

Journey of Faith: Catholic Confirmation Course

Class Schedule

Classes will be held on Sundays after 11:00 am Mass from **12:00 – 1:00 pm**.

(Last class on **Feb. 1** will be a longer class – approx. 2.5-hour class with practice, Adoration, & Reconciliation prior to the Sacrament of Confirmation.)

Course Overview

The Journey of Faith Catholic Confirmation Course is designed to guide candidates through a transformative journey of spiritual growth and deepening their understanding of the Catholic faith. Over the course of **seven sessions and one retreat**, candidates will explore key aspects of the Catholic Church, deepen their relationship with God, and prepare to receive the Sacrament of Confirmation.

Session 1: Introduction to Confirmation

Topics Covered

- Overview of the sacrament of Confirmation
- Importance of Confirmation in the life of a Catholic
- Discussion on the role of the Holy Spirit
- Choosing a saint's name

Activities

- Group discussion on personal understanding of Confirmation
 - Reflection on the Holy Spirit's presence in daily life
 - Saint name exploration activity
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Session 2: All-Day Retreat – Gifts of the Holy Spirit & Living a Sacramental Life

(TBD @ St. Thomas More, Coralville)

Topics Covered

- The Gifts of the Holy Spirit
- Living as a Catholic in today's world
- Testimonies: Catholic and Proud, Why Am I Here, Depth of God's Love, Dare to Live in Faith

Activities

- Faith-based games, guided reflection, small groups
- Witness talks
- Group prayer & Adoration

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Session 3: Self-Knowledge and Spirituality

Topics Covered

- How knowing yourself helps you know God
- Personal spirituality styles
- Prayer life and daily conversation with God

Activities

- Reflection journaling
 - Introduction to different types of prayer
 - Developing a personal prayer plan
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Session 4: Foundations of Catholicism

Topics Covered

- What we believe: The Creed
- How we live: The Beatitudes and Commandments
- The importance of Scripture and Sacraments

Activities

- Small group scripture study
 - Beatitudes reflection
 - Group prayer and the Creed
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Session 5: Discipleship and Mission

Topics Covered

- What it means to be a disciple
- The universal call to holiness
- Being a witness: Evangelization and service

Activities

- Mission mapping (serving your family, school, parish, and world)
 - Planning a simple act of service
 - Group discussion
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Session 6: The Mass and the Eucharist

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Topics Covered

- The structure and meaning of the Mass
- Understanding the Eucharist as the source and summit of our faith
- How Confirmation completes our full initiation into the Church

Activities

- Walk-through of the parts of the Mass
 - Reflection on the Eucharist
 - Discussion on active participation in liturgy
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Session 7: Living the Sacramental Life Daily

Topics Covered

- Confirmation as a beginning, not an end
- Staying connected to the Church through the sacraments
- Continuing formation and growth in faith

Activities

- “Letter to My Future Self” activity
 - Group discussion on how to continue growing after Confirmation
 - Personal prayer and commitment
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Final Class: Feb. 1 – Confirmation Preparation Day (Extended Session)

Time: 12:00–3:00 PM

Topics Covered

- Confirmation practice
 - Reconciliation opportunity
 - Eucharistic Adoration
 - Final Q&A and preparation
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Course Requirements/Expectations

- Attend all sessions and participate fully
- Attend & engage in Youth Group events and service projects (attend)
- Serve at Mass (e.g. usher, greeter, cross bearer, lector, choir, band, gifts)
(Youth lead Mass at 11am the first weekend of each month Oct. – Apr.)
- Complete a Saint Name Report
- Choose and meet with a Confirmation Sponsor

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Materials Needed

- Bible (provided), notebook, pen
- Journal and comfortable clothes for retreat