

Confirmation Level 2 Challenges

Lesson 12: "Who is the Holy Spirit?"

- Do an online search for "Catholic teen saints" and read up on some of our youngest heroes. Write about one of them in the space below and come prepared to talk about this saint at the next class.
- Memorize this "Holy Spirit prayer". Copy it and read it aloud every day this week: "Come, Holy Spirit, fill the hearts of your faithful and enkindle in them in the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth" (CCC 2671)
- Prepare a meal for someone you love, while meditating on the Holy Spirit's power to sustain each human life. Write about it in the space below.

Lesson 13: "What does the Holy Spirit do for me?"

- Give a gift. This week, do a favor, buy a present, create something artistic for someone, or help someone do some work. Watch for signs that your gift has strengthened, encouraged, or inspired the other person. Write what you did in the space below and be ready to talk about it next week.
- Do some weight lifting. First, measure your biceps with a measuring tape. Write the measurement below. Then select weights and curl them until your muscles burn. Rest for a count of fifteen and repeat. Now measure again. Did the number change? Reflect on how using your gifts makes them expand and grow stronger.
- Read Isaiah 11:1-9. The Holy Spirit frequently predicted the coming of the Messiah through the prophets of the Old Testament. Read this passage slowly and carefully and think about how it applies to Christ. As followers of Jesus, how can we put these Gifts of the Spirit to better use in our own lives?

Lesson 14: "Why have I been chosen?"

- Find a prayer written to or composed by your confirmation saint. Write it and pray it every day this week, with the intention of preparing yourself you be sealed with the gift of the Holy Spirit.
- Browse your parish's website or bulletin and check out the list of active ministries. Contact a ministry leader and ask about the work he or she does. Write about it in the space below, and talk about it in class next week.
- Start a Facebook group page with at least one other Confirmation student. Write brief posts about anything you are learning in class and outside of class that is helping you to think about and prepare for Confirmation. Invite your instructor and classmates to subscribe and comment.

Lesson 15: "Why do I have to go to Mass?"

- Spend some time at Adoration or in front of the tabernacle. The red sanctuary lamp is lit to let you know that Jesus is truly present. Bring a spiritual book to read or just sit quietly. Any time spent in the presence of the Blessed Sacrament is good for your soul. Write about your visit.
- Memorize the "Anima Christi" (Soul of Christ), a wonderful prayer for after Communion. Search online for it and write it down to help you memorize it. Write it in the space below (or take a copy with you) to pray after you receive Jesus in the Eucharist at Mass this week.
- Search online for "Eucharistic miracles" and write about what you find in the space below. Tell about it in class next week.

Lesson 16: "What does it mean to say, 'I do'?"

- What makes a happy marriage? What does it mean to love someone "heroically"? Poll some of the adults in your life to get their thoughts; add a few of your own ideas and write about it in the space below.
- Prayerfully inventory your wardrobe. Is there anything that doesn't reflect the dignity of a child of God? Think of one way you exercise the virtue of modesty this week and write it.
- Educate yourself. Many of us have friends or family who experience same-sex attraction, and they need our love and support. Watch Chris Stefanick's video on reallifecatholic.com, "Why does the church discriminate against gays?" (It doesn't, of course!) Or check out "Courage", which is an apostolate that ministers to those struggling with SSA. In the space below, write something you discovered through your research.

Lesson 17: "Who's Calling?"

- If you want to hear from God, make sure the line is "clear." Go to confession. A clear conscience makes it easier to listen to the voice of God. Then go to Adoration and spend a few minutes with Jesus. Write a prayer asking him for guidance in the space provided.
- Explore a vocation. One of the best ways to discern is to "investigate" what a specific vocation is like. Ask your priest or a religious what life is like for him or her. Ask a married couple (your parents, perhaps?) about the joys and sacrifices of their vocation. Write something you found out that surprised you.
- Make a sacrifice this week. You might get up extra early to go to daily Mass or refrain from desserts, TV, or gossip. Ask the Holy Spirit to help you conform your will to Christ's and to make your vocation clearer to you. Write what you did.

Lesson 18: "Are you talking to me?"

