimate and personal conversation with God in prayer. This is known as mental prayer. Her feast day is October 15.

   **A space shuttle uses 96% of its fuel at takeoff.**

   **Want to learn more?**

   Read Conversation with Christ, by Peter Rohrbach. It is a fabulous introduction to prayer.

   **Isaac Newton’s first law states:** An object at rest stays at rest and an object in motion stays in motion at the same speed, unless acted on by an external force.

   **The hard part is getting started.** Have you ever noticed that when you sit down to start writing a paper, you get distracted by a million things? You remember three things you needed to do, you decide you are hungry and go to the fridge, you need to go to the bathroom, etc. Getting started on anything can be excruciating. A space shuttle uses 96 percent of its fuel at takeoff. It can be very difficult at first to take prayer seriously. I don’t say that to discourage you. I tell you this so that when you experience the difficulty you will realize it is normal and you will persevere. The hardest things to do are those that have never been done before. The first time man went to the moon was incredibly difficult because everything had to be learned from scratch. Prayer isn’t like that. Great men and women have been practicing prayer for thousands of years, and we can learn a lot from them.

   Most people either don’t pray at all or don’t pray very much, because nobody has ever really taught them how to pray. In this session I am going to teach you The Prayer Process. I developed The Prayer Process a few years ago after studying hundreds of methods of prayer, because I wanted to give people a simple process that they could use every day to guide their conversation with God. After all, that is what prayer ultimately is: a conversation with God.
ENGAGE: WATCH & DISCUSS

SESSION 4.2 THE BIG QUESTION

WATCH VIDEO

4.2 THE BIG QUESTION

Introduce the video by saying something like, “This next short film is called ‘The Big Question.’ What do you think the big question is?”

DISCUSSION QUESTIONS [WB92]

1) Describe a time when someone challenged you to do something that would help you become the best version of yourself. How did you respond?

2) Have you ever asked God the big question: “What do you think I should do?” If you have, what happened? If you have never asked God the big question, why not?

3) If you spent ten minutes a day in prayer every day for the next month, how do you think you might be different a month from now?

SESSION 4.3 THE PRAYER PROCESS

WATCH VIDEO

4.3 THE PRAYER PROCESS

Introduce the video by asking them: Has anyone ever really taught you how to pray? Tell them about how you learned to pray and how you wish you could have had access to a video like the one they are about to experience when you were their age.

DISCUSSION QUESTIONS [WB96]

1) Has anyone ever taught you how to pray? Who? When?

2) Which of the seven steps in the prayer process intrigued you the most? Why?

3) If you were going to set aside ten minutes to pray at the same time every day, what time of day would be best for you?
Left to our own devices, most of us would become fairly self-centered. We cannot grow spiritually unless we get outside ourselves, and put other people and their legitimate needs ahead of our selfish and sometimes reckless wants. This exercise is designed to give perspective about how difficult life is for people in other parts of the world. The result of this perspective should be gratitude and a desire to help others.

**The Geography of Prayer**

Do you pray only for yourself? If so, your geography of prayer is pretty small—tiny, in fact! Christians believe we are called to pray for the whole world, and as such, the geography of our prayer should take in the entire world. When I was in high school, I was given a rosary. Each of the five decades was a different color and represented a different region of the world. The idea was to offer each decade for the people in those different regions. But praying for the whole world.

- First decade (green beads): Pray for Africa
- Second decade (red beads): Pray for the Americas
- Third decade (white beads): Pray for Europe
- Fourth decade (blue beads): Pray for the South Pacific
- Fifth decade (yellow beads): Pray for Asia

Prayer is powerful. If we love our neighbor, we will pray for our neighbor. As Catholics, the geography of our prayer even reaches beyond this world when we pray for our loved ones who have died, that they may be united with God in paradise.

The geography of prayer is just one of millions of beautiful realities that make up our faith.
The first step in the process is… GRATITUDE: Begin by thanking God in a personal dialogue for whatever you are most grateful for today. Now, get comfortable, so that you can be still and quiet for a few minutes. Let’s start by closing your eyes.

The second step in the process is… AWARENESS: Revisit the situations, people, or things you are grateful for today. How have you experienced God in the past twenty-four hours? Did you hear God calling you to do something? Did you receive an unexpected gift of love or service from another person? What are you thankful for today?

The third step in the process is… SIGNIFICANT MOMENTS: Identify a time in the past twenty-four hours when you were the-best-version-of-yourself… Talk to God about why you were grateful for that time. Did you feel called to pray for today, asking God to bless and guide them?

The fourth step in the process is… PEACE: Ask God to forgive you for any wrong you have committed (against yourself, another person, or God) and to fill you with a deep and abiding peace.

The fifth step in the process is… PETITION: Pray about each of these people… and vocalize the specific ways you would like God to bless them… Take your time… Slowly pray for the people in your life… one at a time… Consider asking God to show you a new way to be loved and to fill you with a deep and abiding peace.

The sixth step in the process is… PRAYER LITTLE: Pray with God about any particular event or person in your life that you feel called to pray about today. What is God trying to say to you through that event or person? What do you learn from actually praying.

The seventh step in the process is… PRAY AS A WAY OF LIFE: Let the process become a regular habit of finding a quiet place to pray, to be still and quiet, and to listen to yourself speak. Praying does not mean waiting until you hear God. Praying means calming listening to yourself speak.

The eighth step in the process is… PRAYER AS A WAY OF LIFE: It is great to talk about prayer and to read books or attend workshops to learn about it, but at some point the best thing to do is just try it and see what you learn from actually praying.

The ninth step in the process is… PRAYER AS A WAY OF LIFE: The Prayer Process solves both of these problems. It teaches us how to pray and it gives us a simple step-by-step process, so we know exactly where to start.

This session highlights the virtue of perseverance. Invite a candidate to read The Virtue in Focus section. Discuss with the class why it is so difficult to persevere and what techniques they have learned to help push themselves when they are tempted to quit. [WB999]
INSTRUCTIONS: Invite your class to open up to page 105 and take a few minutes in silence to journal their answers to those questions.

Routine is beautiful. We spend a lot of our lives rebelling against it, but the truth is routines bring out the best in us. Encourage the candidates to develop healthy routines in their lives, and to make journaling one of them.

SMILE. Thank them for coming. Remind them you will be praying for them during the week. Some of the candidates might not have anyone in their lives who really cares deeply about them. You don’t know what is happening in their hearts and in their lives. So reassure them that they are not alone.

Once is not enough. We learn by repetition. Encourage them to watch the videos again online or on the app.

Let us pray...
Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do your will.

St. Ignatius of Loyola
SESSION FIVE: THE BIBLE

Objectives:

- To give candidates a general introduction to the Bible.
- To demonstrate that the Word of God is a practical and powerful source of inspiration and direction in our lives.
- To encourage candidates to develop the habit of reading the Bible regularly.

LEADER GUIDE KEY

TIME-ICON: This icon serves as a guide to help you plan approximately how long each activity will take.

Example: [WB5] points you to page 5 in the Workbook

This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

[WB5]

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.

STEP 1 WELCOME

How welcome are you making your candidates feel? Greet them at the door. Have you learned their names? Greeting them by name is powerful; it shows they matter. It’s just one of a hundred ways you can show them that you care.

How into it are you? They can tell. Get into it. If you don’t feel like you are into it enough, spend some more time preparing for each session. Preparation breeds confidence.
**STEP 2 OPENING PRAYER**

**Tip**

Get them quiet.

If you can’t get your students quiet at the beginning of the class, the chances of you having control throughout rapidly diminish.

Make sure they know that you know you are in charge. That doesn’t mean you need to shout at them, but be firm.

Read the prayer yourself this week.

Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do your will.

*St. Ignatius of Loyola*

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**STEP 3 ENGAGE: WATCH & DISCUSS**

**SESSION 5 INTRODUCTION**

**WATCH VIDEO**

**UNEXPECTED GIFTS**

This short film is a little longer than the rest. You may want to prepare them for that, so they know what to expect. You may also want to tell them the question you are going to ask them at the end of the film. It is always the same for the first film in each session: What is the one idea in this short film that you found most helpful?

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
SESSION 5.1 A MAP FOR THE JOURNEY

WATCH VIDEO

DISCUSSION QUESTIONS [WB115]

This section talks about the Bible as a map and guidebook. You may want to share a personal story about how the Bible was a map for you at some point in your life. The more specific your testimony can be, the more powerful it will be.

1) Do you think of the Bible as a guidebook? If not what is your perception of the Bible?

2) In what ways are you a tourist and in what ways are you a pilgrim?

3) How comfortable would you be if you died today and had to account for the way you have lived your life?

EXERCISE

 Invite a student to read “Who Was Saint Jerome?” Ask the candidates what they think it would be like to copy the whole Bible in their own handwriting, or to translate it into another language. [WB126]

Eye contact is key. When you are speaking to them, look them in the eye. Resist the temptation to bury your head in this leader guide. Look up; look them in the eye, especially when they are responding to a question.
SESSION 5.2 INTRODUCTION TO THE BIBLE

WATCH VIDEO

Before you start this short film, ask them how many books are in the Bible. See if the class knows or can agree. Don’t answer the question; let the short film answer it.

DISCUSSION QUESTIONS [WB121]

1) What new thing did you learn about the Bible in this section?
2) What’s your favorite book in the Bible? Why?
3) If you could be one person in the Bible, who would you want to be? Why?

SESSION 5.3 HOW SHOULD I USE THE BIBLE?

WATCH VIDEO

Feel free to walk around during the discussions. This will help to hold their attention. If someone is speaking, move a little closer to them. This helps them to know that you are curious and interested in what they have to say. If someone is not on task or is misbehaving, move closer to them. This proximity control is a good nonverbal way to capture attention.

