
Lesson Plans for Confirmation

Correlated with Curriculum Guidelines for Adolescent Catechesis and Confirmation, Diocese of Buffalo, 2004.

Lesson Plan #1: *OIL OF SALVATION & CONFORMITY TO CHRIST* (Confirmation pp.145 – 147)

Activity: To begin class, have 4 or 5 small bowls or saucers with a tablespoon or two of vegetable oil. Instruct students to place thumb in oil and make the sign of the cross on their forehead. Then pass on to next student. Allow a few moments of silence.

Finger the oil as you speak: Oil is one of the rich symbols used in the Rite of Confirmation. Symbols speak to us of the richness of reality. They “say” what our words cannot. They call forth a response from our whole persons, from every level of our person. They can transform the world; they can transform our lives. Symbols are the language of our sacraments.

Explain to the students that the essential action of the Sacrament of Confirmation is anointing with oil on the forehead, which is done as the bishop lays his hand on the head of the candidate.

Oil is a symbol of joy and abundance; it cleanses (anointing before and after a bath) and limbers (the anointing of athletes and wrestlers). Oil is also a sign of healing, since it is soothing to bruises and wounds; and it makes radiant with beauty, health, and strength.

There are various types of oil, but the perfumed oil used at Confirmation is called Chrism. This highlights the name Christian, which comes from the word meaning “anointed”. This anointing confers on the person a “mark” – the seal of the Holy Spirit. The seal is a sign of one’s total belonging to Christ and of “enrollment in his service for ever.” (Catechism, 1296)

Holy Chrism is made of olive oil with perfume added. It is consecrated by the bishop in St. Joseph Cathedral at the Chrism Mass on Holy Thursday each year. A cruet is distributed to each local Church and is kept in the ambry, and the unused portion a year later burned in the sanctuary lamp

Activity:

Schedule a trip to St. Joseph Cathedral. Take students to local parish to view the ambry.

When the Bishop confirms you he will put this oil on your forehead. Some bishops use a lot, others just a dab. In either case the oil is a visible sign of what is going on spiritually and invisibly, for at that moment, you receive the strengthening of the Holy Spirit. *Suggest:* We need to be familiar with the Holy Spirit – the 7 gifts of the Holy Spirit, the 12 fruits of the Holy Spirit. *Make* ‘7 gift’ cards (number them as follows), *make* ‘12 fruit’ cards (number them as follows). *Prepare* handout sheet of Holy Spirit passages from Scripture. As a class or in groups have fun with these.

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1. Wisdom
2. Understanding
3. Right Judgment
4. Courage
5. Knowledge
6. Reverence
7. Wonder & Awe in God's Presence



1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Long-suffering
8. Gentleness
9. Faith
10. Truthfulness
11. Self-control
12. Chastity

Scripture Passages

Psalms 51:10-13

Romans 5:5

Galatians 4: 6-7

Psalms 104: 29-30

Romans 8: 9-11

Galatians 5: 13-25

Isaiah 11: 2-3

Romans 8: 14-16

Ephesians 2: 19-22

Isaiah 61: 1-2

Romans 8: 26-28

Ephesians 3: 14-19

Ezekiel 36: 26-28

Romans 15: 13

Ephesians 4: 1-4

Luke 11: 9-13

1 Corinthians 2: 10-16

Ephesians 4: 30-32

John 7: 37-39

1 Corinthians 3: 16-17

1 Thessalonians 5: 16-19

John 14: 16-17

1 Corinthians 6: 19-20

2 Timothy 1: 6-8

John 20: 22-23

1 Corinthians 12: 12-26

2 Timothy 1: 13-14

Acts 1: 8

2 Corinthians 3: 17-18

1 John 3: 23-24

Genesis 1: 1-2

Genesis 2: 7

Ezekiel 37: 1-14

Joel 3: 1-2

Luke 1: 26-35

Matthew 3: 13-17

John 19: 30

Acts 2: 1-4

Acts 2: 32-33

HOW DO WE MINISTER?

ACTIVITY: Invite the young people to add their ingredients to the bowl. Give them a few minutes to reflect on the questions below before you begin adding the ingredients. As each young person adds his/her ingredient he/she must state the gifts (at least 2) that he/she has. If a young person cannot think of any gifts, then the other young people can help name his/her gifts. However each young person should be able to name at least one.

20 min.

Reflection Questions: (You may want to play quiet music as you ask these)

What is something you do really well?

Painting, drawing or singing?

Playing a musical instrument, cooking or being a good listener?

Do you have the gift of humor or are you a good student?

Are you a good athlete, leader or helper?

Do you enjoy working with children or are you a patient person?

What do you enjoy doing?

Invite the students to come forward to name their gifts and add their ingredients. When everyone has added their ingredients, mix it together with the big spoon. Then distribute the mix among the students so they can eat it.

DISCUSSION: What makes this trail mix good?

It has variety. My favorite is It's not just one thing.

How is this like a family or a community?

No two people are the same. Everyone is different.

If all of the ingredients were not present, perhaps not all of you would enjoy it. How does everyone's contribution make it better? Would it be as good without one or more of the ingredients?

Each ingredient is necessary to make it complete. Without any one it would not be the same.

All of our gifts are needed to make our church community complete. Each of us brings our own uniqueness, gifts and talents to make the whole community better. St. Paul talks about this when he describes the body of Christ. He notes that each part is important – the hand cannot tell the foot that it is not needed. The manifestation of the Spirit is given for the common good.

USING OUR GIFTS: Divide a sheet of paper into 3 columns and label them:

School/Family/Parish. In each column write how you will use the gifts you named in each of these areas. If time allows you can invite the young people to share what they wrote.

15 min.

On the back of the paper write the answer to the following question: What will be different about me after I am confirmed?

You may want quiet music while they do this. Instruct them to put their paper in a letter sized envelope and seal it. They are to address it to themselves. These will be used as part of the Closing Prayer service. After the young people make their Confirmation, you may mail their responses to them as a reminder of their giftedness.

CLOSURE: Get 3/5 responses to the following depending on time:

I now know . . .

I still wonder about . . .

I understand . . .

5 min.

A Member of the Division of Catholic Education

CLOSING PRAYER: Place the bowl of Holy Water with the open Bible in the center. You may want to have a lighted candle with it as a reminder of the light of Christ.

10 min.

CALL TO PRAYER

Creator God as we prepare to make our Confirmation we pray that the Holy Spirit will . .

Set our hearts on fire with love for God.

ALL: Come Holy Spirit, Come.

Open our eyes to see Christ in others and to reach out to help those in need.

ALL: Come Holy Spirit, Come.

Empower us to use our gifts and to share Christ's light with others.

ALL: Come Holy Spirit, Come.

As a reminder of our Baptismal commitment I invite you to come forward and sign yourself with the Holy Water (make sign of cross with Holy Water) and leave your envelope as a symbol of offering your gifts in service of God's people.

RITUAL ACTION (described above)

We will conclude our prayer with the words Jesus spoke to His apostles before He ascended into heaven.

Matthew 28: 18-20

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