



CHOSEN

YOUR JOURNEY TOWARD CONFIRMATION

“Who is Mary?”

This lesson is about delving deeper into the relationship Catholics have with Mother Mary. This also helps us take a closer look into the Communion of Saints and understanding why Catholics are so connected to their heavenly brothers and sisters.

Conversation Starters:

- ✓ Why do Catholics pray for Mary’s intercession?
- ✓ Why does the Church encourage us to ask the Saints to pray for us? Why don’t we just ask a friend?

“What would Jesus do?”

This lesson is about challenging teens to live their lives as more radical disciples. To be Christian is to be like Christ who promised that we would endure persecution just like He did (Matthew 5:10-12).

Conversation Starters:

- ✓ Read the Sermon on the Mount together (Matthew 5:1-12). Which beatitude stands out to you?
- ✓ How are the Beatitudes a pathway to Heaven?
- ✓ What does it mean to be “poor in spirit?”
- ✓ What did Jesus mean that those who are persecuted are “blessed”? Have you ever felt persecuted for righteousness’ sake or seen someone else experience this? What happened?

“Do I have what it takes?”

This lesson is about the Beatitudes as God’s path to help discover goodness, beauty, truth and freedom. We will focus on what spiritual “muscles” we need to exercise in order to have strength for this journey. Virtue is not just an ideal, but a lifelong pursuit of holiness and good habits. It is not simply enough to “weed out” the bad habits; we must replace them with healthy ones.

Conversation Starters:

- ✓ We build physical muscles so we can do more and better things. Why do we need to build “spiritual muscles”?
- ✓ Building virtue helps us avoid and overcome the “deadly sins.” Which vice gives you the most trouble, and what is the corresponding virtue you need to practice?
- ✓ What are some good ways to build “spiritual muscle”?
- ✓ What are some other ways to build virtue into our lives?

“What do you want?” What an awkward and invasive conversation starter. Imagine that a stranger, without preamble, looked at you and asked, “What do you want?” What if the tone indicated this question was not simply about your immediate desires, but was an audacious inquiry into your deepest, most private longings? In John’s Gospel, Jesus’ first words to his disciples embody this very question “What are you looking for?” As you can imagine, the disciples do not know how to answer. So they answer with another question: “Rabbi, where are you staying?” Jesus replies, “Come and see.” Three lines of conversation have never been more loaded. The disciples clearly do not even know how to express the longing of their hearts. They are not seeking *something* as much as *someone*. Like us, though, they just cannot identify the source of their restlessness.

All of us have restless hearts. Prayer is our only hope to ease the ache of our hearts; as the early Christian Fathers said, “Birds fly, fishes swim, **man prays.**” In this journey toward Confirmation, both you and your child are being called to follow Jesus and to discover more deeply the answer to the question, “What do you want?” This first phase of Chose will break down barriers to belief and then introduce the basic gospel message. Your son or daughter will come see how Christ, through his Church, fulfills the deepest longings of our hearts. One way you can help this process along is to support and encourage the relationship between your child and their sponsor. They can participate in discussion questions on this sheet if they are not able to attend class. You also should share your personal experience of being Catholic, searching for happiness, and seeking God. Just remember to be authentic. Your personal testimony is one of the most effective ways to bring about genuine dialogue with your child. Remember that teens crave recognition of their young adulthood, so do not push too hard if you can avoid it. Listen first, then share your own experience, point beyond yourself to Jesus. And pray. Pray, pray, pray, consistently.