













Confirmation

4 sessions for youth groups

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Produced by the Go Team

www.bathandwells.org.uk/children-young-people

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Living and telling the story of Jesus

Introduction for Leaders

This four session outline offers a mix of activities and discussions to help young people explore confirmation. Each session is interactive and covers the basics of the Christian faith, and why they might want to consider confirmation. Feel free to adapt the sessions to the needs of your group/context.

Session One: What is confirmation?

Things you will need to think about for this session:

- Hospitality arrangements
- Copies of the 'What do you know about Christianity?' quiz and pens
- Two video clips downloaded, or ready to play on youtube
- Laptop, TV or something to show the videos on.

Hospitality and welcome

Gather the young people around food and introduce the theme of confirmation

Activity

Hand each young person (or in pairs) a 'what do you know about Christianity?' quiz sheet. Give them about 5-8 mins to fill it in as best they can. Then offer the answers and take time to answer any questions they have about any of the answers. You could encourage them to share their opinion or thoughts on their answers to get the conversation going.

Video 1: https://www.youtube.com/watch?v=o5qdXWnvynE (The Thread - Anthony Payton)

Use this video as a discussion starter for your group. Make sure you watch the video in preparation and think of some questions you can ask the young people to start the conversation.

Discussion

What do you know about confirmation?

Video 2: https://www.youtube.com/watch?v=EnpXtAPFZqc (Baptism & Confirmation in the Anglican Church - RE:quest)

This video explains what baptism and confirmation are. After watching the video together, remind your group what confirmation is:
Confirmation is a significant step in the Christian journey, marking a personal commitment to Christ and a public declaration of faith. It also signifies a person's readiness to fully participate in the life and ministry of the Church. Baptism can be a decision that parents make for a young child, and confirmation is when the person chooses to affirm that decision and declare their faith for themselves.

Discussion

What difference do you think it will make if you are confirmed?

Reflection

Encourage your group to take a moment to reflect in quiet. You might want to light a candle and place it in the centre of a table or the floor to give them something to focus on.
Allow time for your group to think about what you have discussed so far. Ask them, in their own hearts and minds, to consider if they are open to being confirmed. Where do they fall on the following scale:



Green: I am open and ready to go on this journey
Yellow: I am not sure if I am ready yet, but would like to learn more
Orange: I am not ready yet, but I believe in Jesus
Red: I am unsure about it all
Or invite them to share their own thoughts about where they are on the scale. There is no right or wrong answer, it's a decision that is entirely between them and God!



Prayer

End your session with a time of prayer. You may want to invite your group to say their own prayers, or offer things that they would like you to pray for them if they don't feel confident praying themselves.
You could pass an item around the group, and if they want to pray out loud or in their head they can, if not, pass the item to the next person.

Take a few minutes at the end to explain the plan for next week.

Session Two: Who is the Trinity? God, Jesus and the Holy Spirit

Things to think about for this session:

- Hospitality arrangements
- Lego or play dough
- Copies of the Nicene Creed, in your chosen version
- Two video clips downloaded or ready to play on youtube
- Laptop, TV or something to show the videos on

Hospitality and welcome

Gather the young people around a meal and introduce today's theme: The Trinity.

Discussion Starter

What do you think the word Trinity means in a Christian context?
You may want to come up with some further questions to help the conversation flow, especially if their first answer is "I don't know"!

Activity

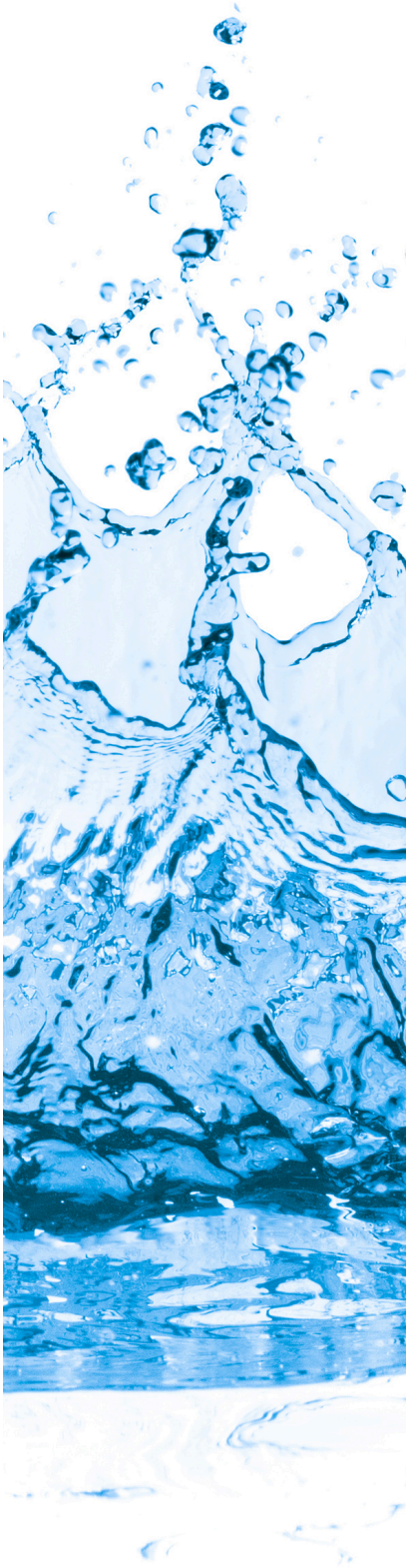
Invite your group to use either Lego or playdough to make three different items. This is an (imperfect) illustration of the Trinity. Three different items, made from the same material, but all different. The Trinity is three different expressions of God: Father, Son and Holy Spirit, who are individual, and also One.

