



# CHOSEN

YOUR JOURNEY TOWARD CONFIRMATION

“Why tell my sins  
to a priest?”

This lesson is about conveying the reality of sin and its consequences, instilling an aversion to personal sin, and cultivating a desire to seek the healing power of Christ in Confession in order to achieve a deeper conversion and a more intimate walk with God. (CCC 1428)

Conversation Starters:

- ✓ Why is Confession called a “Sacrament of Healing”?
- ✓ What are some ways we can see the Ten Commandments as a way to make us feel more free?
- ✓ What’s the difference between venial and mortal sins?

“How does God  
help when it  
hurts?”

This lesson is about addressing the mystery of suffering and the Sacrament of the Anointing of the Sick. In this sacrament, God gives us grace to deal with suffering heroically; he also uses the sacrament to bring about spiritual healing and, when it’s God’s will, physical healing as well.

Conversation Starters:

- ✓ Why do you think God allows suffering?
- ✓ What are some ways God can bring good out of suffering?

## “Who is the Holy Spirit?”

- ✓ What would you say to someone whose suffering made it hard to believe God loves him/her?
- ✓ How does the Anointing of the Sick impact the person receiving the Sacrament?

This lesson is about encouraging teens to understand who the Holy Spirit is and to cultivate a relationship with the Holy Spirit, the third person of the Blessed Trinity.

### Conversation Starters:

- ✓ Why did God send down the Holy Spirit?
- ✓ What is Pentecost?
- ✓ In what ways is the Holy Spirit working in your life?