



Confirmation Mentor Packet  
2020-2021

# **Introduction**

Thank you so much for being a Confirmation mentor this year! In order to ensure that students are prepared mind and soul for Confirmation, this year we are using the Decision Point program by Dynamic Catholic. Decision Point is a strong program that meets students where they are no matter where they are on their journey of faith.

We will be utilizing this program for the lessons during the Days of Reflection and Mentor Sessions and by the end of the preparation the students will have completed the whole book.

The breakdown is as follows:

## **Mentor Sessions:**

- Mentor Session 1: Life is Choices (Chapter 1)
- Mentor Session 2: The Prayer Process (Chapter 4)
- Mentor Session 3: The Bible (Chapter 5)
- Mentor Session 4: The Eucharist (Chapter 7)
- Mentor Session 5: Confirmation (Chapter 10)
- Mentor Session 6: Holiness is Possible (Chapter 12)

## **Large Group Sessions:**

- Confirmation Kick Off: Introduction to Confirmation, Whats Holding You Back (Chapter 2)
- Day of Reflection 1: Confirmation as a Sacrament of Initiation, The Church (Chapter 9)
- Day of Reflection 2: The Holy Spirit and Her Gifts (Chapter 8)
- Day of Reflection 3: Made for Mission (Chapter 11)

## **Confirmation Retreat:**

- The Jesus Question (Chapter 3)
- Relationships (Chapter 6)

The Decision Point text will be provided to each mentor and student at the beginning of the year. It can also be found for free online at <https://dynamiccatholic.com/confirmation/program-view/>.

## Mentor Groups

One of the biggest challenges in the mentor program has been awkwardness. Meeting one on one with a student or an adult that you have never met and talking about some tough topics is challenging and can feel weird. In order to make the experience more enjoyable for both mentors and students alike, we will have mentor groups this year! Mentor groups will be gender specific groups of 5 or 6 teens with two leaders who will guide them in conversation about the topic of the session.

Each mentor session should be around an hour and discuss the session chapter from the Decision Point books. The assigned chapter should be your main focus of the session. The mentor guide for the session will outline a mentor session idea, but it is just a guide not a hard rule. If your group takes a session another direction (within reason) it is ok. Just try to keep it on the target of living the faith.

We highly recommend that mentor groups meet once a month to discuss the assigned topic so that everyone is on the same page at the large group gatherings and retreat. I know that this is not always possible, but I ask that you try your best to follow the plan.

The ideal monthly topics are as follows:

October	Life is Choices (Ch. 1)
November	The Prayer Process (Ch. 4)
December	The Bible (Ch. 5)
January	The Eucharist (Ch. 7)
February	Confirmation (Ch. 10)
March	Holiness is Possible (Ch. 11)
April	Make Up Month

## Mentor Meetings

To help make these meetings possible, we have a monthly opportunity to meet in the Parish Hall and Mary Garden. Snacks and drinks will be provided.

October 4	1-3pm
November 15	1-3pm
December 13	1-3pm
January 24	1-3pm
February 7	1-3pm
March 14	1-3pm
April 11	1-3pm

These opportunities will be available each month, however if your group would like to meet on campus at a different time, please reach out and I am happy to find an available space! Since each group is lead by two protocol trained adults, it is much easier to set up opportunities on the parish grounds.

Other good places to meet off campus:

- Starbucks
- Panera
- Roasted in the Village
- In a park
- The Library

We ask that you avoid meeting at people's houses and instead choose a public place. This is for your protection as well as the students'.

If you are in need of any supplies for your meetings, please let me know! I am happy to help.

## **Covid-19 Protocols**

In these uncertain times we are doing our best to provide ministry to our students in the best way possible. The plan at this moment is to offer all large group ministry sessions both in person and online in order to meet the needs of all our students. We are planning on offering an online opportunity for mentor sessions as well.

### **In Person Mentor Sessions:**

We plan to have the opportunity for in person sessions on the parish grounds each month. During these meetings the protocols laid out in the Youth Return to Ministry Plan must be followed. These safety measures include wearing a mask anytime you are indoors, strategic hand washing/sanitizing, practicing social distancing, etc. Please see the Youth Return to Ministry Plan for the full outline of meeting protocols.

