

## Faith: confirming or conforming?



### Introduction:

The aim of this first session introduces young people to Christianity and how faith links to Confirmation within the Anglican Church.

#### Aims & objectives:

- Help young people reflect on their current understanding of Christianity.
- Introduce some of the core themes that are fundamental to the Christian faith that will be explored during this confirmation course.
- Enable young people to decide for themselves if they are ready to be confirmed or not.

**Materials:** Copies of the 'Icebreaker' worksheet, pens and enough envelopes for the group.



### Icebreaker...

What do Christians believe?

Welcome the young people to the 'Live Life' course and explain to the group that over the duration of the next ten sessions they are going to explore, discuss and learn more about the Christian faith together.

To begin with invite the young people to think about their understanding of Christianity and then encourage the group to write down what they think Christians believe in no more than 30 words on the 'icebreaker' worksheet.

Once completed, ask the young people to put their answers in an envelope, seal it and write their names on the front. Explain to the group that the envelopes will be given out and opened by the young people at the end of the 'Live Life' course (session 10).



Icebreaker...  
What do Christians believe?



Activity...  
What is Confirmation?



Engage...  
The Thread



Explore...  
Changing ways



Going deeper...  
Living the Life



Pause...  
Be Still



**Faith:** confirming or conforming?**Activity...**

What is Confirmation?

**Materials:** Flip chart, pens and 'Activity' worksheets.

Using a flipchart, ask the group what they know about Confirmation. Record their comments and afterwards refer to the definition from the Church of England website (below) to clarify what Confirmation means. To extend the discussion, hand out copies of the 'Activity' worksheet, which includes the definition, and invite the young people to read through and highlight any words or sentences that they find confusing or do not understand.

At this point the young people might have further questions, so use this activity to clear any misunderstandings or confusion as to what Confirmation is all about. Explain to the group that the main reasons for taking part in a Confirmation course is so that young people can understand the basics of the Christian faith and ask questions in an open, friendly environment. Also, it is worth reassuring the young people that they can attend all the 'Live Life' sessions even if they decide they do not want to be confirmed at any point during the course.

" Confirmation marks the point in the Christian journey at which you affirm for yourself the faith into which you have been baptized and your intention to live a life of committed discipleship. This affirmation is confirmed through prayer and the laying on of hands by the confirming bishop. The Church also asks God to give you power through the Holy Spirit to enable you to live in the way of Jesus "

(source: [www.churchofengland.org](http://www.churchofengland.org))

**Engage...**

The Thread

**Materials:** Laptop/equipment to play a You Tube clip.

Watch the You Tube clip 'The Thread' - <http://www.youtube.com/watch?v=o5qdXWnvynE&feature=related>

After the clip has finished invite the group to talk about anything they thought was interesting, thoughtful, challenging etc.



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### Explore...

Changing ways

**Materials:** Enough Bibles for the group to share.

Hand out the Bibles and ask the young people to find Romans 12. Read verses 1-2 to the group (below) and invite the young people to share anything about the passage that they think is interesting, challenging or do not understand (this Bible verse will be explored further in the next activity).

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice - the kind he will find acceptable. This is truly the way to worship him. Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good, pleasing and perfect.

Romans 12:1-2 (NLT)



### Going deeper...

Living the life

**Materials:** Copies of the 'Going deeper' worksheet.

Divide the group into twos or threes and encourage the young people to try and answer the following questions on the 'Going deeper' worksheet. Allow plenty of time for everyone to discuss all the questions and conclude by facilitating a discussion exploring all their answers:

- 1) Based upon Romans 12:1-2 what does it mean to be a living and holy sacrifice?
- 2) How should Christians live a life that is different to those who don't believe in God?  
- refer to the scripture 'don't copy the behaviour and customs of this world' (v2).
- 3) How can God transform people and change the way they think?
- 4) What does this mean in relation to Confirmation?



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### Pause...

Be still

**Materials:** Laptop/equipment to play a You Tube clip.

Arrange the group in a way that encourages the young people to concentrate on the video clip and reduces any distractive behaviour. In silence, watch the You Tube clip 'Be Still' (below) and in a moment of quiet afterwards, conclude by assuring the group that God is all of those things stated in the video clip and more!

<http://www.youtube.com/watch?v=Tftj1Br4-DE&feature=related>

Ask the group if they are ready to go on that journey?

After a short pause say the closing prayer either on behalf of the group or together:

Stepping out with you is an adventure!  
 Stepping out into unknown places;  
 following unmarked paths,  
 facing uncertain dangers,  
 meeting unpopular people,  
 Stepping out with you is an adventure  
 Stepping out with you is an adventure in faith.  
 Amen