DISCUSSION QUESTIONS [WB128]

1) How do you feel about the challenge to read the Bible for a few minutes each day?
2) How do you think your life would change if you did read the Bible for a few minutes each day?
3) Other than reading the Bible, what other habits could help you become the-best-version-of-yourself?
5 MIN

STEP 3 ENGAGE: WATCH & DISCUSS

CONTINUED...

EXERCISE: TOP TEN CATHOLIC PILGRIMAGES

Ask someone to read aloud “Top Ten Catholic Pilgrimages.” Next, invite students to write down quietly which of the ten they would most like to visit and why. Now go around the class and ask each student which they selected. Finally, ask if anyone has been to any of these places. If there is time, invite them to share about their experiences. [WB113]

If your group is too large for everyone to share, just ask them to select a partner and share their answer with that partner.

SESSION 5.4 THE POWER OF HABIT

WATCH VIDEO

Tell them that this short film is about the most powerful thing in their lives.

DISCUSSION QUESTIONS [WB133]

1) Who do you know who has great habits? What are those habits?
2) Have you ever seen bad habits destroy a person’s life?
3) What will be the biggest obstacle to you establishing the habit of reading the Bible for a few minutes each day?
AND BY THE GRACE OF GOD WAS INNOCENT OF THE VIRGIN MARY, AND BECAME FOR OUR SAKE HE WAS CRUCIFIED UNDER PONTIUS PILATE, HE SUFFERED DEATH AND WAS BURIED, A SAD VERSION OF HIS HABIT. 

**VIRTUE IN FOCUS**

When you sit down in a meeting or grab your child and take a nap, are you thinking, “What are we doing?” It doesn’t have to be that way. To understand the power of compound interest, let’s take a look at an example.

If from your eighteenth birthday you saved just three dollars a day, you would have $66,740. Most people never engage the power of compounding interest. Most wait until too late in life to start saving for retirement—so much so that they need the government to save for them.

The same is true for prayer. It’s good to talk about it and to read books about it, but at some point the best thing to do is just try it and see how it feels. We may not feel comfortable praying, but there are plenty of people who aren’t at all comfortable riding a bicycle or playing an instrument.

Throughout this program I am trying to help you establish some foundational habits in your life. In Genesis you studied the habits of Adam and Eve. In this session you will study the habits of Abraham and his son.

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When you encounter those times I want to encourage you to persevere. If you feel like you don’t have the words, just speak them. God hears you and is ready to do what he can.

What will be the defining habits of your life? How will your life change when your habits change? The earlier you start saving the better. There are two reasons most people don’t pray: nobody ever taught them how or they don’t feel comfortable asking for anything. I believe that you will feel comfortable asking after you read this book and start using it regularly.

What is about to happen.

The Bible

The book of Genesis. First, as we discussed in Session 3, read the Gospel of Matthew. This is a great blueprint for happiness. It helps us to know the heart of God, and his will for our lives.

To understand the power of compound interest, let’s take a look at an example.

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What is about to happen.
INSTRUCTIONS: It’s time to journal. Remind them that this is a sacred time. Invite your class to open up to page 137 and take a few minutes in silence to journal their answers to those questions.

TIP

Talk about how busy your life is and how you have to fight and make it a priority to have any quiet time. Let them know that this time to think, pray, and journal is a real luxury.

STEP 4 JOURNAL

STEP 5 ANNOUNCEMENTS

TIP

Smile. Thank them for coming. Remind them you will be praying for them during the week. Ask them if there is anything in particular they would like you to pray for. Tell them that if it is private they can write it down and pass it to you.

Think about getting a prayer book that your students can write their intentions in. Tell them you will take the prayer book home with you and pray for their needs and intentions. You will get incredible insight into their lives by doing this.

STEP 6 CLOSING PRAYER

TAP

Invite the class to settle down. Get still and quiet. Allow them just to be in that stillness and quiet for a few seconds. Encourage them to take a few deep breaths and to listen to the Psalm.

After the Psalm, close with a spontaneous prayer inviting God to pour out his grace and guidance on these young people between now and the next time you are all together.

Let us pray...

Psalm 119

Psalm 119: 89–105

105 Thy commandment makes me wiser than my enemies, for it is ever with me.

106 I have more understanding than all my teachers, for thy testimonies are my meditation.

107 Through the precepts I get understanding; therefore I hate every false way.

108 Oh, how I love thy law! It is my meditation all the day.

89 For ever, O Lord, thy word is firmly fixed in the heavens.

90 Thy faithfulness endures to all generations; thou hast established the earth, and it stands fast.

91 By thy appointment they stand this day; for all things are thy servants.

92 If thy law had not been my delight, I should have perished in my affliction.

93 I will never forget thy precepts; for by them thou hast given me life.

94 I am thine, save me; for I have sought thy precepts.

95 The wicked lie in wait to destroy me; but I consider thy testimonies.

96 I have seen a limit to all perfection, but thy commandment is exceedingly broad.

97 Oh, how I love thy law! It is my meditation all the day.

98 Thy commandment makes me wiser than my enemies, for it is ever with me.

99 I have more understanding than all my teachers, for thy testimonies are my meditation.

100 I understand more than the aged, for I keep thy precepts.

101 I hold back my feet from every evil way, in order to keep thy word.

102 I do not turn aside from thy ordinances, for thou hast taught me.

103 How sweet are thy words to my taste, sweeter than honey to my mouth!
Lord of all pots and pans and things, since I’ve no time to be a
great saint by doing lovely things, or watching late with thee, or
dreaming in the dawnlight, or storming heaven’s gates, make me
a saint by getting meals, and washing up the plates. Warm all the
kitchen with thy Love, and light it with thy peace; forgive me all my
worrying, and make my grumbling cease. Thou who didst love to
give men food, in room, or by the sea, accept the service that I do,
I do it unto thee. Amen.

Brother Lawrence
SESSION SIX: RELATIONSHIPS

Objectives:

• Establish the purpose of relationships and that the most important relationship in our lives is with God.

• Teach candidates how to make good decisions in the area of relationships.

• Demonstrate that developing healthy relationships is essential to the life God is calling us to live.

LEADER GUIDE KEY

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This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

Example: [WB5] points you to page 5 in the Workbook.

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
**STEP 2** OPENING PRAYER

**Tip**

It’s time to get quiet and pray together. The prayer for this session is about doing the ordinary things of everyday life with great love, and thus transforming them into a great prayer.

Talk to them about some of the everyday things you have to do that you would rather not. Tell them how offering these tasks to God is one of the ways that our faith is very practical. Talk about how this helps you stay focused every day on becoming the best-version-of-yourself.