### **Virtual Mentor Sessions:**

All virtual mentor sessions will take place on a password protected Zoom call that is set up through Kristi Powers, the Director of Youth Ministry. These sessions will follow the same outline as the in person sessions and cover the same material just on a virtual platform. All virtual sessions must comply with Safe and Sacred and have two protocol trained adults on the call.

### **In the Case of a Shutdown:**

In the case that the Zionsville Community School campuses are not allowed to be open, we must suspend all in person ministry including mentor sessions. If this were to occur, Kristi will reach out to you and your partner to set up your online sessions. Unfortunately this could happen at any time and I cannot promise that we will be in person all year.

I appreciate your patience and flexibility as we work to keep our students and volunteers safe.



# Mentor Session 1: Life is Choices

**Goal:** The goal of this session is to help the teens understand that their choices matter and that God has a plan for them that will bring them joy and happiness.

**Suggested “Homework:”** Read chapter 1, *Life is Choices*, and mark anything that stands out to you or that you have a question about and bring it to the session.

**Supplies Needed:** Daily Examen cards to distribute, pens, and highlighters.  
(If you need any additional supplies, please let me know and I am happy to get them for you.)

## Session Outline

**Highs and Lows (5-10 minutes):** Go around and reintroduce yourself and share a high and a low from your past week.

**Opening Prayer (> 2 Minutes):** Invite a teen to open the group with the prayer found on the first page of the chapter (page 1)

**Introduce (10 minutes):**

1. Introduce that these sessions are for us to help each other on our journey of faith. Remind them that this group is a safe space and that what is said in the mentor sessions stays in the mentor sessions unless your safety or the safety of others is in question.
2. Ask what stood out to your Confirmandi while they were reading and encourage questions.

If you don't know the answer, simply say "That is a great question. Let me look into that and get back to you." Be sure to actually find the answer and talk to them about it. Teenagers are curious and have a lot of challenging questions. The most important thing is not to dismiss their questions, but help them find the answer.

## **The Meat and Potatoes (30 Minutes +):**

### **If the teens did not read:**

1. Work your way through 1.2-1.5 using the discussion questions to break up the reading. This may happen organically when you ask what stood out to your group.

In 1.2, A good way to start the discussion may be to say “raise your hand if one of the virtues stood out to you and then ask someone with their hand raised to share what it is and why it stood out to them.

### **If the teens did read:**

1. Skip to the discussion questions at the end of 1.2 and have a conversation. I would recommend this if the majority of the students have read the chapter.
2. Turn to 1.3 and ask if any of the teens have thought of God’s dream for them vs. the world’s dream. How’re they different? How does this make you feel?
3. Work through the discussion questions in 1.3
4. Reread 1.4 together and do the discussion questions.

### **Challenge (2 Minutes):**

- End the session by giving the students the Examen cards and challenge them to end their day by praying the Examen and asking God to help them in their journey to be who they are created to be. Encourage the students to set a time and an alarm on their phone right then and there to complete the Examen each day.

### **Close in Prayer (1 Minute):**

- One of the leaders should close in prayer thanking God for the students present and their time together and to help them as they prepare to encounter him in Confirmation.

### **Before Leaving the Session**

- Be sure that the time and place for the next session is set.

**Session 2: Date:\_\_\_\_\_ Time:\_\_\_\_\_ Location:\_\_\_\_\_**

### **Suggestion Between Sessions:**

- Check in with the students via email or your group me to see how the daily Examen is going
- Send them Fr. Mike Schmitz’s video, “The Value of Silence”

## **Mentor Session 2: Prayer**

**Goal: To teach the teens how to pray in a way that is not intimidating and help them discover its purpose and place in our lives as Catholics.**

### **Mentor Prep:**

- 1) Pray for the Holy Spirit to guide you as you prepare to meet with your Confirmandi.
- 2) Read the chapter and do the exercises yourself before meeting with the students in person.
- 3) Make sure any questions you have are answered before the sessions begin. I am always happy to answer any questions or Catholic Answers is a great source.

**Suggested “Homework” for Students to Prepare for this Session:** Encourage students to complete the Examen daily to help refocus each night and ask for strength to conquer the coming day.