The Trinity is a fundamental part of the Christian faith and the foundation upon which Christians build their beliefs. One God in Three Persons.

Video: https://www.youtube.com/watch?v=0HMryr1ZlxQ (What is the Trinity? - Three Minute Theology)

Use this video to explain what the Trinity is. Make sure you watch the video in preparation for the session. You might want to come up with some questions to ask to help encourage some discussion about the video. You can also ask your group what questions they have about the video or the Trinity.





Explanation

One of the familiar liturgies (words spoken as a whole congregation in a formal church service) that is often used in Anglican churches, is the Nicene Creed.
Explain to your group what this means, and then read a shortened version of it together:

"We believe in one God, the Father, who made everything.
We believe in Jesus Christ, God's son, who came to earth, died and rose again.
We believe in the Holy Spirit, who helps us to live for God.
We believe in one Holy Church, and we look forward to life with God forever."

Explain to your group that these statements of faith are what you are agreeing with if you choose to get baptised or confirmed. If it helps, they could think about the Trinity as God the Creator, Jesus the Saviour and the Holy Spirit as a Helper.

Reflection

Invite your group to take a moment to reflect on what they have learnt and talked about so far. You could light a candle as a central focus to help them concentrate.
Invite your group to sit comfortably, and explain that you are going to play some music to help them reflect on what they have learnt about the Trinity. They can either watch the video and read the words, or close their eyes and just listen.
Video: https://www.youtube.com/watch?v=E03V_TfvZa0

Prayer

End your session by praying for your group. If they would like to pray too, invite them to join in and take turns to pray in their heads or out loud. Or they can just say amen at the end if they agree with your prayer.

Take time to briefly outline the plan and theme for the next session.

Session Three: the church, prayer and communion

Things you will need to think about for this session:

- Hospitality arrangements
- Copies of 'Go Explore Your Local Church' handout
- Holy Communion Sacraments
- Bible passages printed out or marked in a Bible
- Copies of the Lord's Prayer

Hospitality and welcome

Gather in the church building with the young people and order take-away pizza

Discussion starter

What comes to mind when you hear the word 'church'? Go around your group and invite them all to have an opportunity to say what they think of when they hear the word church.

Activity

Give the young people a 'Go explore your local church' handout, either individually or in pairs, and invite them to explore the church, writing their thoughts and answers down as they go. Then gather them back together to discuss what they have written or drawn.

Find out if they have any questions about anything on the sheet or in the church. You could highlight some of the following things to encourage discussion:

- The font- in relation to baptism
- The altar, in relation to Holy Communion and Confirmation. You could use this opportunity to explain the sacraments and what they symbolise, you could also give the group the chance to try the bread and wine.
- The pulpit or lectern and the importance of learning from scripture together. You could give them each an opportunity to stand at the lectern and read a passage from the Bible. (suggestions: Jeremiah 29:11-13, Psalm 121, John 3:16, Romans 12:1-2
- Prayer: invite your group to kneel on a kneeler if you have them in your church, and perhaps end this activity by praying the Lord's Prayer together.

Discussion

Explain to the group that the church is a place where Christians meet to worship God. However, the church is only a building, and is not where God lives! The real church is the people who gather in it, but also go out into the world and live out their faith in their every day lives in their families and communities. That means that the building is important, but 'church' can be wherever Christians are. This also means we don't have to be in the church building to pray or read the Bible- we can do that anywhere.

Reflect

Invite your group to take a moment to reflect on today's session. Light a candle and stay silent for a while. Then finish the session with prayer and explain briefly what will happen next time.

Session Four: What will happen on your confirmation?

Things to think about for this session:

- Arrange a visit to the church or cathedral where the confirmations will be happening
- Ensure transport, safeguarding, risk assessments and permission slips are all in place for the visit
- Hospitality arrangements for the visit

Hospitality and welcome

Gather the young people in the venue of the confirmation service. You may want to provide snacks or drinks. It would be a good idea to have a copy of the service run through, so you can go through it with your group and explain each section of the service.

Invite the young people to walk around, explore the church and ask any questions they might have.

As part of the confirmation service, they will need to choose a sponsor, who will present them to the Bishop. Explain what type of person they might want to choose.

Elements of the service

The service will include the following elements:

- Profession of Faith: Candidates publicly declare their belief in God the Father, Son and Holy Spirit
- Renewal of Baptismal Promises: Individuals reaffirm the promises made on their behalf during their baptism.
- Laying on of hands: The Bishop prays for the candidates and lays hands on them, symbolising the gift of the Holy Spirit
- Anointing with oil: The Bishop anoints the confirmed with Chrism (holy oil), signifying their spiritual mark
- Blessing: The Bishop prays a blessing over the newly confirmed candidates
- Reception of Holy Communion: Often, the newly confirmed candidates will receive Holy Communion for the first time as part of this service

Allow your group to ask questions, and you may want to role play/practice some aspects of the service.

