

**Living the Way of Love in Our Baptismal Promises**  
**Confirmation Preparation**  
**St. John's Episcopal Church, Lent 2022**

**Format**

- Confirmation preparation consisted of nine sessions. Some were online, some were onsite, some were a combination, and one was “on your own.”
- Before each class, students were asked to watch the brief video from the Episcopal Church introducing the Way of Love practice that would be the focus that class session.
- Each class was 60-75 minutes in length, with this format:
  - Check In/ Icebreaker
  - Introduction to Way of Love practice and Baptismal promises(s) for week
  - Activity and discussion
  - Worship and Prayer (Maine Episcopal Youth Compline)

Below is a very basic plan which includes the practice for the week and the questions/ promises we focused on that week. There is a lot of overlap! Confirmation is all about turning toward Jesus, so “turn” is where we started and where we ended.

**Outline of Nine Confirmation Preparation Sessions**

- **Class 1 (online)**
  - Introductions to each other
  - Introduction to the Way of Love
  - Introduction to Baptismal promises (made at Confirmation)
  - Developing group norms
- **Class 2 (online): TURN**
  - Pre-Class Video: [turn](#)
  - We shared pictures of our Baptisms. The plan had been to act out a skit of the Prodigal Son, but we ended up exploring the questions in so much depth that we didn't have time.
  - The Practice: Turn: Pause, listen, and choose to follow Jesus
  - The Promise: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord? *I will, with God's help.*
  - The Questions
    - Do you renounce Satan and all the spiritual forces of wickedness that rebel against God? *I renounce them.*
    - Do you renounce the evil powers of this world which corrupt and destroy the creatures of God? *I renounce them.*
    - Do you renounce all sinful desires that draw you from the love of God? *I renounce them.*
    - Do you turn to Jesus Christ and accept him as your Savior? *I do.*
    - Do you put your whole trust in his grace and love? *I do.*
- **Class 3 (hybrid): LEARN**
  - Pre-Class Video: [learn](#)

- We partnered for a Bible Scavenger Hunt as our starting activity (this worked decently, with one teen unexpectedly at home. Our priest co-taught this class and I had been planning on putting her on her own with a time penalty for this activity, but instead we partnered her with the online teen).
- We read the story of Jesus walking on water together several times and participated in a brief Lectio Divina exercise. We shared what it was like to imagine and contemplate the story.
- The Practice: Learn: Reflect on scripture each day, especially on Jesus' life and teachings
- The Promise: Will you proclaim by word and example the Good News of God in Christ? *I will, with God's help.*
- The Questions
  - Do you believe in God the Father? *I believe in God, the Father almighty, creator of heaven and earth.*
  - Do you believe in Jesus Christ, the Son of God? *I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead.*
  - Do you believe in God the Holy Spirit? *I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.*
- **Class 4 (onsite): PRAY**
  - Pre-Class Video: [pray](#)
  - We set up six prayer stations in our chapel: Breath Prayers (with simple instructions for the Jesus prayer), finger labyrinth/ prayer beads, post-it note prayers for individual needs and concerns, braiding yarn/ribbon activity focusing on praying for our world, sand tray prayers focusing on forgiveness, praying in Color focusing on gratitude
  - The Practice: Pray: Dwell intentionally with God each day
  - The Promise: Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers? *I will, with God's help.*
- **Class 5 (online): BLESS**
  - Pre-Class Video: [bless](#)
  - We watched [the video about Bishop Walker School](#) from the series "Traveling the Way of Love." I used [the guide](#), simplified, and we read Matthew 10: 5-8 several times. We focused on how the school was living out the teachings of Jesus.
  - The Practice: Bless: Share faith and unselfishly give and serve
  - The Promises
    - Will you seek and serve Christ in all persons, loving your neighbor as yourself? *I will, with God's help.*
    - Will you proclaim by word and example the Good News of God in Christ? *I will, with God's help.*
    - Will you strive for justice and peace among all people, and respect the dignity of every human being? *I will, with God's help.*

- **Class 6 (hybrid): GO**
  - Pre-Class Video: [go](#)
  - This was an unplanned hybrid class. For our activity, we assembled summer-oriented gift bags for the guests at our Second Saturday community meal. We gathered some statistics about homelessness in our community and as we made the bags, discussed this issue and ways to be active in helping to make change.
  - The Practice: Go: Cross boundaries, listen deeply, and live like Jesus
  - The Promises
    - Will you strive for justice and peace among all people, and respect the dignity of every human being? *I will, with God's help.*
    - Will you proclaim by word and example the Good News of God in Christ? *I will, with God's help.*
- **Class 7 (onsite on Easter Day & online the following week): WORSHIP**
  - Pre-Class Video: [worship](#)
  - We watched [the video about St. Lydia's Dinner Church](#) from "Traveling the Way of Love." We again drew from [the guide](#)– we read the story of the Road to Emmaus and talked about the video using simplified versions of the questions in the study guide. We talked about different experiences of worship and particularly about physical movement during worship.
  - The Practice: Worship: Gather in community weekly to thank, praise, and dwell with God
  - The Promise: Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers? *I will, with God's help.*
- **Class 8 (on your own): REST**
  - Pre-Class Video: [rest](#)
  - Students and leaders were asked to unplug for an hour and participate in an activity of their choosing (we reviewed possibilities such as being in nature, being with family, etc.) and to be ready to discuss at our last gathering.
  - The Practice: Rest: Receive the gift of God's grace, peace, and restoration
  - The Promise: Will you proclaim by word and example the Good News of God in Christ? *I will, with God's help.*
- **Class 9 (onsite + pizza): TURN**
  - We gathered a few days before Confirmation. We reviewed the seven practices of the Ways of Love and the promises we would be renewing as we chose to follow Jesus through the sacrament of Confirmation. We talked about what we had done to rest. We also went through the whole service and answered questions.
  - The Promise: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord? *I will, with God's help.*
  - The Questions
    - Do you renounce Satan and all the spiritual forces of wickedness that rebel against God? *I renounce them.*
    - Do you renounce the evil powers of this world which corrupt and destroy the creatures of God? *I renounce them.*
    - Do you renounce all sinful desires that draw you from the love of God? *I renounce them.*
    - Do you turn to Jesus Christ and accept him as your Savior? *I do.*

- Do you put your whole trust in his grace and love? *I do.*