**Supplies Needed:** Dynamic Catholic Prayer Process cards to distribute, pens, and highlighters. (If you need any additional supplies, please let me know and I am happy to get them for you.)

### **Session Outline**

**Highs and Lows (5-10 minutes):** Go around share a high and a low from your past week.

**Opening Prayer (> 2 Minutes):** Invite a teen to open the group with the prayer found on the first page of the chapter (page 85)

### **Introduction (10 minutes):**

1. Reinforce that these sessions are for us to help each other on our journey of faith. Remind them that this group is a safe space and that what is said in the mentor sessions stays in the mentor sessions unless your safety or the safety of others is in question.
2. Ask how the challenge went this past month. Encourage honesty. We are journeying together.
  - a. Suggested discussion starters: How did it help you (or not)? What was your biggest obstacle? Is there anything that would make it easier for us to do? (Maybe an accountability buddy?)
3. Ask if they have any questions about the last chapter before entering into the next.

### **The Meat and Potatoes (30 Minutes +):**

1. This chapter focuses on practicing prayer. Work your way through the chapter utilizing the discussion questions in each section.
  - a. This chapter is part his personal testimony and part call to action. There are many opportunities to share how prayer has been a part of your walk of faith and I encourage you to share (if you are comfortable) this part of your journey, as well as how and when you pray.

### **Challenge (2 Minutes):**

- In the last section (4.5) pass out the prayer process cards and have the students take some time with the journaling questions and discuss together. Before they leave, challenge them to use the prayer process this month to guide them in prayer and encourage them to set a good time and place for prayer.

**During journaling, if you are in a place that allows, playing some praise and worship songs can help keep focused such as Audrey Assad - Holy Spirit, Christ Tomlin - Good Good Father, Matt Maher - Lord I Need You**

### **Close in Prayer (1 Minute):**

- One of the leaders should close in prayer thanking God for the students present and their time together and to help them as they prepare to encounter him in Confirmation.

### **Before Leaving the Session**

- Be sure that the time and place for the next session is set.

**Session 3: Date:\_\_\_\_\_ Time:\_\_\_\_\_ Location:\_\_\_\_\_**

### **Suggestion Between Sessions:**

- Check in with the students via email or your group me to see how the daily prayer challenge is going.
- Share the Fr. Mike video "Tips for Praying" it is a great video on how to avoid the pitfalls of prayer

## **Mentor Session 3: The Bible**

- Goal:**
1. To give the teens a starting point so they feel comfortable picking up the Bible
  2. Give them motivation and an appetite for actually reading it.

**Mentor Prep:**

1. Pray for the Holy Spirit to guide you as you prepare to meet with your Confirmandi.
2. Read the chapter and do the exercises yourself before meeting with the students in person.
3. Make sure any questions you have are answered before the sessions begin. I am always happy to answer any questions or Catholic Answers is a great source.

**Supplies Needed:** Bibles to give to the teens, Bible Study invitations, pens, highlighters.  
(If you need any additional supplies, please let me know and I am happy to get them for you.)

### **Session Outline**

**Highs and Lows (5-10 minutes):** Go around share a high and a low from your past week or ask the students who they are considering to be their Confirmation saint and why.

**Opening Prayer (> 2 Minutes):** Invite a teen to open the group with the prayer found on the first page of the chapter (page )

**Introduce (10 minutes):**

1. Reinforce that these sessions are for us to help each other on our journey of faith. Remind them that this group is a safe space and that what is said in the mentor sessions stays in the mentor sessions unless your safety or the safety of others is in question.
2. Introduce the session and ask what stood out to them while they were reading followed by asking if they have any questions.

**The Meat and Potatoes (30 Minutes +):**

This chapter focuses on practicing prayer. Work your way through the chapter.  
This may happen organically when you ask what stood out to your group.

This chapter is part his personal testimony and part a call to action. There are many opportunities to share how prayer has been a crucial part of your walk of faith and I encourage you to share how and when you pray.

**Challenge (2 Minutes):**

- Remind the students that these Bibles are theirs and challenge them to take 5-10 minutes to read scripture before or after their daily Examen or in the morning before school.

**Close in Prayer (1 Minute):**

- One of the leaders should close in prayer thanking God for the students present and their time together and to help them as they prepare to encounter him in Confirmation.