Reflection

Revisit the reflection activity from session one, and ask the young people to share whether they feel ready to take the next step in their journey of faith. If they do not feel comfortable sharing with the whole group, you could invite them to let you know individually.





Green: I am open and ready to go on this journey
Yellow: I am not sure if I am ready yet, but would like to learn more
Orange: I am not ready yet, but I believe in Jesus
Red: I am unsure about it all
Or invite them to share their own thoughts about where they are on the scale. There is no right or wrong answer, it's a decision that is entirely between them and God!

Prayer

Take time to pray for your group, asking God to help them as they consider taking the next step in their journey of faith. Invite the group to pray with you out loud or in their head.

Consider taking your group for a meal, or sharing a meal together back at your church/meeting place. Take time to discuss how they feel about what they have learnt, and what they need to do to prepare for their confirmation service.
You may want to discuss whether they would like to continue meeting as a small group/youth group after these sessions have ended, and if they would like to study the Bible together, or meet as a group where they could invite their friends to find out more about Christianity.

As you end today's session, don't forget to prepare those who will be getting confirmed with timings, location, and what to wear for the service. You may want to give them this information on a hand out so they can share it with their parents/carers.

What do you know about Christianity? QUIZ

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Quiz Questions

1. What is the name of the first book in the Bible?
2. According to the Bible, how many days did it take God to create the world?
3. Who is considered the central figure in Christianity?
4. What happened at Easter?
5. What is the name of the religious building where Christians worship?
6. What is one of the main ways Christians communicate with God?
7. What are the first four books in the New Testament (4 male names)
8. What is the central event in Christianity that is celebrated on Easter Sunday?
9. What are the three persons of the Trinity?
10. What is the Christian practice of sharing bread and wine, symbolizing Jesus' body and blood?
11. How many disciples did Jesus have?
12. What is the 40-day period called after pancake day?
13. Who was the first man and woman created by God?
14. What is the name of the disciple who denied Jesus three times?
15. What is the name of the angel who visited Mary say she was going to have a baby?
16. What is the name of the laws that God gave to Moses?
17. What is the Christian practice of publicly declaring one's faith?
18. Who baptised Jesus in the river Jordan?
19. What is the name of the holiday that celebrates Jesus' birth?
20. What is the name of the place where God lives?

What do you know about Christianity? ANSWERS

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1. What is the name of the first book in the Bible? Genesis
2. According to the Bible, how many days did it take God to create the world? Six
3. Who is considered the central figure in Christianity? Jesus
4. What happened at Easter? Jesus was Crucified, died and rose again
5. What is the name of the religious building where Christians worship? Church
6. What is one of the main ways Christians communicate with God? Prayer
7. What are the first four books in the New Testament (4 male names) Matthew, Mark, Luke, John
8. What is the central event in Christianity that is celebrated on Easter Sunday?
9. What are the three persons of the Trinity? God the Father, God the Son and God the Holy Spirit
10. What is the Christian practice of sharing bread and wine, symbolizing Jesus' body and blood? Holy Communion (Eucharist, or Lord's Supper)
11. How many disciples did Jesus have? 12
12. What is the 40-day period called after pancake day? Lent
13. Who was the first man and woman created by God? Adam and Eve
14. What is the name of the disciple who denied Jesus three times? Peter
15. What is the name of the angel who visited Mary say she was going to have a baby? Gabriel
16. What is the name of the laws that God gave to Moses? The Ten Commandments
17. What is the Christian practice of publicly declaring one's faith? Baptism or confirmation
18. Who baptised Jesus in the river Jordan? John the Baptist
19. What is the name of the holiday that celebrates Jesus' birth? Christmas
20. What is the name of the place where God lives? Heaven

Explore your local church

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Draw a picture of something in the building that you think helps people connect with God

Walk slowly around the building and see what you notice; can you see:

- The font ☐
- The altar ☐
- A pulpit or lectern ☐
- Stained glass windows ☐
- Statues or carvings ☐
- Musical instruments ☐
- Pews or seats ☐
- Candle holders ☐
- A Bible ☐

Find somewhere to sit:

Take a look around (don't forget to look up!)
Notice what you can see, smell, and hear. Take a deep breath and listen to your breathing. Sit quietly and reflect for a minute.
Say a prayer or just rest in God's presence.

Write a sentence or poem to describe your visit to the church building

There are many different types of churches around the Diocese of Bath and Wells. Many churches are open every day for visitors.

The 'church' is the people, not the building, but people will have been meeting in this place to worship God for many years.

When was this church built? How old is it?

How many people do you think could fit in this building?

Symbols have been used in churches to portray different things. What symbols or pictures can you spot?
Try drawing some in the space below:



Want to find out more?

Check out the noticeboard or church website for details of services, activities or events you could go to.