**Confirmation Class:**

**Creating a Rhythm or Rule of Life for 12-15 Year Olds**

**Objective:**

To help young teens develop a personal rhythm or rule of life that integrates their faith with their daily activities, encouraging spiritual growth, discipline, and a deeper relationship with God.

**Session Outline:**

1. **Introduction (10 minutes)**
	* **Welcome and Prayer:**
		+ Begin with an opening prayer, asking God to guide the session and open the hearts of the young people.
	* **Icebreaker Activity:**
		+ Have the young people (YP) share their favourite activity or hobby. This helps them get to know each other and sets the stage for understanding how everyday activities can be part of a rhythm of life.
2. **Understanding Rhythm/Rule of Life (15 minutes)**
	* **Discussion:**
		+ Explain the concept of a rhythm or rule of life. Use simple language: “A rhythm or rule of life is a way to organize our time and activities so we can grow closer to God.”
	* **Examples:**
		+ Share examples from different traditions (e.g., Benedictine, Franciscan). Use relatable terms: “Some people pray at the same time every day, or they read the Bible before bed.”
	* **Interactive Discussion:**
		+ Ask YP how they currently spend their time and how they might include God in their daily routines.
3. **Biblical Foundation (10 minutes)**
	* **Scripture Reading:**
		+ Read a passage like Matthew 6:33 (“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”)
	* **Discussion:**
		+ Discuss how seeking God first can shape our daily activities. Ask YP how they think this could look in their lives.
4. **Components of a Rhythm/Rule of Life (15 minutes)**
	* **Teaching Points:**
		+ **Prayer:** Morning prayers, mealtime prayers, evening prayers.
		+ **Scripture Reading:** Daily Bible reading or devotionals.
		+ **Worship:** Participating in church services, singing worship songs.
		+ **Service:** Helping others, volunteering.
		+ **Rest:** Taking time for rest and recreation.
	* **Interactive Activity:**
		+ Have YP brainstorm other components that could be part of their rhythm.
5. **Creating a Personal Rhythm (30 minutes)**
	* **Activity:**
		+ Provide worksheets with different categories (e.g., Prayer, Scripture, Worship, Service, Rest). Have YP fill in activities they already do and add new ones they’d like to start.
	* **Small Group Sharing:**
		+ Divide into small groups and let YP share their plans. Encourage them to offer suggestions and support to each other.
6. **Practical Tips and Encouragement (10 minutes)**
	* **Tips for Success:**
		+ Start small and be consistent.
		+ Be flexible and adjust as needed.
		+ Find a rhythm that works for you.
	* **Encouragement:**
		+ Share stories of people who have successfully integrated a rhythm of life.
		+ Encourage YP to support each other and check in regularly.
7. **Closing (10 minutes)**
	* **Reflection:**
		+ Have YP reflect on what they learned and how they feel about creating their own rhythm of life.
	* **Closing Prayer:**
		+ Close with a prayer, asking God to bless the YP as they start their journey with their new rhythm of life.

**Materials Needed:**

* Bibles
* Worksheets for planning a rhythm of life
* Pens/pencils
* Flipchart or whiteboard for group activities

**Follow-Up:**

* **Check-Ins:**
	+ Schedule regular check-ins (monthly or bi-monthly) to see how YP are doing with their rhythms.
* **Continued Support:**
	+ Offer additional resources, such as devotional books or apps.
* **Parent Involvement:**
	+ Encourage parents to support their teens by creating a family rhythm of life.

This class aims to provide a practical and engaging way for young teens to integrate their faith into their daily lives, fostering a lifelong habit of spiritual growth and discipline.