

Suggested Adult Confirmation Preparation

Adult confirmation may consist of 8 sessions with the 7th session being a retreat, which could include the Sacrament of Reconciliation*. The actual confirmation may occur between the retreat and the 8th session.

INVITATION / EVANGELIZATION

1. Encountering Christ
 - a. Experience of Prayer
 - 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. Liturgy and Sacraments
 - a. Grace
 - b. Sacraments
 - i. Initiation (Baptism; Confirmation; Eucharist)
 - ii. Vocation (Matrimony; Holy Orders)
 - iii. Healing (Anointing of the Sick; Reconciliation)
 - c. Eucharist – Source and Summit
 - i. Seasons of the Church Year
 - ii. Church Tour
4. Morality, Commandments and Beatitudes
 - a. How to make moral decisions
 - b. Review of the Commandments
 - c. Social Teaching of the Church
5. Prayer
 - a. What is prayer?
 - b. Types of Prayer
 - i. Blessing and Adoration
 - ii. Petition
 - iii. Intercession
 - iv. Thanksgiving
 - v. Praise

- c. Expressions of Prayer
 - i. Vocal
 - ii. Meditation
 - iii. Contemplation
- d. The Lord's Prayer

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

CELEBRATION OF SACRAMENT OF 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

*The Sacrament of Reconciliation of Reconciliation should be received by all Confirmandi as part of their preparation for the reception of Confirmation regardless of the type of preparation they receive.

These sessions can be offered at the deanery level, the parish level, or for a cluster of parishes. A team could be established with representatives from parish(es) involved. They may meet at one parish that is easily accessible for all. A candidate should be referred to the process from his or her home parish. The home parish may be responsible for collection of paperwork and appropriate documentation. One person at each parish may 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.**