

Topic: My soul longs for You/God comes to meet us
Family Small Group for Confirmation Week 3/4 (October 10th, 2021)

Parent Resources	
These resources may be helpful as you prepare for the week's family small group session. You may consider reading them in advance or sharing them with your student as you see fit.	
Catechism Readings: Chapter 1-2 pg. 2-19	Life Teen Resources: Article: The Lie of Self Reliance

1. Opening Prayer (read together)	2. Personal Connection
<p>Suscipe Prayer</p> <p><i>Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me.</i></p> <p>- Ignatius Loyola</p>	<p>Parents- Reflect on, then discuss the following:</p> <p>Have you had a conversion or reversion experience? Share with your student how you've been called to closer communion with Christ and his Church.</p> <p>After sharing, ask your student:</p> <p>What attracts you to the Catholic faith? Can you describe a time a prayer has been answered or you've experienced a miracle?</p>

3. Activity

Care Guide for the Soul (hand out available on the back)

Care for pets and houseplants can be readily found in brochures, websites, and guides, but what about upkeep for our souls? We have been entrusted with this most holy task of caring for our souls, but what should that look like? As a family, write up a "Care Guide for the Soul" and discuss what can be done to take care of our souls. Ideas may include special prayers, fasting, etc. It may be fun for the family to add drawings or images to the "Care Guide for the Soul" and to have it posted somewhere visible for the family.

4. Discussion Questions (writing down answers prior to discussion may encourage deeper conversations)
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1. The United States Catholic Catechism for Adults describes seekers as those "who want to discover a satisfying answer to their spiritual hunger" (7). What do you think "seeking" looks like and in what ways are you a seeker? How might seeking God deepen your faith?
2. Where are areas in life that you need to trust God?
3. Do you truly believe that God has a plan for all of us?
4. The Latin Word for Suscipe is to "receive." What are we receiving from God? What is God receiving from us?
5. It is common to have personal goals, academic goals, or athletic goals, but have you ever had a faith goal? If so, what was it? What do you think your faith goal should be as you prepare for Confirmation?

5. Closing (choose one or both)
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Discuss takeaways and questions about Fr. Tilley's recent Sanctuary Lesson.	As a family, discuss your current prayer intentions and take a moment to pray together.
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Care Guide for the Soul

In the box, write or draw things you should do to care for your soul

ALWAYS

OFTEN

OCCASIONALLY