

Confirmation Level 1 Challenges of the Week

Lesson one: "Why am I here?"

- Take the "what I want out of life" list you wrote in class to the next level. Take one action to bring you a tiny step closer to one of your dreams. Check out a related book, contact someone in your chosen field with a question, or do an extra workout or study session. Write about it.
- Pray a Hail Mary each night before bed this week, for yourself and your fellow students, asking God to help you be open to what he has in store for you in the time of preparation that lies ahead. Put a note on your bedside table to help you remember.
- Did you know that God speaks to us through the kindness of other people? Think about all those people who help you figure out your life, (parents, teachers, coaches, friends, and others), and thank one of them for something specific before our next class. Do it in person or by mail or email. Write about it.

Lesson two: "What makes me happy?"

- Inspired music: Come to class next week with a song or image that highlights a musician or other artist's quest for God. Write about it in the space below.
- Start a powerful new habit! Turn off all media for five minutes a day and relax in a quiet place. Ask God to help you to be open to his voice in your life. Write a little bit about what happened.
- Speak or write a sincere message of encouragement to someone you know who is sick or who is sad, worried, or upset about something. Say a prayer for his or her intentions. Is there something practical you can do to help this person this week?

Lesson three: "What's your story, God?"

- Make a cheerful sacrifice. Volunteer to do a sibling's chores for a day, help a neighbor with yard work, make a meal for your family, or babysit for free. Write about what you did.
- Create or find symbols of the Holy Trinity. Explain the symbolism to someone in your family and write about it.
- Chose a saint to research, and jot down three interesting facts about his or her life to share with your small group at the next class.

Lesson four: "How do I know God is real?"

- Read from one of the Gospels for three minutes every day. Take two minutes afterward to think about what you read. Write about it in the space below.
- Choose a prayer space at home for a daily conversation with God. Make sure a Bible is handy for your use along with any images or items (natural or man-made) that help you focus your mind on God. Write about it.
- Practice your listening skills. Meet with a close friend or family member. For a full five minutes, listen attentively, asking questions as needed. In the space below, write about something you learned about that person and how it affected your relationship.

Lesson five: "Who is Jesus?"

- Get your family thinking. Next time your family is together, ask, "who do you think Jesus was?" Share with them the three possibilities: liar, lunatic (crazy), or Lord. If you are feeling confident, try it with a friend. Write about what happened.
- What do you think Jesus Looked like? Draw a picture, create an image, or describe in words what you think the Lord looked like. What does this picture say about who Jesus is to you?
- What's your favorite song about Jesus? It can be online, in a hymnal, or on a Gospel CD. Write your favorite line in the space below.

Lesson Six: "Why be Catholic?"

- Ask your parents or another adult to tell you a story about a time they experienced the presence of God in their lives. Maybe they had an answer to prayer or heard a Scripture passage that spoke to them during a difficult time. Write about it.
- The Catholic Church is so organized that it is unmatched worldwide in reaching out to the poor, the sick, and those in need of disaster relief. Express your Catholic pride by posting a link on social media to a Catholic Charity that interests you. Write the name of the group you chose in the space below.
- We are all members of the body of Christ, each made for a purpose and all equal dignity. Ask the Holy Spirit to be with you as you read 1 Corinthians 12. Which part of the "body of Christ" do you think you represent, and why? Write about it in the space below.

Lesson Seven: "Where am I going?"

- This week pray for the release of souls from purgatory. Copy this powerful prayer and offer it on behalf of those who have died. If you've recently lost someone dear to you, remember that person in particular:

"Eternal Father, I offer you the most precious blood of your divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, for those in my own home and within my family. Amen." (Prayer of St. Gertrude the Great)

- Go to confession this week. Invite your family or friends to go with you. Plan something fun to do afterward to celebrate your fresh start. Write about it in the space below.
- Just say it! Is there someone with whom you need to be reconciled, someone who needs your apology or forgiveness? What are you waiting for? Talk to them or write them a letter if that would be easier. Write about your experience.

Lesson Eight: "How do I get there?"

- Do something small for God. Read a Child a story from the Bible. Pick up trash around your school or neighborhood. Do an extra chore. Describe what you did and how it felt.
- Ask God to help you to sincerely forgive someone who has hurt you. Offer something to God as a spiritual gift for the person's wellbeing. Describe what you did and how you felt.
- Take advantage of the sacraments! In addition to Sunday Mass, try going to Mass during the week, and take note of the impact this has on your day. Write about it.

Lesson Nine: "When did my journey begin?"

- What have you inherited? Think of something you or someone in your family inherited. It could be an object, a photo, or property. Write about it below and explain why it is considered valuable and what steps you would take to be sure it is passed on to future generations.
- Buy or create a bottle for storing holy water in your home, and then stop in at your parish to fill it. Write about what you did with the bottle.
- Priest, prophet, king! A priest intercedes and offers spiritual sacrifice. A prophet shares the word of God with people. A king is given power, so he might serve and at the same time has a dignity he needs to uphold. Think of a specific way to live one of these roles this week and do it. Write about your experience.

Lesson ten: "Why tell my sins to a priest?"

- Talk about it! Take a poll in school this week. First, ask students if they can name all of the Ten Commandments. Second, ask them which commandment they think is the hardest for people to keep. Write the results of your poll.
- Take advantage of Confession! Do you know the Act of Contrition by heart? Write the prayer in the space below and memorize it this week. Make arrangements to go to Confession, either alone or with your family, if you haven't done so recently.
- Choose your favorite story of Redemption from the Bible or a fiction or non-fiction book (or film) and be prepared to summarize the story briefly in class next week. Write the name of the story.

Lesson eleven: "How does God help when it hurts?"

- Invite friends or family to come with you to visit a hospital, nursing home or someone who is elderly or homebound, and pick an activity to share with them. Read or play cards or a board game, help them write letters, or play them some music and perhaps sing. Write about it and com prepared to talk about it next week.
- Evaluate your physical health and make a new commitment to improve your diet or get more exercise. Offer the extra effort as a sacrifice for someone who is chronically ill or disabled. Commit to what you are going to do by writing it.
- Spend five minutes in prayer, looking closely at an image of Jesus Christ crucified or carrying his cross. Write a payer or reflection and consider sharing it next week.