

Topic: The First Commandment: Believe in the True God

Family Lesson for Confirmation Week 6 (October 16th, 2022)

Parent Resources

These resources are used in the lesson in some way. Parents, consider reading them before doing the lesson with your student. Otherwise, read them within the lesson with your student when directed to do so.

Catechism Readings: *Catechism for Adults*, Ch. 25

- The Role of the Commandments, The First Commandment, Faith, Hope, Love pg. 341-343

Confirmed in the Spirit:

- The Theological Virtues pg. 51

1. Opening Prayer (read together)

Act of Faith (pg. 533-534)

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die.
Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die.
Amen.

Act of Love

O my God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die.
Amen.

2. Personal Connection

Parents- Reflect on then discuss the following:

Who or what contributed to your belief in God?
What helps your faith grow now as an adult?

After sharing, ask your student:

Why do you believe in God? What questions do you still have about your faith and where can you go to find the answers?

3. Discussion Questions

1. Read 'The Role of the Commandments' (*Catechism for Adults* pg. 341) and fill in the blanks. [God] gives us _____ which awakens in us the desire to say no to temptation and sin and to choose only that which is good. He gives us the _____ and _____ and the _____ to practice human virtues so that we can grow stronger in them. God gives us help and grace through the _____ and through our reception of the _____.
2. Read 'The First Commandment, Faith, Hope, and Love' (*Catechism for Adults* pg. 341-343). Why are the theological virtues important to our faith journey?
3. The *Catechism for Adults* claims, "Heeding the guidance God gives us in the Commandments will help us know how to serve God and how we should live with each other" (pg. 341). What does the First Commandment teach us about serving God and living with each other?
4. Based on your reading of 'The Theological Virtues' (*Confirmed in the Spirit* pg. 51), discuss how you could practice each of the theological virtues.
5. What theological virtue is the easiest for you? Which is the hardest? Why do you think that is?

4. Activity

Find your own Calcutta

St. Mother Teresa of Calcutta, a model of the theological virtues, once wrote,

“Stay where you are. Find your own Calcutta. Find the sick, the suffering, and the lonely, right where you are — in your own homes and in your own families, in homes and in your workplaces and in your schools. You can find Calcutta all over the world, if you have eyes to see. Everywhere, wherever you go, you find people who are unwanted, unloved, uncared for, just rejected by society — completely forgotten, completely left alone.”

For today’s activity, we are going to accept St. Mother Teresa’s challenge to find our own Calcutta and actually practice one of the theological virtues. You can use the worksheet below to help with this activity.

- First, **pick a virtue** you would like to put into practice.
- Then, **consider what you can do in your everyday life** to implement that virtue.
- Next, **make a plan** that you can feasible execute before our next Family Lesson (over the next 2 weeks)
- Finally, after your plan is implemented, **respond to the brief follow up questions** (at the bottom of the worksheet) as a family.

OPTION 1: Make one plan as a family to implement together.

OPTION 2: Each family member makes their own plan.

Don’t forget to set a time to follow up once your plan has been implemented.

5. Closing

Sunday Sanctuary Lesson Reflection:

What moved you the most from Fr. Tilley’s talk?
What did you learn about the importance of putting God first in your life? What happens if you don’t?

End in Prayer:

As a family, discuss your current prayer intentions and take a moment to pray together.

Find your own Calcutta

For today's activity, we are going to accept St. Mother Teresa's challenge to find our own Calcutta by actually practicing one of the theological virtues.

- First, pick a virtue you would like to put into practice.
- Then, consider what you can do in your everyday life to implement that virtue.
- Next, make a plan that you can feasible execute before our next Family Lesson.
- Finally, after your plan is implemented, respond to the brief follow up questions as a family (at the bottom of this form)

Pick a Theological Virtue

Faith

Hope

Charity (Love)

Create a plan to implement that virtue:

Who? (Who will be involved?)	
What? (What is the plan?)	Step One: Step Two: Step Three:
Where? (Where will it be implemented?)	
When? (When will it be implemented?)	
How? (How does this plan reflect the theological virtue you selected?)	

Follow Up:

Was your plan successful? YES NO

How did you know?

How did implementing this plan help you grow in your faith?