

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?

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

3. Which saint's story sparks your curiosity?

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: _____