**Before Leaving the Session**

- Encourage the teens to read chapter 7 before the next session.
- Be sure that the time and place for the next session is set.

**Session 4: Date:\_\_\_\_\_Time:\_\_\_\_\_ Location:\_\_\_\_\_**

**Suggestion Between Sessions:**

- Check in with the students via email or your group me to see how their challenge is going.
- Send them Saint Mary's Press "Learning How to Read the Bible" or Fr. Mike's video "Ways to Read the Bible" on YouTube

## **Mentor Session 4: The Eucharist**

### **Goals:**

1. To discuss the many myths surrounding the Eucharist and establish the truth of Christ's presence.
2. To help the students understand the transformational power of the Eucharist.

### **Mentor Prep:**

1. Pray for the Holy Spirit to guide you as you prepare to meet with your Confirmandi.
2. Read the chapter and do the exercises yourself before meeting with the students in person.
3. Make sure any questions you have are answered before the sessions begin. I am always happy to answer any questions or Catholic Answers is a great source.

**Supplies Needed:** Pens, highlighters, and if possible adoration going that you can attend toward the end of your session (Adoration will be available during the January Mentor Meeting Opportunity as well as on Wednesday evenings from 6:30-7:30pm.)

### **Session Outline**

**Highs and Lows (5-10 minutes):** Go around share a high and a low from your past week or ask the students who they are considering to be their sponsor and why.

**Opening Prayer (> 2 Minutes):** Invite a teen to open the group with the prayer found on the first page of the chapter (page 168)

### **Introduce (10 minutes):**

1. Reinforce that these sessions are for us to help each other on our journey of faith. Remind them that this group is a safe space and that what is said in the mentor sessions stays in the mentor sessions unless your safety or the safety of others is in question.
2. Ask the students what stood out to them while reading this chapter. Maybe it was one of the discussion questions, a quote, or maybe they have a question themselves.

**The Meat and Potatoes (30 Minutes +):**

1. From the introduction discussion above, your conversation about the Eucharist may unfold naturally. This is a wonderful thing. Let it happen!
2. If you have access to adoration, try to leave 10-15 minutes for it at the end of the session.
3. If you have adoration available: If conversation doesn't naturally flow, focus on sections 7.1-7.3. Read and discuss them together then for the last 10-15 minutes have them take their books to adoration and have them finish reading and journaling there.
4. If you do not have adoration, If conversation doesn't naturally flow, work through the chapter using the discussion questions to break up the reading with meaningful conversation. Encourage the students to find time to spend with Jesus in adoration or the Blessed Sacrament Chapel before the next meeting.

**Challenge (2 Minutes):**

- Encourage the students to take some time in Adoration or in the Blessed Sacrament Chapel this month.
- Ask the students to research Eucharistic Miracles and share one that sticks out to them at the next session or in your group chat on Group Me or email.

**Close in Prayer (1 Minute):**

- One of the leaders should close in prayer thanking God for the students present and their time together and to help them as they prepare to encounter him in Confirmation.

**Before Leaving the Session**

- **Remind students to research their miracle.**
- **Be sure that the time and place for the next session is set.**

**Session 5: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_**

**Suggestion Between Sessions:**

- **Check in with the students via email or your group me to see if they've found any interesting miracles**
- **Send them the Life Teen blog post "A Beginners Guide to Adoration" or/and the YouTube video "Sophia Sketchpad: The Eucharist"**

## **Mentor Session 5: Confirmation**

### **Goals:**

1. To re-enforce that each of them is personally called and chosen by God to receive this sacrament and discuss how to be open to the grace of the sacrament.
2. To teach the Confirmandi how to take their preparation deeper as the sacrament is approaching.
3. To help the Confirmandi recognize that this is not graduation or the end of something, but the beginning of the next step in the walk of faith.

### **Mentor Prep:**

1. Pray for the Holy Spirit to guide you as you prepare to meet with your Confirmandi.
2. Read the chapter and do the exercises yourself before meeting with the students in person.
3. Make sure any questions you have are answered before the sessions begin. I am always happy to answer any questions or Catholic Answers is a great source.

**Supplies Needed:** Pens, highlighters, Confirmation Retreat Flyers.

(If you need any additional supplies, please let me know and I am happy to get them for you.)

