

Confirmation Retreat Framework
Overall Retreat Theme "Called, Sealed, Sent"

Three Retreat Movements

1. **Identity & Belonging** – Who am I and who does God say I am?
2. **Encounter with Jesus** – Experiencing Christ through prayer and the sacraments.
3. **Mission** – Living Confirmation as a lifelong call to discipleship.

OPTION 1

One-Day Retreat (9:00 AM – 6:00 PM)

A. Older Adolescent (Grades 8-10)

Retreat Objective Challenge teens to move from simply receiving a sacrament to embracing a life of discipleship.

9:00 AM – Welcome & Hospitality

Activities

- Registration
- Music
- Donuts/snacks
- Icebreaker

9:30 AM – Opening Prayer & Introduction

Teaching Focus

- Why Confirmation matters
- Confirmation is not graduation
- Overview of retreat theme

Movement 1: Identity & Belonging

10:00 AM – Facilitated Talk #1 "The REAL You"

Teaching Points

- We all seek belonging.
- Identity comes from God, not popularity, performance, sports, grades, or social media.
- Baptism made us sons and daughters of God.
- Saints discovered their identity through relationship with Christ.

Interactive Component

Small Group Discussion

1. What labels do people place on teens today?
2. Where do you find your value?
3. What do you think God sees when He looks at you?
4. What gifts has God given you?

11:15 AM – Team Building Challenge

Purpose:

- Trust
- Cooperation
- Relationship building

12:00 PM – Lunch

Movement 2: Encounter with Jesus

12:45 PM – Facilitated Talk #2 "Meeting the Holy Spirit"

Teaching Points

- Who is the Holy Spirit?
- Pentecost and the birth of the Church
- Gifts of the Holy Spirit
- Fruits of the Holy Spirit
- Confirmation strengthens baptismal grace

Activity on Fruits of the Holy Spirit

Seven stations representing:

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-Control

Discussion

1. Which gift do you need most right now?
2. What prevents you from trusting God fully?
3. How can the Spirit help you in everyday life?

2:00 PM – Witness Talk

Young adult testimonial:

Topics:

- Faith struggles
- Encounter with Christ
- Why Confirmation mattered

Q&A Session

2:45 PM – Reconciliation Preparation

Teaching Points

- God never tires of forgiving us.

- Sin damages relationships.
- Reconciliation restores us.

Activity

Guided examination of conscience.

3:15 PM – Sacrament of Reconciliation

Multiple priests available.

Soft music and reflection stations.

4:15 PM – Eucharistic Adoration

Guided Reflection

- What is God saying to me?
- What gifts has He given me?
- How is He calling me?

Movement 3: Mission

5:00 PM – Vigil Mass

Candidates participate as:

- Readers
- Gift bearers
- Hospitality ministers

Parents and sponsors invited.

5:45 PM – Sending Forth

Family Mission Exercise – possibly within an agape meal

Confirmandi, sponsor, and parent discuss:

- One way to grow spiritually
- One way to serve
- One way to evangelize

Closing prayer.

B. Younger Adolescent (Grades 6-8)

Retreat Objective Highly interactive while communicating core truths of the faith.

9:00 AM – Welcome Rally

Music Games Prizes

9:30 AM – Opening Prayer

Interactive prayer using:

- candle
- Bible
- holy water
- cross

Movement 1: Identity & Belonging

10:00 AM – Facilitated Talk #1 "God Made You Unique"

Teaching Points

- God knows and loves you personally.
- Everyone belongs in God's family.
- Baptism makes us children of God.
- Saints were ordinary people who followed Jesus.

Activity

Small Group Questions

1. What makes you special?
2. What gifts has God given you?
3. What do you think a saint is?

11:00 AM – Catholic Olympics

Games:

- Relay races
- Catholic Trivia
- Saint charades
- Team challenges

12:00 PM – Lunch

Movement 2: Encounter with Jesus

12:45 PM – Facilitated Talk #2 "The Holy Spirit Is Your Helper"

Teaching Points

- The Holy Spirit is a Person.
- The Spirit guides us.
- Confirmation strengthens us.

- God is always with us.

Activity

Gift-of-the-Spirit stations.

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Piety
- Fear of the Lord

1:45 PM – Witness Talk

Well-formed high-schooler shares:

- What faith means
- School challenges
- Following Jesus

2:15 PM – Reconciliation Preparation

Examination of conscience.

2:45 PM – Reconciliation

Prayer stations while students wait.