- Start a prayer journal. For each entry, note the date and what you prayed for. As you accumulate entries, go back and see which of your prayers have been answered. Be sure to thank God, even if you didn't get the answer you wanted. Write a question or comment from your journal in the space below.
- Try Lectio Divina at home. Choose a passage from scripture and read it in a quiet place. Ask the Holy Spirit to show you connections between the Scripture reading and your own life. Stop to reflect and talk to God about what you read. Then, choose one action to help you apply that passage to your life. Finally, "rest" and give God a chance to speak to your heart. Write about it in the space below.
- Choose a relationship in your life that needs attention and do something concrete about it. Does someone need a kind word, a little of your time, an apology, forgiveness, or a simple greeting? Without violating anyone's privacy, tell a little about it next week.

Lesson 19: "Who is Mary?"

- Do a little research. Miracles attributed to Mary have occurred throughout the history of the Church. Research and write about one of these "Mary moments" in the space below.
- Learn how to pray the Rosary and pray it at least once. Consider inviting a friend or family member to join you and tell about it next week.
- Do something special for your mother or for someone who fills that role in your life. It might be a thank-you card for all the late-night talks or some extra chores to make up for the time she spends driving you to activities. Be creative. Write about it.

Lesson 20: "What would Jesus do?"

- Get out of your comfort zone. Think about what makes your favorite hero great and pick one small step you can take this week to become more like him or her. Write about it in the space below, and find a way to take that step this week?
- Meditate on the Beatitudes in Matthew 5 using the lectio divina techniques we learned in class. Comment on the beatitude that you related to most in the space below.
- Think about your favorite saint or your Confirmation saint and write about how that person lived the Beatitudes in his or her life.

Lesson 21: "Do I have what it takes?"

- What is your vision of human greatness? Dr. Martin Luther King Jr. said, "Everybody can be great, because anyone can serve." Do you agree? Write a paragraph on the relationship between greatness and humility.
- Get a spiritual workout. Spend some time prayerfully reflecting on which vice underlies many of your bad choices or tendencies. Ask the Holy Spirit to guide you, and don't beat yourself up while doing it! Then think of the virtue that opposes that vice and two specific things you can do to grow stronger in that virtue. Do it!

- Push-up Challenge! Can your friends or family members name the theological cardinal virtues? Offer to do five push-ups or sit-ups for each one they can name. If they can't name at least one, they do the five push-ups or sit-ups!

Lesson 22: "Why Wait?"

- Do some reporting! Check out Jason Evert's site, chacityproject.com, and peruse the hundreds of teen questions answered at the site. Pick two questions and answers to summarize.
- Try a new habit. Our culture bombards us with sinful images and words. Every time an impure thought or temptation comes to your mind, silently turn to the Blessed Mother in your heart by calling her name: "Mary, help me..." Take note of any positive changes in your thoughts this week.
- Chastity is about more than not having sex. It's about loving rightly. How can you put this into practice this week? How can you, as a young man or young women, do something to honor the opposite sex? Write about it and tell about it next week.

Lesson 23: "How do I build the kingdom?"

- Give a little! Start this week. Even if your earnings are minimal, put something in the collection basket on Sundays for the parish and its ministries. If you don't have any money, donate some of your time or some of the clothes collecting dust in your closet. Write about it.
- Advocate for someone. Do you know someone who needs a friend? Is there someone lonely or bullied at school? Step in, offer your friendship, and help this person to connect with friends or services he or she may need. Restoring another person's dignity is holy work and very pleasing to God. Write about your experience.
- Spread the word! We're all called to evangelize. Find a way to share your faith this week, perhaps by inviting someone to church or to a youth ministry event, or even simply posting your favorite Scripture passage on social media.

Lesson 24: "Where do I go from here?"

- Find an accountability partner. Your life will just get better and better if you follow Christ every single day. Find a friend to hold you accountable for getting to Mass every week, sticking to daily prayer, going to youth group, or fulfilling any other commitment you have made to help you to follow Jesus more closely. Cheer each other on and support each other's efforts to grow in holiness. Remember, we have immortal souls, so our friendships can be eternal!
- Contemplate death. Really! Knowing that our choices matter to God makes a big difference in how we live our lives. Write down what kind of person you want to be spiritually when you breathe your last breath and three specific things you need to do to get there. Then do them.
- Commit to reading one good Catholic book a year. Visit your parish library or local Catholic bookstore, or search online for eBooks. Choose three titles you would like to read.