### **Session Outline**

**Highs and Lows (5-10 minutes):** Go around share a high and a low from your past week or ask the students what they are looking forward to on the Confirmation Retreat.

**Opening Prayer (> 2 Minutes):** Invite a teen to open the group with the prayer found on the first page of the chapter (page 243)

### **Introduce (10 minutes):**

1. Reinforce that these sessions are for us to help each other on our journey of faith. Remind them that this group is a safe space and that what is said in the mentor sessions stays in the mentor sessions unless your safety or the safety of others is in question.
2. Ask those who remembered to share their Eucharistic miracle they found if you didn't in your group chat.
3. Ask the students why they are being Confirmed and encourage honesty. This is a great springboard for today's discussion.

**The Meat and Potatoes (30 Minutes +):**

1. The first three sections of this chapter are the most important. Please make these sections your priority. Throughout the year 10.4 will be covered, but it is mostly logistical. If you have time to cover it, by all means feel free but don't stress about it.
2. As always encourage questions and keep the mood excited. We are so happy that these students are being Confirmed and will receive the gifts of the Holy Spirit!

**Challenge (2 Minutes):**

- Encourage the students to prepare themselves for the retreat so that they can enter in without stressing about what's at home. Encourage them to complete any assignments before they leave and ask the Holy Spirit to be with them as they enter into the retreat.

**Close in Prayer (1 Minute):**

- One of the leaders should close in prayer thanking God for the students present and their time together and to help them as they prepare to encounter him in Confirmation.

**Before Leaving the Session**

- **Be sure that the time and place for the next session is set.**

**Session 6: Date:\_\_\_\_\_Time:\_\_\_\_\_ Location:\_\_\_\_\_**

**Suggestion Between Sessions:**

- **Check in with the students via email or your group me and remind them to prepare to let go on retreat and ensure them that you are praying for them**
- **Write them a Pilanca (letter of encouragement) and get them to Kristi before they leave for the retreat.**

## **Mentor Session 6: Holiness is Possible**

### **Goals:**

1. To encourage students that they can achieve sainthood
2. Wrap up your experience together on a positive note by recalling what they have learned and grown from this year.

### **Mentor Prep:**

1. Pray for the Holy Spirit to guide you as you prepare to meet with your Confirmandi.
2. Read the chapter and do the exercises yourself before meeting with the students in person.
3. Make sure any questions you have are answered before the sessions begin. I am always happy to answer any questions or Catholic Answers is a great source.
4. Ask Kristi for special celebratory snacks if you would like them for your group.

**Supplies Needed:** Pens and highlighters. (Optional: Special snacks to celebrate! I am happy to provide them, but please let me know in advance.)

### **Session Outline**

**Highs and Lows (5-10 minutes):** Go around share a high and a low from your past week or ask the students what they hope to do after Confirmation to continue growing in the faith.

**Opening Prayer (> 2 Minutes):** Invite a teen to open the group with the prayer found on the first page of the chapter (page 298)

### **Introduction (10 minutes):**

1. Reinforce that these sessions are for us to help each other on our journey of faith. Remind them that this group is a safe space and that what is said in the mentor sessions stays in the mentor sessions unless your safety or the safety of others in question.
2. Ask if they have any questions before you enter into the last chapter.

**The Meat and Potatoes (30 Minutes +):**

1. This is the last chapter and the goal is to encourage the teens that it is possible to be holy. Its possible to be a saint. Focus on the first three sections and then switch gears and help wrap up the experience by talking about what was the best part of their Confirmation journey so far and what they are hoping to do to continue their walk of faith after Confirmation.

**Challenge (2 Minutes):**

- Encourage the students to prepare themselves for the sacrament of Confirmation by going to Confession and continue pursuing a prayer life as their big day approaches.
- Encourage them to seek out the answers to their questions before the day of Confirmation.

**Close in Prayer (1 Minute):**

- One of the leaders should close in prayer thanking God for the students present and their time together and to help them as they prepare to encounter him in Confirmation.

**Suggestion After the Last Session:**

- **As Confirmation approaches encourage them and assure them of your prayers and that you are proud of them.**
- 
- **(Optional) Set up a time to meet after Confirmation to talk about their experience.**