3:45 PM – Adoration

4:15 PM – Outdoor Fun Time

Choose:

- Kickball
- Capture the Flag
- Water games
- Inflatable activities

Movement 3: Mission

5:00 PM – Mass

Parents and sponsors encouraged to attend.

5:45 PM – Mission Challenge - – possibly within an agape meal

Each candidate receives:

- Prayer card
- Service challenge
- Letter to future self

OPTION 2

Overnight Retreat (Noon to Noon)

A. Older Adolescent Overnight (Grades 9-12)

Theme "Called, Chosen, Sent"

Day One

Noon – Arrival & Lunch

Welcome activities

1:00 PM – Opening Session

Icebreakers

Teaching Focus

- Why Confirmation matters
- Confirmation is not graduation
- Overview of retreat theme

Movement 1: Identity & Belonging

1:45 PM – Talk #1 "Who Am I Becoming?"

Teaching Points

- God's plan for your life
- Vocation and purpose
- Gifts and charisms
- Identity in Christ

Discussion

1. What kind of person do you want to become?
2. What gifts has God given you?
3. What fears hold you back?

3:00 PM – Activity

4:30 PM – Small Group Session

Conversation circles

Questions:

- What do you admire in one another?
- Where have you seen God working?
- What do you hope for after Confirmation?

Movement 2: Encounter with Jesus

5:30 PM – Dinner

6:30 PM – Talk #2

"Jesus Wants to Meet You"

Teaching Points

- Personal relationship with Christ
- Mercy
- Conversion
- Power of prayer

7:15 PM – Reconciliation Service

Guided examination.

Individual confessions.

8:15 PM – Adoration & Praise Night

Includes:

- Worship music
- Scripture
- Silence
- Prayer teams (optional)
- Benediction

10:00 PM – Campfire if at CYC or with an appropriate fire pit at the parish

Topics:

- Faith stories
- Vocations
- Witnesses

11:00 PM – Night Prayer

Lights out shortly after.

Day Two**7:30 AM – Breakfast****8:15 AM – Morning Prayer****Movement 3: Mission****8:45 AM – Talk #3 "Confirmation Is the Beginning"****Teaching Points**

- Evangelization
- Parish involvement
- Daily prayer
- Life after Confirmation

9:30 AM – Family Mission Plan (families arrive)

Families create:

- Prayer goals

- Service goals
- Parish involvement goals

Reflect on Emmaus or the Beatitudes.

10:30 AM – Mass

Special blessing for candidates.

11:30 AM – Commissioning

Mission cross or prayer card presented.

Departure at noon.

B. Younger Adolescent Overnight (Grades 6-8)
Theme "Spirit-Filled Adventure"

Day One

Noon – Lunch and Youth Rally

Games, music, prizes

1:00 PM – Opening Prayer

Interactive prayer using:

- candle
- Bible
- holy water
- cross

Movement 1: Identity & Belonging

2:00 PM – Talk #1 "You Belong to God's Family"

Teaching Points

- God loves you.
- You belong in the Church.
- Saints are examples for us.
- Confirmation strengthens us.

Discussion

1. What is your favorite gift from God?
2. What makes a great friend?
3. What can we learn from saints?

3:00 PM – Rotating Activity Stations

- Scripture station
- Saints station
- Service station
- Prayer station

4:30 PM – Team Challenge Games

5:30 PM – Dinner

Movement 2: Encounter with Jesus

6:30 PM – Talk #2 "The Holy Spirit: God's Super Helper"

Teaching Points

- Seven Gifts
- Prayer
- Courage
- Making good choices

7:15 PM – Holy Spirit Scavenger Hunt

Interactive formation activity.

8:00 PM – Reconciliation Preparation

Examination of Conscience

8:30 PM – Reconciliation

Individual confessions.

9:15 PM – Adoration

Shorter guided encounter with Christ.

10:00 PM – Campfire & S'mores

Saint stories Skits Songs

11:00 PM – Night Prayer

Lights out.

Day Two

7:30 AM – Breakfast

8:15 AM – Energizer Activities

Movement 3: Mission

8:45 AM – Talk #3 "Go Make a Difference"

Teaching Points

- Prayer every day
- Sunday Mass
- Serving others
- Sharing faith

9:30 AM – Works of Mercy Service Project

Examples:

- Blankets for shelters
- Prayer cards for nursing homes
- Care packages
- Notes for parish shut-ins

These align directly with the Mission movement.

Parents may join.

10:30 AM – Mass

11:30 AM – Closing Celebration

Recognition Photos Blessing

Departure at noon.