Now read the prayer slowly and deliberately.


```
Lord of all pots and pans and things, since I’ve no time to be a great saint by doing lovely things, or watching late with thee, or dreaming in the dawnlight, or storming heaven’s gates, make me a saint by getting meals, and washing up the plates. Warm all the kitchen with thy love, and light it with thy peace; forgive me all my worrying, and make my grumbling cease. Thou who didst love to give men food, in room, or by the sea, accept the service that I do, I do it unto thee. Amen.
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_Brother Lawrence_


**STEP 3** ENGAGE: WATCH & DISCUSS

**SESSION 6 INTRODUCTION**

**WATCH VIDEO**

**BEAR BAIT**

**Tip:**

Speak up. They can tell by the strength of your voice how confident you are. Everything you have to say is worth hearing. They need to hear these things, even though they may not want to hear them. So speak up. Make yourself heard.

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
SESSION 6.1 WHAT IS THE PURPOSE?

WATCH VIDEO

DISCUSSION QUESTIONS [WB145]

1) Who are the most important people in your life? Why?
2) What is the purpose of relationships?
3) What are you pretending to not know about your approach to relationships?

EXERCISE

 Invite a student to read aloud “Who Was John the Apostle?” Ask the class, “How good a friend are you to Jesus?” Ask them to give themselves a score between one and ten. [WB142]
SESSION 6.2 CHOOSE YOUR FRIENDS WISELY

WATCH VIDEO

10 min

Check in. Ask them how this is going. Explore with them how this experience is different from what they expected when they began the journey toward Confirmation.

DISCUSSION QUESTIONS [WB151]

1) What is the best friendship decision you have made in the last twelve months?

2) How do you feel God is calling you to improve the relationship with your parents?

3) Are your friends helping you to become the best version of yourself? Are you helping them to become the best version of themselves?

SESSION 6.3 WHAT IS LOVE?

WATCH VIDEO

9 min

Before you start this short film, ask them what the most important relationship is in their lives. Ask them how it has changed over the years. As an example, remind them that when they were infants they couldn’t do anything without their mother, and at that time their relationship with their mother was the most important in their lives.

DISCUSSION QUESTIONS [WB157]

1) What did you learn about love in this session?

2) Who models selfless love in your life?

3) How does your relationship with God influence your relationships with other people?
1) In what ways have you gone looking for love in the wrong places?

2) Who do you know who has a great marriage? What do you admire about their marriage?

3) What virtue do you think is most important to healthy relationships?
Many of the most important decisions we will make in our life will be around relationships. Here are some questions:

1. FRIENDS: The friends you choose to surround yourself with now and throughout your life will have a tremendous impact. Spend time with people who are and encourage each other to walk with God. If your friends’ lives are characterized by prayer, chances are you will see it. If your friends go to church, chances are you will go, too. If your friends go on mission trips, chances are you will join them. If your friends help you become the best version of yourself, you are building friendships.

2. PARENTS: Your relationship with your parents is a central relationship in your life. If it is not and always will be. My dad has been dead for ten years, and there are still days when I think to myself, “I should tell Dad that . . .” and then I catch myself and realize I’m not with an apostate. A week doesn’t pass when I don’t think about my dad and how he would advise me in a situation. I don’t think about my dad’s personality, but I think about his wisdom. What wisdom can you gain from your parents? What wisdom can you gain from the lives of other people?

3. COMMUNITY: We all need people to do life with—friends, family, and community. Encourage and challenge each other. When we are part of a community, we are more likely to be more successful. The quality of your relationships and the quality of the people you associate with is critical. Is this person committed to growing in godly character? Are they helping you toward your common purpose? What criteria will you use to evaluate your relationships? What do you want to be like when you are older?

4. MARRIAGE: Marriage is a beautiful thing. It really is, and I didn’t fully understand it until it was over. By the time the wedding day arrives, you have found the person you are going to be with forever. You have found your life partner. This is not a decision to take lightly. The quality of your relationships and the quality of the people you associate with is critical. Who are you marrying? Are you committed to growing in godly character? Are you striving for good things? How do you feel when you think about the person you are marrying? What criteria will you use to evaluate your relationships?

5. GOD: Don’t ask what your parish can do for you; ask what you can do for your parish. What are your strengths that you can bring to your parish? What are your weaknesses that you need to work on? How can you make your parish better? If you are not involved in your parish, why not? What changes could you make in your parish? What can you do to strengthen the foundation of your parish?

Did everyone bring a Bible to class today? If someone is consistently not bringing a Bible, you may need to be sensitive to the fact that they may not have one, or their parents may not be able to afford one.

Ask a candidate to look up the passage highlighted in the section. 

KNOW IT. THINK ABOUT IT. LIVE IT. Ask another student to read the text from the workbook. [WB144]
INSTRUCTIONS: It’s time to journal. Remind them that this is a sacred time. Invite your class to open up to page 163 and take a few minutes in silence to journal their answers to those questions.

**TIP**

Ask them how journaling helps them to process things. Encourage them to journal at least once each week between classes.

**STEP 5  ANNOUNCEMENTS**

Thank them for coming. Remind them that you are praying for them, and ask them to pray for you or for someone in your life. Half the challenge is getting these young people out of themselves, getting them to think about someone other than themselves. Inviting them to pray for a sick child you know, or a tough meeting you are going to have next week, or the people of a region of the world affected by a recent natural disaster is a good way to do that.

**STEP 4  JOURNAL**

**INSTRUCTIONS:** It’s time to journal. Remind them that this is a sacred time. Invite your class to open up to page 163 and take a few minutes in silence to journal their answers to those questions.

Begin with the sign of the cross. Then invite the class to lift up to God any of the relationships in their lives that they would like God to bless. Give them thirty to forty seconds to pray in their hearts. Now read the Psalm slowly.

Close with a spontaneous prayer inviting God to help these young people make good relationship decisions.

TIP

**JOURNAL**

**STEP 6  CLOSING PRAYER**

Begin with the sign of the cross. Then invite the class to lift up to God any of the relationships in their lives that they would like God to bless. Give them thirty to forty seconds to pray in their hearts. Now read the Psalm slowly.

Close with a spontaneous prayer inviting God to help these young people make good relationship decisions.

**Psalm 25**

Psalm 25

To thee, O Lord, I lift up my soul.
"If my soul do not trust, he need not put his hand on me."
Thou art near, and thou dost guide those who trust in thee.
"A small thing in thy sight, O Lord, even the transgression of a man.
Lead me in thy truth, and teach me, for thou art the God of my salvation; for thee will I wait all the day long."
"Be mindful of thy mercy, O Lord, and of thy steadfast love, for they have been from of old."
"Remember not the sins of my youth, or my transgressions; according to thy steadfast love remember me, for thy goodness' sake, O Lord!"
"Good and upright is the Lord; therefore he instructs sinners in the way."
"He leads the humble in what is right, and teaches the humble his way."
"All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies."
"For thy name's sake, O Lord, pardon my guilt, for it is great."
"Who is the man that fears the Lord? Him will he instruct in the way that he should choose."
"He himself shall delight in prosperity, and his children shall possess the land."
"The friendship of the Lord is for them who fear him, and he makes known to them his covenant."
"Be thou my strong hold, O Lord, for he will pluck my foes from under me."
"Turn thou to me, and be gracious to me; for I am lonely and afflicted."
"Relieve the troubles of my heart, and bring me out of my distresses."
"Consider my affliction and my trouble, and forgive all my sins."
"Consider how many are my foes, and with what violent hatred they hate me."
"Oh guard my life, and deliver me; let me not be put to shame, for I take refuge in thee."
"May integrity and uprightness preserve me; for I wait for thee."
"Blessed is the man who fears the Lord, out of all his troubles."
My Lord and my God, I firmly believe that you are present in the Eucharist. Take the blindness from my eyes, so that I can see all people and things as you see them. Take the deafness from my ears, so that I can hear your truth and follow it. Take the hardness from my heart, so that I can live and love generously. Give me the grace to receive the Eucharist with humility, so that you can transform me a little more each day into the person you created me to be. Amen.

Matthew Kelly
SESSION SEVEN: THE EUCHARIST

Objectives:

- To demonstrate that there are many myths surrounding the Eucharist and to dispel those myths.
- To establish that Jesus is truly present in the Eucharist and that it is an incredible gift to each of us through the Church.
- To teach candidates how to enter into a eucharistic relationship with God, and explain the transformational power the Eucharist can have in their lives.

TIP

It’s time for a check-in. We are halfway through the program. Ask the candidates how they think it is going. Explore how it is different than they thought it was going to be. Ask them, “What is the one idea from the program that lingers with you in your daily life?” Ask them how the program could be better.

LEADER GUIDE KEY

TIME-ICON: This icon serves as a guide to help you plan approximately how long each activity will take.

This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

Example: [WB5] points you to page 5 in the Workbook

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
**STEP 2 OPENING PRAYER**

Thank them for coming. Tell them you are happy to see them. Invite them to be still and quiet as you begin with a prayer.

Read the prayer slowly and deliberately.

When you have finished, ask them what idea from the prayer struck them the most. The more you can engage them in conversation, the more they will make the content their own. Conversation equals engagement.

My Lord and my God, I firmly believe that you are present in the Eucharist. Take the blindness from my eyes, so that I can see all people and things as you see them. Take the deafness from my ears, so that I can hear your truth and follow it. Take the hardness from my heart, so that I can live and love generously. Give me the grace to receive the Eucharist with humility, so that you can transform me a little more each day into the person you created me to be. Amen.

Matthew Kelly

**STEP 3 ENGAGE: WATCH & DISCUSS**

**SESSION 7 INTRODUCTION**

WATCH VIDEO

**THE EPIDEMIC**

Give them a preview. Tell them why they are going to like this short film. Explain what you liked the most. “The thing I really liked about this short film was . . .” But make sure you don’t give away too much. This also lets them know that you are preparing for your time together with them.

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
1) What is your favorite thing about being Catholic?
2) Which of Jesus’ teachings do you find most difficult to live?
3) If you had to spend the rest of your life on a desert island and you could only take five people with you, whom would you take?
