

# Confirmation Preparation – Session 1

## Introduction to Confirmation

### The 7 Gifts of the Holy Spirit

|                                 |   |
|---------------------------------|---|
| Wisdom                          | Helps us see things from God's perspective.               |
| Understanding                   | Gives insight into the truths of faith.                   |
| Counsel (Right Judgment)        | Helps us make good choices that follow God's will.        |
| Fortitude (Courage)             | Strengthens us to do what is right, even when it is hard. |
| Knowledge                       | Helps us know God and apply faith to life.                |
| Piety (Reverence)               | Inspires us to worship God and respect His creation.      |
| Fear of the Lord (Wonder & Awe) | Fills us with amazement at God's greatness and love.      |

### Saint Name Exploration

Brainstorm saints who inspire you. Write down a few names or qualities you're curious about:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Reflection Questions

1. What excites you most about preparing for Confirmation?

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2. How have you seen the Holy Spirit present in your life already?

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3. Which saint's story sparks your curiosity?

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### Weekly Challenge

Choose one Gift of the Holy Spirit to notice this week. Write it here and be ready to share next session:

Gift I will focus on: \_\_\_\_\_