

Adult Confirmation Preparation¹

Adult confirmation will consist of 8 weekly sessions with the 7th session being a retreat, which will include the Sacrament of Reconciliation. The actual confirmation will occur between the retreat and the 8th session. Each session except the retreat will be 3 hours in length with a 15 minute break at 1 ½ hours and will consist of prayer, presentation of content and group discussion. The retreat will be 6 hours with an hour for lunch.

INVITATION / EVANGELIZATION

1. Encountering Christ
 - a. Prayer
 - i. What is prayer?
 - ii. Participants who wish may share about prayer styles.
 - b. Image of God
 - c. Presentation of the Holy Bible to participants
 - i. How to use
 - ii. Breaking open of the Word
 - d. God's invitation to life

FORMATION

2. Creed and Trinity
 - a. Statements of belief
 - b. Understanding of Trinity
 - c. Four Marks of the Church
3. Sacraments
 - a. Grace
 - b. Initiation – Baptism, Confirmation, Eucharist
 - c. Vocation – Matrimony and Holy Orders
 - d. Healing – Anointing of the Sick and Reconciliation
4. Liturgical Year & the Mass
 - a. Eucharist – Source and Summit
 - b. Seasons of the Church Year
 - c. Church Tour
5. Morality, Commandments and Beatitudes
 - a. How to make moral decisions
 - b. Review of the Commandments
 - c. Social Teaching of the Church

¹ Adapted from *Preparation Process Guidelines: Adult and Adolescent Confirmation*, Archdiocese of Chicago, 2013.

REFLECTION

6. Reconciliation – Sacrament of Penance
 - a. What is sin?
 - b. Ways of experiencing healing and the power of God’s forgiveness
7. RETREAT (Includes an opportunity for Reconciliation): Confirmation and the Holy Spirit
 - a. Gifts of the Holy Spirit
 - b. Understanding the Ritual of Confirmation
 - c. Renewing our baptismal promises
 - d. Sacrament of Reconciliation

CONFIRMATION

MISSION

8. Called and sent to Mission
 - a. Reflection on Experience of Confirmation
 - b. Call to vocation, ministry and a Eucharistic life
 - c. What it means to live a life of service
 - d. How to be involved in the life of the Church

These sessions can be offered at the deanery level, the parish level, or for a cluster of parishes. A team should be established with representatives from parish(es) involved. They should meet at one parish that is easily accessible for all. A candidate should be referred to the process from his or her home parish. One person at each parish should be designated to initially interview the candidate and ensure an appropriate sponsor. Sponsor should be encouraged to participate in as many sessions as possible with the candidates.

The *National Directory for Catechesis* states, “Catechesis for adults preparing for Confirmation follows the pattern recommended in the *Rite of Christian Initiation of Adults*.” Thus, as we develop a curriculum for Adult Confirmation, we should consider how to follow that pattern. Of course the RCIA proceeds in stages from the Pre-Catechumenate through the Catechumenate through the Period of Purification and Enlightenment into the Period of Mystagogy. These periods are adapted as Invitation & Evangelization, Formation, Reflection, and Mission.