**SESSION 7.2 THE TRUE PRESENCE**

**WATCH VIDEO**

Tell them they are about to hear an incredible story that will change the way they experience Mass forever.

**DISCUSSION QUESTIONS [WB174]**

1) Is there a person in your life whose presence just makes you feel calm and safe?

2) When did you first learn about Jesus being present in the Eucharist?

3) How do you think your life would change if you spent one hour each week sitting quietly in Jesus’ presence?

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**SESSION 7.3 THE POWER OF THE EUCHARIST**

**WATCH VIDEO**

Listening skills are essential in order to live a rich and rewarding life. It is impossible to have great relationships unless you are a good listener. But most people are not good listeners. Explain to the candidates that one of the practical life skills they are developing throughout this program is the ability to really listen. Encourage them to listen to each other with respect.

**DISCUSSION QUESTIONS [WB177]**

1) When was the last time you did something that you knew wasn’t good for you? Why did you do it if you knew it wasn’t good for you?

2) Have you ever tried to quit a bad habit and failed?

3) When you’re in a situation and you want to do what is good and right but are attracted to the wrong choice, do you call on God and ask for his help?
1) If you could visit one of the beautiful churches mentioned in this section, which would you choose?

2) At this time in your life, what question would you like Jesus to answer for you? (Your question should be about something that applies directly to you).

3) What quiet places have you found to spend a few minutes in each day?
This session highlights the virtue of temperance. Invite a candidate to read aloud the Virtue in Focus section. Choose one of the questions from the section and invite the candidates to share their answers.

**Curriculum: Virtue in Focus**

**Temperance**

Controlling your thoughts, words, actions, and feelings. Where do you know what this means and how to do this in your daily life? Do you know what it means to do this? What is the best time in a day to do this? As you look at your daily life, do you find it difficult to practice temperance? What is one way you can become more temperate this week?

**Journal Questions**

1. Why do you think our culture has rejected the Sabbath?
2. How can you honor the Sabbath as a day of rest?
3. How would the world be different if everyone took one day each week to turn their attention toward God?

**Decide Point**

**7:5 Decision Point**

Pose this rhetorical question: Are you open to God’s next challenge?

**Exercise:** Know It. Think About It. Live It.

How many Bibles are in the room?

Ask someone who has brought a Bible for the first time to look up the passage highlighted in the section: KNOW IT. THINK ABOUT IT. LIVE IT. Ask another student to read the text from the workbook. [WB168]
The psalms are ancient. If you feel your students are distant or distracted, facilitate a short conversation about things that are old that they consider important or valuable.

Begin with the Sign of the Cross before reading the Psalm slowly.

Close with a spontaneous prayer inviting God to help these young people appreciate the incredible gift of the Eucharist.
Come, Holy Spirit, I invite you into the very depths of my being. Lead me, guide me, coach me, encourage me, and challenge me. Direct me in all things. Teach me to become a great decision maker, so that in every moment of every day I can choose what is good, right, noble, and just. Amen.

Matthew Kelly
Helping young people find and walk the path toward God is not easy. They will wear you out at times, and frustrate you beyond belief at others. That’s why it’s critical to stay in touch with your “why.”

Why are you here? Why is it important to you that your candidates discover the genius of Catholicism? Why are you passionate about helping these young people develop a rich faith life? The more you stay connected with your “why,” the more passionate you will be. Take a few minutes to reflect on this before each class. It will unleash new energy within you.

Remind yourself to smile. Welcome them. Tell them you have missed them and have been thinking about them.

SESSION EIGHT: THE HOLY SPIRIT

Objectives:

- To demonstrate the practical power of the gifts and fruits of the Holy Spirit.
- To help candidates to recognize the promptings of the Holy Spirit.
- To teach candidates to allow the Holy Spirit to guide them in their decisions.
**Tip**

Talk about how you love praying with them. Sure, we can pray alone—and we should make time for that every day. But there is something beautiful about praying with other people.

Talk about some of the ways you pray with other people: grace before meals, evening prayers with your children, Sunday Mass, etc. Many of them may not come from families in which they pray before meals. Some of them may come from families that never pray together at all.

Now, begin with the Sign of the Cross and read the prayer slowly and deliberately.

Come, Holy Spirit, I invite you into the very depths of my being. Lead me, guide me, coach me, encourage me, and challenge me. Direct me in all things. Teach me to become a great decision maker, so that in every moment of every day I can choose what is good, right, noble, and just. Amen.

Matthew Kelly

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**SESSION 8 INTRODUCTION**

**WATCH VIDEO**

**THE NEXT RIGHT THING**

There is one phrase that gets repeated over and over in this short film ("Just do the next right thing"). Try to use it throughout this session in your discussions with the candidates. Continue to use it throughout the rest of the program.

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
SESSION 8.1 WHO IS THE HOLY SPIRIT?

WATCH VIDEO

8.1 WHO IS THE HOLY SPIRIT ?

DISCUSSION QUESTIONS [WB193]

1) In your words, who is the Holy Spirit?

2) Describe a time in your life when you felt inspired by the Holy Spirit?

3) Would you like to learn how to experience joy even in the midst of great suffering like Saint Paul? What do you think his secret was?

Tip

The Holy Spirit is the third person of the Holy Trinity. Share a time in your life when you felt the Holy Spirit was guiding you.

EXERCISE

 Invite a student to read aloud “Who Was King Solomon?” Ask the candidates, “If God appeared to you and offered to grant any request, what would your request be?” [WB196]
SESSION 8.3 THE FRUITS OF THE HOLY SPIRIT

WATCH VIDEO

Before you start the short film, ask them about the gifts of the Holy Spirit. How many are there? What are they? See how much your students already know.

DISCUSSION QUESTIONS [WB202]

1) Which person in your life would you like to fill with joy?

2) How would a lack of self-control make it harder to experience the eleven fruits of the Holy Spirit?

3) Can you see how God’s ways are designed to bring order to our lives and liberate us from worldly chaos?

STEP 3 ENGAGE: WATCH & DISCUSS

SESSION 8.2 UNOPENED GIFTS

WATCH VIDEO

Before you start the short film, ask them about the gifts of the Holy Spirit. How many are there? What are they? See how much your students already know.

DISCUSSION QUESTIONS [WB198]

1) Have you ever given someone a gift and felt he or she was ungrateful? How did that make you feel?

2) Which of the seven gifts of the Holy Spirit do you feel most in need of at this time in your life?

3) How would your life be better if you really opened yourself up to the gifts of the Holy Spirit?
**THE GOAL OF OUR LIFE IS TO LIVE WITH GOD FOREVER.**

God, who loves us, gave us life. Our own response of love allows God’s life to flow into us without limit.

All the things in this world are GIFTS FROM GOD, presented to us so that WE CAN KNOW GOD MORE EASILY AND MAKE A SELECTION OF THESE MORE READILY.

As a result, we appreciate and use all these gifts of God insofar as they help us TO DEVELOP AS LOVING PERSONS. But if any of these gifts become the center of our lives, THEY DISPLACE GOD.

And so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance insofar as WE HAVE A CHOICE and are not bound by some obligation.

WE SHOULD NOT FIX OUR DESIRES on health or sickness, wealth or poverty, success or failure, a long life or a short one. For everything has the potential of calling forth in us a DEEPER RESPONSE TO OUR LIFE IN GOD.

Our only desire and our ONE CHOICE should be this:

I WANT AND I CHOOSE WHAT BETTER LEADS TO GOD’S DEEPENING HIS LIFE IN ME.

— Saint Ignatius of Loyola

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**SESSION 8.4 PROMPTED**

**WATCH VIDEO**

**Tip**

Ask a candidate to read aloud the quote from Saint Ignatius of Loyola on page 194. Invite the class to talk about the idea that struck them the most.

**DISCUSSION QUESTIONS [WB207]**

1) If you were going to go on a pilgrimage and walk the Camino, whom would you take with you?

2) When was the last time you felt the Holy Spirit prompting you to do something?

3) What is your favorite part of The Prayer Process? Why?
This session highlights the virtue of gentleness. Invite a candidate to read aloud the Virtue in Focus section. Choose one of the questions from the section and encourage the candidates to share their answers. [WB201]

**VIRTUE IN FOCUS**

How do we know if we are filled with the Holy Spirit? How will you know if you are seeking God’s favor for your life and responding to His will? Some obvious signs of a spirit-filled life include being humble, teachable, and patient.

Gentleness: To be submissive to God and considerate of others.

- Patience: To be reliable and trustworthy.
- Purity: The absence of sin.
- Prudence: The wisdom that o ursels so that we can focus them on what is good and right.
- Charity: The readiness of desire for sexual pleasure according to right reason, faith, and virtue in life.

If you really take the time to consider what you want from life, you will leave generality behind and ask in a specific way.

When we reject the fruit of the Holy Spirit we fall into a life of sin. When we control our desires so that we can focus them on what is good and right.

The story of Solomon and the golden tower illustrates this point. The story of Solomon and the golden tower illustrates this point. The story of Solomon and the golden tower illustrates this point.

Ask a few minutes to explore them, but I want to encourage you to delve deeper into them more. If you don’t know what they are, you won’t use them.

Every day you face situations that require these gifts. We have taken a look at the twelve fruits of the Holy Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Meekness, Holiness, Temperance, and Fortitude.

The control of our desires so that we can focus them on what is good and right.

God's priori-
INSTRUCTIONS: Invite your class to open up to page 211 and take a few minutes in silence to journal their answers to those questions.

TIP
Take some time each week to journal in your workbook, answering the discussion questions and journal questions in more detail. Share with your class how this journaling is helping you become a better decision maker.

STEP 5
ANNOUNCEMENTS
Encourage your class to attend youth group. It is a great way to connect them with the parish community. If they say it is lame, tell them to get involved and make it better.

Remind them you are praying for them. They need to hear this over and over again, every time you are with them.

Don’t forget, it’s not enough for them to see the short films once. Encourage the class to watch them again online or on the app.

STEP 4
JOURNAL

INSTRUCTIONS: Invite your class to open up to page 211 and take a few minutes in silence to journal their answers to those questions.

TIP
Take some time each week to journal in your workbook, answering the discussion questions and journal questions in more detail. Share with your class how this journaling is helping you become a better decision maker.

STEP 6
CLOSING PRAYER

Pick a line from this session’s Psalm and talk to them about why this line jumps out at you. This will help them anticipate and focus.

Begin with the Sign of the Cross before reading the Psalm slowly.

Close with a spontaneous prayer inviting God to help these young people open themselves up to the guidance of the Holy Spirit by learning to recognize his promptings in their daily lives.

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Take some time each week to journal in your workbook, answering the discussion questions and journal questions in more detail. Share with your class how this journaling is helping you become a better decision maker.

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Pick a line from this session’s Psalm and talk to them about why this line jumps out at you. This will help them anticipate and focus.

Begin with the Sign of the Cross before reading the Psalm slowly.

Close with a spontaneous prayer inviting God to help these young people open themselves up to the guidance of the Holy Spirit by learning to recognize his promptings in their daily lives.
Lord Jesus, you prayed that your people would be one; forgive us Lord and take away the pride and arrogance which divides your Church. Break down the walls which separate us; unite us with your bonds of love and accomplish your will. I pray that by the power of your Spirit your healing would work in the body of your Church and through me, to bring about the purpose of your will. Amen.

Author Unknown
SESSION NINE: THE CHURCH

Objectives:

- To demonstrate that there are lots of reasons to be proud to be Catholic.
- To teach candidates that the Church is part of God’s plan for humanity.
- To help candidates recognize that the Church can play a powerful role in their lives, and that they play a unique and vital role in the mission of the Church.

You cannot cover everything. You can’t teach your candidates everything about the Catholic faith. You can’t combat every misconception they have about Catholicism. But you can give them glimpses of the truth, beauty, and goodness that are at the core of our faith. They will get in touch with their appetite for these things—and that is a big deal. We have set you up with ideas and questions that will intrigue them and show them that Catholicism makes sense, that it works, that it is practical and joy filled, and that it is something that deep down they need and want.
Tip:

You have probably already discovered that the hardest part of making this a powerful experience is classroom management.

You are in charge. Make sure your students know it. You don’t need to scream and shout, but you do need to be firm, confident, and prepared.

If you cannot get them quiet and focused at the beginning, you will never get them quiet and focused. So take your time to get them settled before you begin.

Lord Jesus, you prayed that your people would be one; forgive us Lord and take away the pride and arrogance which divides your Church. Break down the walls which separate us; unite us with your bonds of love and accomplish your will. I pray that by the power of your Spirit your healing would work in the body of your Church and through me, to bring about the purpose of your will. Amen.

— Author Unknown —
SESSION 9.1 THE FIRST CHRISTIANS AND THE EARLY CHURCH

WATCH VIDEO

DISCUSSION QUESTIONS [WB219]

1) When you think of church, what comes to mind?
2) If you could ask a group of early Christians one question, what would you ask?
3) Why is it difficult to practice agape love?

The first Christians were incredible. They literally changed the world. Make sure the candidates know how amazing the first century of Christianity was.

 Invite a student to read aloud “Who Was John Paul II?” One of the extraordinary acts of his life was to forgive the man who shot and tried to kill him. Ask the candidates, “How hard do you think it was for John Paul II to forgive his shooter?” [WB229]

Refusing to forgive somebody is like drinking poison and expecting the other person to die. Whom do you need to forgive? Whom do you need to ask forgiveness from?

EXERCISE

DECISION POINT

1. The Church is a force for tremendous good in the world. Make sure the candidates know how amazing the first century of Christianity was.

2. When we honestly ask and face with us the reality of our powerlessness, that is where God is in the world.

3. When Jesus came, he brought the Good News that we are saved by grace through faith in Jesus Christ. No one can ever earn this free gift. It is only when we ask, “What would you ask?”

4. What would you ask? When we honestly ask and face with us the reality of our powerlessness, that is where God is in the world.

5. Sometimes we have to suffer for the Church just as Jesus was willing to have suffering and death.

The Good

The Bad

The Church is a force for tremendous good in the world. Make sure the candidates know how amazing the first century of Christianity was.

1. There have been some truly ugly moments in Catholic history. They are inexcusable. We should pray for the victims of these parts of our history.

2. There have also been some dark moments in Church history. But it is important to recognize that the Church is not perfect. Pope John Paul II made more than one hundred public apologies during his papacy on behalf of Catholics for events reaching back as far as one thousand years.

3. There have been some truly ugly moments in Catholic history. They are inexcusable. We should pray for the victims of these parts of our history.

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25. There have been some truly ugly moments in Catholic history. They are inexcusable. We should pray for the victims of these parts of our history.

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SESSION 9.2 ONE, HOLY, CATHOLIC, AND APOSTOLIC

WATCH VIDEO

This short film explores the Creed. Consider praying it together at the beginning of this video, and again at the end. This is a really practical way for them to understand how these lessons can change the way they think about Catholicism.

DISCUSSION QUESTIONS [WB225]

1) If Jesus wanted the Church to be one, why do you think there are so many different churches today?

2) How many popes have there been during your lifetime? Who were they? What do you remember about them?

3) What do you think was Jesus’ main message?


WATCH VIDEO

Many people who are good at leading are left-brain people. We like problems we can solve; we like answers; we like order; we like things to be in their place. But helping young people enter into a powerful relationship with Jesus and his Church can be messy. The path is different for every candidate. They all have different questions, struggles, doubts, and hopes. Be flexible. It’s OK if every session does not go as you planned. Let the Holy Spirit guide you and these classes.

DISCUSSION QUESTIONS [WB233]

1) What makes you proudest to be Catholic?

2) In what ways has the Church disappointed you?

3) We all make mistakes, and we all sin against God. Do your own failings help you to understand why there have been scandals at different times in the history of the Church?
I love being Catholic, and there are an infinite number of great reasons to be Catholic, but let’s take a look at ten of them.

You can’t put these things in order, and we could argue about the order until the end of the world. Be here they are:

1. You need to be part of something bigger than yourself. Life is not about you. It’s about laying down your life in the service of others out of love for God. You could lay down your life for a sport, a career, money, things — and people do. But what a waste! The Catholic Church has the most important mission in the world — and you are invited to get involved and be a part of that great mission!

2. The Eucharist. Jesus Christ is truly present in the Eucharist.

3. You don’t say no to God when he invites you. There are some invitations we don’t turn down.

4. The Catholic Church is the premier defender of human rights.

5. It’s the same all around the world. I took a group on a pilgrimage a few years ago and we all went to Mass in Florence. That night I asked the group about the experience of attending Mass in Italian. They said, “Even though I don’t speak Italian, I still knew what was going on.” Catholicism is the same everywhere, and that’s a beautiful thing.

6. The Catholic Church is the premier defender of human rights.

7. We have the Saints. These are the great heroes and heroines of Christianity. They are the most diverse group of people in history. Some were rich and some were poor; some were very well educated and some had no formal education; some were young and others were old. They have lived in every century, on every continent, in every country — and their story is the story of all of us as Catholics. We have history, and we have mystery. We know it’s all right not to have the answer to everything. Some things are a mystery, and that’s OK.

8. We have history and mystery. To really understand Christianity you need a historical perspective, and the history of Christianity is Catholic. For more than fifteen hundred years there were no Baptists, Methodists, Presbyterians, Anglicans, Pentecostal Christians, Lutherans, Mormons, Evangelical Christians, or Non-Denominational Christians. Today, there are more than twenty-five thousand different Christian denominations, but they all lack the rich and beautiful history we have as Catholics. We have history, and we have mystery. We know it’s all right not to have the answer to everything. Some things are a mystery, and that’s life.

9. The Catholic Church has relieved more suffering than any other group of people in the history of the world. We care for the sick, the hungry, the homeless, the underprivileged, and the imprisoned. We have history, and we have mystery. You can’t put these things in order, and we could argue about the order until the end of the world. Be here they are:

10. This is the Church that Jesus Christ started and sent the Holy Spirit to guide. It is unique and original.

Tell them you love being Catholic and why.
This session highlights the virtue of faithfulness. Invite a candidate to read aloud the Virtue in Focus section. Choose one of the questions from the section and encourage the candidates to share their answers. [WB230]

The Church

There are two reasons most people don’t pray: nobody ever taught them how to pray, or they were never encouraged to pray. If you are one of those people, you can still learn to pray. What are you grateful for at this time in your life? Talk to God about that now. If you are a little concerned about what to say to God, remember he is your Father. You can pray anything and everything to God. Except one thing: Don’t lie to God. If you have told a lie, tell it to God and ask for forgiveness. What would it have been like to be at Mary’s side when she was beaten and murdered because of her faith? And in modern society, the world becomes more and more like it was before the birth of Christianity. All around us there are people who are being harassed, threatened, and even murdered for standing up for their faith.

PRAISE

There are two reasons most people don’t pray: nobody ever taught them how to pray, or they were never encouraged to pray. If you are one of those people, you can still learn to pray. What are you grateful for at this time in your life? Talk to God about that now. If you are a little concerned about what to say to God, remember he is your Father. You can pray anything and everything to God. Except one thing: Don’t lie to God. If you have told a lie, tell it to God and ask for forgiveness. What would it have been like to be at Mary’s side when she was beaten and murdered because of her faith? And in modern society, the world becomes more and more like it was before the birth of Christianity. All around us there are people who are being harassed, threatened, and even murdered for standing up for their faith.

INTERCESSION

There are two reasons most people don’t pray: nobody ever taught them how to pray, or they were never encouraged to pray. If you are one of those people, you can still learn to pray. What are you grateful for at this time in your life? Talk to God about that now. If you are a little concerned about what to say to God, remember he is your Father. You can pray anything and everything to God. Except one thing: Don’t lie to God. If you have told a lie, tell it to God and ask for forgiveness. What would it have been like to be at Mary’s side when she was beaten and murdered because of her faith? And in modern society, the world becomes more and more like it was before the birth of Christianity. All around us there are people who are being harassed, threatened, and even murdered for standing up for their faith.

PETITION

There are two reasons most people don’t pray: nobody ever taught them how to pray, or they were never encouraged to pray. If you are one of those people, you can still learn to pray. What are you grateful for at this time in your life? Talk to God about that now. If you are a little concerned about what to say to God, remember he is your Father. You can pray anything and everything to God. Except one thing: Don’t lie to God. If you have told a lie, tell it to God and ask for forgiveness. What would it have been like to be at Mary’s side when she was beaten and murdered because of her faith? And in modern society, the world becomes more and more like it was before the birth of Christianity. All around us there are people who are being harassed, threatened, and even murdered for standing up for their faith.
Before you read the Psalm today, encourage your class to sit still and quiet for a couple of minutes and just listen to whatever God is saying to them.

Close with a spontaneous prayer inviting God, thanking him for giving us the Church, and asking him to help us appreciate it more with every passing day.

Psalm 16

1 Preserve me, O God; for in thee I take refuge.
2 I say to the Lord, “Thou art my Lord; I have no good apart from thee.”
3 As for the saints in the land, they are the noble, in whom is all my delight.
4 Those who choose another god multiply their sorrows; their libations of blood I will not pour out or take their names upon my lips.
5 The Lord is my chosen portion and my cup; thou hast held my lot.
6 The lines have fallen for me in pleasant places; yea, I have a goodly heritage.
7 I bless the Lord who gives me counsel; in the night also my heart instructs me.
8 I keep the Lord always before me; because he is at my right hand, I shall not be moved.
9 Therefore my heart is glad, and my soul rejoices; my body also dwells secure.
10 For thou dost not give me up to Sheol, or let thy godly one see the Pit.
11 Thou dost show me the path of life; in thy presence there is fulness of joy, in thy right hand are pleasures for evermore.
Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is error, truth; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. for it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

— St. Francis of Assisi
SESSION TEN: CONFIRMATION

Objectives:

• To demonstrate that candidates are personally called and chosen by God, but they are responsible for how they respond to that call.

• To teach candidates how to prepare to receive the sacrament of Confirmation.

• To help candidates recognize that Confirmation is not the end of something, but the beginning of an incredible new phase in their faith journey.

Are you ready for them? Have you had a tough day? Are your candidates driving you crazy?

Here is something to remember: When people have questions about the faith, those questions are beautiful, because they represent a person’s deepest yearnings. It doesn’t matter how aggressively or disrespectfully the questions are asked. Never forget that every question comes from a yearning to know, love, and serve God. Young people may come at it in a very roundabout way, but don’t we all?

Finally, throughout all of this, keep in mind that some of these young people have already been hurt in ways that we could not have imagined at their age. So love them and be gentle with them.
**STEP 2 OPENING PRAYER**

How many candidates are in your class? How many of them believe that you want what is best for them? Have you convinced them that you have their best interests at heart?

We respect and listen to people we believe have our best interests at heart. If you have not won them in this way yet, ask yourself why.

Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is error, truth; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

—— St. Francis of Assisi ——

**STEP 3 ENGAGE: WATCH & DISCUSS**

The day of Confirmation is quickly approaching. Mention it from time to time. Tell them you are excited for them. Throughout this process, take a moment in each class to build anticipation.

**SESSION 10 INTRODUCTION**

**WATCH VIDEO**

**IF YOU GET THE MAN RIGHT**

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
**ENGLISH:**

**SESSION 10.1 WHAT IS CONFIRMATION?**

**WATCH VIDEO**

[Video thumbnail] 

**DISCUSSION QUESTIONS [WB246]**

1) Do you believe that God has good plans for you?

2) What can you do to find out the plans God has for your future?

3) How has your idea of Confirmation changed since we began our time together?

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**EXERCISE**

Invite a student to read aloud “Who Was John the Baptist?”

Discuss how we can prepare the way for Jesus in the world today. [WB260]

---

**Tip:** Nothing brings people to Jesus like joy. Let your students see the joy in your life. Make sure they know that you are happiest when you are walking with God.

---

**People don’t do anything until they are inspired, but once they are inspired there is almost nothing they will not do. How does John the Baptist inspire you? How can you share that inspiration with the candidates?”

---

**ENGLISH**

John the Baptist was an itinerant preacher and one of the great religious figures of all time. Jesus and John the Baptist were cousins, through their mothers, Mary and Elizabeth. John was the child who danced for joy in Elizabeth’s womb when Mary visited, which we remember in the Second Joyful Mystery of the Rosary (Luke 1:39–56).

John challenged people to repent, to turn away from their sinful and selfish ways and turn back to God (Matthew 3:1–17). John’s mission was to prepare the way for Jesus. What’s your mission? We celebrate John the Baptist with two feast days: June 24 (birth) and August 29 (death).

---

**EXERCISE**

Nothing brings people to Jesus like joy. Let your students see the joy in your life. Make sure they know that you are happiest when you are walking with God.

**Tip:** Nothing brings people to Jesus like joy. Let your students see the joy in your life. Make sure they know that you are happiest when you are walking with God.

—

**ENGLISH**

1) Do you believe that God has good plans for you?

2) What can you do to find out the plans God has for your future?

3) How has your idea of Confirmation changed since we began our time together?
SESSION 10.3 HOW WILL CONFIRMATION CHANGE YOU?

1) In what practical ways do you think Confirmation will change you?
2) Which of the seven gifts of the Holy Spirit could you most use at this time in your life?
3) When did you last pray to the Holy Spirit, asking for help to make a decision?

TIP
Keeping control of the group can be the biggest challenge as a leader. If you find yourself yelling, you have probably lost control of the class—and they know it. One of the best ways to keep control is to prepare well before you arrive. Preparation breeds confidence.

DISCUSSION QUESTIONS [WB256]
1) In what practical ways do you think Confirmation will change you?
2) Which of the seven gifts of the Holy Spirit could you most use at this time in your life?
3) When did you last pray to the Holy Spirit, asking for help to make a decision?

DISCUSSION QUESTIONS [WB251]
1) What event in your life have you prepared for more than any other?
2) Who have been your spiritual coaches and mentors throughout your life?
3) How has the way you pray and what you pray for changed over the past few months?

Before starting the short film, ask the students what they feel they have prepared for well in the past. Sporting event? Exam? Vacation?
The day itself. Talk about the day they will be confirmed. Ask them how they are feeling about it. Just talk with them. Some will be nervous. Some will be hesitant. Some are only doing it because their parents want them to. Some don’t want to be confirmed. But just talk to them and let them talk about how they are feeling. Sometimes we need to say something just to get it off our hearts—and just saying it brings us new perspective.

EXERCISE:

Tip

The day itself. Talk about the day they will be confirmed. Ask them how they are feeling about it. Just talk with them. Some will be nervous. Some will be hesitant. Some are only doing it because their parents want them to. Some don’t want to be confirmed. But just talk to them and let them talk about how they are feeling. Sometimes we need to say something just to get it off our hearts—and just saying it brings us new perspective.

SESSION 10.4 ON THE DAY

WATCH VIDEO

Tip

Tell them about your Confirmation. Make sure you know the exact date. That signals to them that it is important and memorable.

DISCUSSION QUESTIONS [WB261]

1) If you could ask the Bishop one question, what would you ask?
2) Are you nervous about your Confirmation?
3) How are you preparing for Confirmation?
**Step 3: Engage: Watch & Discuss**

### Exercise: Virtue in Focus

This session highlights the virtue of modesty. Invite someone to read aloud the Virtue in Focus section. Choose one of the questions from the section and encourage the candidates to share their answers. [WB259]

### Confirmation Decision Point

**Watch Video**

- **Tip**: Remind them that Confirmation is a big deal whether or not they realize that yet.

**Exercise:**

Ask someone to read aloud the Bible passage highlighted in the section **Know It. Think About It. Live It.** Ask another student to read the text from the workbook. [WB264]

Invite the class to sit still and quiet for two minutes and reflect on whom or what they are serving.

**Exercise:**

- **Know It. Think About It. Live It.**

**Session 10.5 Decision Point**

- **Watch Video**

**TIP:**

- **Ask another student to read the exercise from the workbook.**

**Exercise:**

Ask someone to read aloud the Bible passage highlighted in the section **Know It. Think About It. Live It.** Ask another student to read the text from the workbook. [WB264]

Invite the class to sit still and quiet for two minutes and reflect on whom or what they are serving.

**Exercise:**

- **Know It. Think About It. Live It.**
**STEP 4 JOURNAL**

**INSTRUCTIONS:** It’s time to journal. This time is sacred; remind them of that. Invite your class to open up to page 266 and take a few minutes in silence to journal their answers to those questions.

**TIP**

Tell them you wish you had taken these types of things more seriously when you were their age, and that you could have avoided a lot of challenges and heartache if you had. Tell them that you wish there was a program as good as this when you were being confirmed.

**STEP 5 ANNOUNCEMENTS**

**TIP**

Thank them for coming. Never stop thanking them for coming.

Tell them you enjoyed your time with them. Identify a moment in the class that you thought was particularly powerful.

Remind them you are praying for them.

Encourage them to watch the short films again during the week online or on the app.

**STEP 6 CLOSING PRAYER**

Before you read the Psalm today, encourage your class to sit still and quiet for a couple of minutes and just listen to whatever God is saying to them.

Close with a spontaneous prayer asking God to bless these young people in their journey toward Confirmation and to fill them with courage to continue to do the next right thing and choose the path that God is inviting them to walk.

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Psalm 117

1 Praise the Lord, all you nations!

Exalt him, all you peoples!

2 For great is his steadfast love toward us, and the faithfulness of the Lord endures forever.

Praise the Lord!
Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do your will. Amen.

St Ignatius
QUICK SESSION OVERVIEW

**STEP 1**  WELCOME
**STEP 2**  OPENING PRAYER
**STEP 3**  ENGAGE – WATCH & DISCUSS
**STEP 4**  JOURNAL
**STEP 5**  ANNOUNCEMENTS
**STEP 6**  CLOSING PRAYER

SESSION ELEVEN: MADE FOR MISSION

Objectives:

- To demonstrate that when people abandon God and his ways, the world becomes a mess.
- To teach candidates that God created them on purpose and for a purpose.
- To help candidates discover the mission God is calling them to.

TIP

You don’t have to know everything. You don’t have to have all the answers. You are not expected to be an expert on every issue that your candidates might raise. The biggest mistake you can make in these situations is to pretend that you know more than you do. They can smell that. Remember, a leader has to win the trust of those he or she is leading.

Be familiar with each session before you present it. But it’s OK to say you don’t know.

If a question arises and you don’t know the answer, just say, “Good question. I don’t know. Let’s find out together.”

LEADER GUIDE KEY

TIME-ICON: This icon serves as a guide to help you plan approximately how long each activity will take.

This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

Example: [WB5] points you to page 5 in the Workbook

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
Tip

Open this class with some quiet reflection. Invite your candidates to explore what God is saying to them today.

After a couple of minutes have passed, read the opening prayer slowly and deliberately.

When we are reading something publicly, we are always going faster than we think we are. So make an effort to really slow your reading tempo so the words can wash over the candidates and resonate with them deeply.

Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do your will. Amen.

St. Ignatius

Opening Prayer

Step 2

Tip

The world is a mess. Everyone knows it. This film explains how we can change the world. Too often we throw our hands up helplessly because we fall into the trap of believing that the world’s problems are so big that there is nothing we can do. But we can do something.

Step 3

Engage: Watch & Discuss

Discussion Question

1) What is the one idea in this short film that you found most helpful?
 Invite a student to read aloud “Who Was John Henry Newman?”

Every year millions of people around the world convert from other faiths to become Catholic. Discuss with your candidates what they think attracts these people to Catholicism. [WB282]

1. WHO DO YOU KNOW WHO HAS FOUND AND FOLLOWED THEIR MISSION IN LIFE?
2. HAVE YOU EVER ASKED GOD WHAT MISSION HE HAS FOR YOU?
3. HOW DO YOU THINK WHAT YOU WANT FOR YOURSELF IS DIFFERENT FROM WHAT GOD WANTS FOR YOU?

God wants us to get beyond our shallow desires, which are often selfish or pointless, and uncover the deepest desires of our hearts. When I am the best version of myself, I say no to the doughnuts and I have a salad for lunch instead. To the world this is a simple choice between doughnuts and a salad. But as we grow spiritually, God shows us that there are many layers and dimensions to every decision.

On one level, yes, it’s just a choice between doughnuts and a salad. On another level, it’s a choice between doughnuts and being healthy. That’s a different perspective. On another level, it’s a choice between doughnuts and being alive and healthy enough to walk my daughter down the aisle when she gets married. To be alive to see her life unfold and meet the person she will spend her life with and meet my grandchildren.

When we embrace God and his way of life, he reveals many dimensions of everyday life that we have never seen or thought about before. God is speaking to you through your deepest desires. Seek out your deepest desires for good things and have the courage to pursue them. The most common preface to any sentence in the Bible is “God said.” God said to Adam, Noah, Moses, and Abraham. God spoke to everyone. It isn’t that he has stopped speaking, but that humanity has stopped listening. God speaks to us in so many ways—through prayer, the Scriptures, the sacraments; through the life, teachings, and history of the Church; through other people, events, and circumstances.

You have been designed by God for a specific mission. This is what John Henry Newman wrote, “God has created me to do him some definite service. He has committed some work to me, which he has not committed to another. I have my mission.” God has assigned a mission to you. If you don’t fulfill your mission it will go undone. The world is a mess because too many people have abandoned their faith.

Find your mission. It will change your life in the most wonderful ways... forever!

**JOHN HENRY NEWMAN (1801–1890)** was one of the central religious figures in England in the nineteenth century. A respected academic, he was originally a priest in the Church of England and a leader in the Oxford Movement. This was an influential group of Anglicans who wanted to return the Church of England to many Catholic beliefs and practices. In 1845 Newman left the Church of England and was received in the Roman Catholic Church, where he was eventually appointed as cardinal by Pope Leo XIII. Unlike most saints, his feast day is not the day of his death, but rather the day of his conversion to Catholicism, September 19.

I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY, MAKER OF HEAVEN AND EARTH, OF ALL THINGS VISIBLE AND INVISIBLE...
SESSION 11.2 A WORLD WITHOUT NEIGHBORS

DISCUSSION QUESTIONS [WB278]

1) Jesus calls us to love our neighbor as we love ourselves. Whom do you consider to be your neighbor?

2) Why do you think so many children die from lack of food?

3) Are you willing to make sacrifices to reduce the amount of suffering in the world?

SESSION 11.3 FINDING YOUR MISSION

DISCUSSION QUESTIONS [WB283]

1) Who do you know who has found and followed their mission in life?

2) Have you ever asked God what mission he has for you?

3) How do you think what you want for yourself is different from what God wants for you?
**ENGAGE: WATCH & DISCUSS**

**EXERCISE:**

Keep the class in pairs and ask them to do the crossword puzzle on page 294 together. Make it a race to see which pair can finish first.

**MADE FOR MISSION CROSSWORD PUZZLE**

- **ACROSS**
  1. A short story that uses familiar events to illustrate a point
  2. Done with purpose; deliberate
  4. A native or inhabitant of Samaria
  6. A disorderly or dirty accumulation, heap, or jumble
  7. Everybody is a _______ in their own way
  9. To feed the _______ is a corporal work of mercy
  11. To be kind, caring, compassionate, and forgiving _______
  12. To be kind, caring, compassionate, and forgiving is to show ________
  13. The law of God as revealed to Moses and recorded in the first five books of the Hebrew Scriptures
  15. God made you for ________

- **DOWN**
  1. A short story that uses familiar events to illustrate a point
  2. Abilities you have been given to help fulfill your God-given mission
  3. To go out of your way to be of assistance to someone else
  4. A necessity
  5. Everybody is a _______ in their own way
  7. To feed the _______ is a corporal work of mercy
  9. To willingly ______ someone who has wronged you is a spiritual work of mercy
  10. To be kind, caring, compassionate, and forgiving ________
  13. The law of God as revealed to Moses and recorded in the first five books of the Hebrew Scriptures
  14. Something that is desired but not necessarily needed

**SESSION 11.4 YOUR UNTAPPED GREATNESS**

**WATCH VIDEO**

**DISCUSSION QUESTIONS [WB289]**

1) Who do you know who is great at serving other people?

2) What does the story about the rich man and Lazarus make you think about?

3) Do you think you will be happier if you find and follow your mission?
This session highlights the virtue of generosity. Invite someone to read aloud the Virtue in Focus section. Choose one of the questions from the section and encourage the candidates to share their answers. [WB292]

1. WHAT ARE YOU AFRAID OF?

2. ONE DAY WHEN YOU ARE DREAMING: WHAT DO YOU WANT TO SEE WHEN YOU LOOK BACK ON YOUR LIFE?

3. HOW AVAILABLE ARE YOU TO GOD?

Ask someone to read aloud the Bible passage highlighted in the section Know It. Think About It. Live It. Ask another student to read the text from the workbook. [WB276]

Discuss the story of the Good Samaritan. Explore ways the candidates can be like the Good Samaritan in their everyday lives.
**STEP 4 JOURNAL**

**INSTRUCTIONS:** It’s time to journal. This time is sacred; remind them of that. Invite your class to open up to page 293 and take a few minutes in silence to journal their answers to those questions.

**TIP**

If we are not accustomed to this type of reflection, the journaling process can be difficult, even painful. But the rewards for doing this kind of work cannot be overstated. They reach into every aspect of our lives, by making us more aware of who we are and what we are here for.

**STEP 5 ANNOUNCEMENTS**

**Tip**

Thank you for coming. Never stop thanking them for coming.

Tell them you enjoyed your time with them. Talk about something during the class that made you think or laugh.

Remind them you are praying for them.

Encourage them to watch the short films again during the week online or on the app.

**STEP 6 CLOSING PRAYER**

**TIP**

Before you read the Psalm today, encourage the class to sit still and quiet for a couple of minutes and just listen to whatever God is saying to them.

Close with a spontaneous prayer asking God to bless these young people and help them discover the mission he has designed just for them.

**Psalm 141**

I call upon thee, O Lord, make haste to me! Give me to my issue, where I fall to thee!

Let my prayer be counted as incense before thee, and the lifting up of my hands as an evening sacrifice!

Set a guard over my mouth, O Lord, keep watch over the door of my lips!

Uncover not my heart to sin evil, to know myself with wicked deeds in company with men who work iniquity, and let me not eat of their dainties!

Let a good man strike or rebuke me in kindness, but let the oil of the wicked never anoint my head; for my prayer is continually against their wicked deeds.

When they are given over to those who shall condemn them, then they shall know that the word of the Lord is true.

As a rock which one cleaves and shatters on the land, so shall their bones be strewn at the mouth of Sheol.

But my eyes are toward thee, O Lord God; in thee I seek refuge; leave me not defenseless!

Keep me from the trap which they have laid for me, and from the snares of evildoers!

Let the wicked together fall into their own nets, while I escape.
We thank you for this day and for all your blessings. Help us to remain always grateful for all you do for us and in us. Watch over in a special way today anyone who is hungry, lonely, depressed, addicted, unemployed, or just in need of the human touch, and inspire us to realize that we are your partners in the work you wish to do in the world. Help us to remain ever mindful of the great love you have for each and every one of us, and give us the courage to respond with the bold enthusiasm of a little child. We ask all this in Jesus’ name. Amen.

Matthew Kelly
SESSION TWELVE: HOLINESS IS POSSIBLE

Objectives:

• To help candidates recognize that there is a connection between happiness and holiness.
• To demonstrate that holiness is possible.
• To teach candidates how to say yes to God and that their yes can make a huge difference.

LEADER GUIDE KEY

TIME-ICON: This icon serves as a guide to help you plan approximately how long each activity will take.

This code serves as a reference to point you to the page in the Workbook where you can find the related activity/content.

Example: [WB5] points you to page 5 in the Workbook.

The flag icon is the halfway mark and suggests a good breaking point if your program runs twenty-four classes (or approximately 60 minutes) instead of twelve 120 minute classes.
**STEP 2 OPENING PRAYER**

**Tip**

Take a moment to get them quiet.

Now, speak to the candidates about why quiet time is important in our lives. Encourage them to continue the habit of taking a few quiet minutes in prayer each day for the rest of their lives. Remind them that there are going to be tough times in their lives, there are going to be times when they are confused, and at those times in particular you would encourage them to turn to God in prayer and ask him to guide them.

Begin with the Sign of the Cross, invite them to close their eyes, and read the opening prayer slowly and deliberately. Then give them thirty seconds in silence to reflect on the prayer and what God is saying to them through it.

We thank you for this day and for all your blessings. Help us to remain always grateful for all you do for us and in us. Watch over in a special way today anyone who is hungry, lonely, depressed, addicted, unemployed, or just in need of the human touch, and inspire us to realize that we are your partners in the work you wish to do in the world. Help us to remain ever mindful of the great love you have for each and every one of us, and give us the courage to respond with the bold enthusiasm of a little child. We ask all this in Jesus’ name. Amen.

*Matthew Kelly*

**STEP 3 ENGAGE: WATCH & DISCUSS**

**SESSION 12 INTRODUCTION**

**WATCH VIDEO**

**PERSEVERANCE**

**Tip:**

Whatever it is we feel called to accomplish in this life requires perseverance. Tell them they are about to hear one of the greatest stories of perseverance. Tell them about a time when you were tempted to quit, but you felt God encouraging you to persevere. Explain why you are glad you did.

**DISCUSSION QUESTION**

1) What is the one idea in this short film that you found most helpful?
Holiness is possible

Decision Point

Invite a student to read aloud “Who Was David?” Discuss how David’s heart was like the heart of God. Explore how our hearts are capable of expressing themselves like God does, with love, mercy, compassion, generosity, and forgiveness. [WB310]

HOLINESS IS POSSIBLE
DECISION POINT

the pledge. Read it slowly, pray about it, and sign it. Say yes to God and his Church, and say yes enthusiastically. Not just a whimpering, passive yes, but a wholehearted and enthusiastic YES.

Your Catholic faith will always be a part of you. You get to decide if it is going to be something powerful and positive, or something negative and misunderstood.

God has a plan. When we don't play our part, the whole thing falls apart. It's all connected. Imagine if Mary had said no. Her yes has touched every person who has lived for two thousand years. You see, every decision made by every person echoes down through history. Sometimes I wonder if the reason we don't have a cure for cancer, AIDS, and Alzheimer's is because the people who were going to find those cures were among the fifty-five million children who have been aborted in the United States since Roe v. Wade. God had a plan for every one of those children, just as he has a plan for you. You have a part to play in God's plan for the world.

You might be tempted to think, “Oh, I'm nobody special; God doesn't have any special plans for me.” But that would be a mistake. Read Chapter 17 of the first book of Samuel for a great example. David's father sent him to take food to his brothers, who were in the army. When he got there Goliath, the enormous and much feared Philistine, was daring the Israelites to fight him, but they were all too afraid. David said to king Saul, “I'll fight him.” Saul told him he could not because David, who was little more than a child, was too young. David and Saul went back and forth and finally the king agreed. The rest is history.

David slew Goliath, and in time God made this lowly shepherd boy the king of his people.

David made himself available. God uses the most unlikely people to do his greatest work. As you read the Bible, you'll discover that he almost never uses those in positions of power and authority; he doesn't necessarily use the most educated, or the best looking, or even the most qualified. Whom does God use to do his most powerful work here on earth? He uses the people who make themselves available to him. How available are you to God? Ten percent, 50 percent, 95 percent? Or are you 100 percent available for whatever God calls you to today?

Want to see something truly incredible? Make yourself available to God. He will come again in glory to judge the living and the dead and his kingdom will have no end.

SESSION 12.1 THE HOLY MOMENT

WATCH VIDEO

1. Who is the holiest person you know? What makes that person holy?
2. Who is your favorite saint? Why?
3. What's one thing you have learned throughout the Decision Point experience that surprised you?

Tip

The biggest Christian lie in history is not one that others tell about us. It is a lie we tell ourselves: Holiness is not possible. This lie neutralizes our Christianity. It is diabolical. Holiness is possible.

1) Who is the holiest person you know? What makes that person holy?
2) Who is your favorite saint? Why?
3) What's one thing you have learned throughout the Decision Point experience that surprised you?

DISCUSSION QUESTIONS [WB301]

Who was David?

1. Are you ready to let God come and fill you up in all the ways you need and want to be filled?
2. What have you said yes to in the past that you knew was not for you?
3. How available are you to God today?

EXERCISE

Do you know everyone's name in the class? Use their names. Let them know that you know who they are and that you are glad you were able to share this journey with them.

ENgagE: Watch & DIScuSS

StEp 3

continued...

SESSION 12.1 THE HOLY MOMENT

WATCH VIDEO

1. Why is David the name you shout at a sport game? Is it just for fun or is there a deeper theological value? What is the name David a synonym for? (See 1 Peter 2:9)
2. Why did David and his family represent? What does this story tell us about God's plan for the world and his presence in places and people that we might not expect to find him?
4. Why was David an ancestor of Jesus (c. 1040 BC–970 BC)? What does this mean for us today?

Tip

Who was David?

1. Why was David not just a boy? Was he a servant in the army? What was David's role in Saul’s court? What did David promise God when he was first given the opportunity to be king?
2. What did God promise David? What did God promise the people of Israel? What did God promise to do through David? (See 1 Samuel 7:17)
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Tip

Who was David?

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SESSION 12.2 EVERYTHING IS AN OPPORTUNITY

WATCH VIDEO

The closer you get to the end, the more restless some of your students will become. Be prepared for that; have techniques at the ready. Take a break and play a song or a game. Think of ways to actively keep them engaged until the end.

DISCUSSION QUESTIONS [WB306]

1) Who do you know who does little things with great love?
2) What little things can you do with great love today?
3) What does today’s culture think about doing little things with great love?

SESSION 12.3 YOUR YES CAN CHANGE THE WORLD

WATCH VIDEO

Everything is an opportunity. Very often the biggest opportunities in life are draped in the very ordinary things of life. It is only in looking back that we realize God was using the most basic circumstances to bring about his beautiful plan for our lives.

Your candidates have a very compressed understanding of time. Expand their vision by talking about different stages of your life, and how quickly time passes.

DISCUSSION QUESTIONS [WB311]

1) Are you ready to let God come and fill you up in all the ways you need and want to be filled?
2) What have you said yes to in the past that you knew was not for you?
3) How available are you to God today?
EXERCISE:

Ask them to write a letter to themselves about the experience on the My Thoughts page of their workbook.

SESSION 12.4 REVIEW

WATCH VIDEO

Pay attention, candidates. You are about to review the whole program in seven minutes.

DISCUSSION QUESTIONS [WB318]

1) What new habit have you developed since you started this program?

2) What is the best idea you heard during the entire experience?

3) What is one thing you can do this week to better prepare yourself for Confirmation?
**Exercise: Watch & Discuss**

This session highlights the virtue of chastity. Invite someone to read aloud the Virtue in Focus section. Choose one of the questions from the section and encourage the candidates to share their answers. [WB320]

**Session 12.5 Dream!**

**Watch Video**

This video number seventy-two, the last one. Are you ready?

**Exercise:**

Know It. Think About It. Live It.

Ask someone to read aloud the Bible passage highlighted in the section KNOW IT. THINK ABOUT IT. LIVE IT. Ask another student to read the text from the workbook. [WB308]

Discuss what their concept of holiness is and how that is different from what has been presented throughout this program.

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**Step 3 Continued...**

**Virtue in Focus**

**Exercise**

Virtue in Focus

**Tip**

This is video number seventy-two, the last one. Are you ready?

**Tip**

Know It. Think About It. Live It.

Ask someone to read aloud the Bible passage highlighted in the section KNOW IT. THINK ABOUT IT. LIVE IT. Ask another student to read the text from the workbook. [WB308]

Discuss what their concept of holiness is and how that is different from what has been presented throughout this program.
**INSTRUCTIONS:** It’s time to journal. This time is sacred; remind them of that. Invite your class to open up to page 322 and take a few minutes in silence to journal their answers to those questions.

**STEP 4**  
**JOURNAL**

Take a moment to mention how the journaling process has helped you grow. Encourage them to continue to journal once a week for the rest of their lives. Tell them how fascinating it is to look back and read what you wrote a year ago or ten years ago.

**STEP 5**  
**ANNOUNCEMENTS**

Thank them for coming.

Tell them you have enjoyed your time with them.

Talk about the highlights of the program: Funny moments. Serious moments. Life-changing moments.

Remind them you will be praying for them for the rest of their lives.

Encourage them to continue to explore their faith. Promise them that the day will come when they will be glad they took this stuff seriously.

**STEP 6**  
**CLOSING PRAYER**

Read the Psalm after quieting the class, and allow them a few moments of silence.

Close with a spontaneous prayer asking God to bless these candidates now and throughout their whole lives, to help them to know that God is always with them and that the Church is a great gift to humanity.

**Psalm 27**

The Lord is my light and my salvation;  
whom shall I fear?  
The Lord is the stronghold of my life;  
of whom shall I be afraid?  
When evildoers assail me,  
uttering slanders against me,  
my adversaries and foes,  
they shall stumble and fall.  
Though a host encamp against me,  
my heart shall not fear;  
though war arise against me,  
yet I will be confident.  
One thing have I asked of the Lord,  
that will I seek after;  
yet I will dwell in the house of the Lord all the days of my life,  
to behold the beauty of the Lord,  
and to inquire in his temple.  
For he will hide me in his shelter in the day of trouble;  
he will conceal me under the cover of his tent,  
he will set me high upon a rock.  
And now my head shall be lifted up  
as the lion's head;  
yet I will offer in his tent sacrifices with shouts of joy;  
yet I will sing and make melody to the Lord.  
Hear, O Lord, when I cry aloud,  
be gracious to me and answer me!  
Thou hast said, 'Seek ye my face.'  
My heart says to thee,  
'Thy face, Lord, do I seek.'  
Turn not thy face from me.  
Hide not thy face from me.  
Neither forsake me, O God of my salvation!  
For my father and my mother have forsaken me,  
but the Lord will take me up.  
Teach me thy way, O Lord;  
and lead me on a level path because of my enemies.  
Give me not up to the will of my adversaries;  
false witnesses have risen against me,  
and they breathe out violence.  
I believe that I shall see the goodness of the Lord in the land of the living!  
Wait for the Lord;  
be strong, and let your heart take courage;  
yea, wait for the Lord!

**INSTRUCTIONS:** It’s time to journal. This time is sacred; remind them of that. Invite your class to open up to page 322 and take a few minutes in silence to journal their answers to those questions.

**TIP**

Thank them for coming.

Tell them you have enjoyed your time with them.

Talk about the highlights of the program: Funny moments. Serious moments. Life-changing moments.

Remind them you will be praying for them for the rest of their lives.

Encourage them to continue to explore their faith. Promise them that the day will come when they will be glad they took this stuff seriously.

**DECISION POINT**

**DECISION POINT**

**HOLINESS IS POSSIBLE**

**HOLINESS IS POSSIBLE**
DECISION POINT is different from other programs in a hundred ways.

One way it is different is that it is always changing and improving.

We need your help with this.

Whether you find a typo or think of some fun way to improve the program, please email us and tell us about it so that year after year DECISION POINT can become even more dynamic.

feedback@dynamiccatholic.com
Mission

To re-energize the Catholic Church in America by developing world-class resources that inspire people to rediscover the genius of Catholicism.

Vision

To be the innovative leader in the New Evangelization helping Catholics and their parishes become the best-version-of-themselves.

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I believe in one God, the Father Almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, True God from True God, Begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day, in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, Catholic and Apostolic Church, I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.

Amen.