

CONFIRMED

LEADER'S GUIDE

CONFIRMED

Rooted in *Faith*, Growing in *Christ*

FILM ONE

CONFIRMED

Saying Yes to God

Opening Activities
Watch Film One
Post-Film Discussion
Prayer Response

AIM - To explore what it means to make a personal, public commitment of faith through confirmation — to say a bold YES to following Jesus.

OVERVIEW - This opening film welcomes young people into the conversation about faith and readiness. It shows them arriving at Bishop's House, meeting Bishop Philip and Rev. Claire Cooke, and beginning to talk honestly about their questions and feelings about confirmation.

Through Bishop Joe's teaching and the young people's voices, the film invites young people to reflect on what it means to say 'yes' to God with intention and joy.



Opening Activities

1. Getting to Know You

If your group includes young people who don't know each other well, take some extra time to help them feel comfortable and connected.

Option 1: Would You Rather

Sit in a circle and go around, asking each person to share their first name and answer a fun "Would you rather?" question. You can make up your own, or use these examples:

- Would you rather only be able to whisper, or only be able to shout?
- Would you rather have smelly feet or bad breath?
- Would you rather be able to speak one other language fluently or be able to solve any maths problem in one second?

Option 2: Name Game with a Ball

If you have more space, ask everyone to stand in a circle. Using a soft ball, have the young people throw it to one another. The thrower says their own name first and then the name of the person they're throwing to — for example, 'Rachel to Ben.' Keep the game moving quickly so everyone gets a few turns. It's a fun way to learn names and build energy in the group!





2. Choices, choices, choices!

This activity introduces the theme of choice (how did you guess?!)—an important part of saying 'Yes' to Jesus in Confirmation.

LEADER'S NOTE:

This is a good moment to help young people see that even if their families encourage them to attend church or be confirmed, ***the decision to follow Jesus is ultimately their own.***

You'll need:

- A large sheet of paper (or whiteboard)
- Markers or pens

How to do it:

1. Draw three circles inside each other, like a dartboard.
2. Label the circles:
 - **Outer circle:** Choices that other people make for us, or things we have little or no control over (e.g. what time school starts, what the weather is like).
 - **Middle circle:** Choices we have some say in (e.g. what to eat for tea, what activities to do after school).
 - **Inner circle:** Choices that only we can make for ourselves (e.g. how we treat others, what we believe, following Jesus).

Invite the group to suggest examples for each circle and write them down together.

You could then ask:

- Where would going to church fit?
- What about being confirmed?



WATCH FILM ONE

Watch Film One:

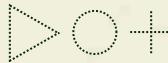
FILM ONE

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Saying Yes to God



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Post Film Discussion

LEADER'S NOTE:

Encourage openness and honesty — there are no “wrong” answers here. This is a safe space for exploring faith and asking questions.

These prompts are designed to get the group thinking and talking. Some young people may be shy at first, so you might begin with short discussions in pairs or small groups before coming back together.

If you have other adults helping, invite them to sit among the young people and gently draw out conversation by listening, asking follow-up questions, and sharing simple examples from their own faith journeys.

Head Questions

Thinking about what we've seen and heard

- What do you think it means to say ‘Yes’ to God?
- Is there anything about confirmation or faith that you find confusing or want to know more about?
- What stood out to you in the film? Was there a moment, a word, or something someone said that caught your attention?

Heart Questions

Reflecting on what we feel

- Can you think of a time when you said ‘yes’ to something that felt brave or important?
- How did the film make you feel about following Jesus?
- Have you ever felt close to God — or wondered if God is close to you?
- What helps you to trust God when you don’t have all the answers?

Hands Questions

Thinking about what we do

- How might your life look different after being confirmed?
- What are some ways you can show your “Yes” to God in your everyday life — at school, at home, at church or with friends?
- Is there something small you could do this week to live out your faith (like praying, forgiving someone or being kind)?





Prayer Response

Quiet Personal Reflection

- Invite each young person to close their eyes for a moment and quietly say "Yes" to God in their own words. This could be as simple as:
- I'm willing to explore what this means.
- Yes, God, I want to follow you.
- I want to try to live like Jesus.

Group Liturgical Response:

After the quiet reflection, you might like to use this or another closing prayer:

The Lord be with you.
And also with you.

God who chooses us
be with us as we think more about being Confirmed,
help us to be honest and open,
and to make the choice for ourselves
about following you.
In Jesus' name we pray. **Amen.**





FILM TWO

TRANSFORMED

Changed by the Holy Spirit



Opening Activities
Watch Film Two
Post-Film Discussion
Prayer Response

AIM - To explore how the Holy Spirit works in our lives, through the Eucharist, and through the Bible.

OVERVIEW - In this film, the young people chat with Bishop Philip and Rev. Claire about what it means to experience the Holy Spirit. Some try on the Bishop's hat and look at the items used in a Eucharist. Bishop Jill explains the powerful role the Holy Spirit plays in our lives, especially during Confirmation, and the importance of reading Scripture.



Opening Activities

Change It Up!

If your group includes young people who don't know each other well, take some extra time to help them feel comfortable and connected.

LEADER'S NOTE:

These activities introduce the theme of transformation in a fun, interactive way. Choose the one that works best for your group and space.

Option 1: Transformation Freeze

- Divide the group into pairs or threes.
- Give them 5 minutes to create a pose showing a transformation (e.g., caterpillar → butterfly, seed → tree, or superhero transforming).
- Invite each group to show their pose and briefly discuss how transformation can happen in life and faith.

Option 2: Mix-and-Match Changes

- Provide cards or props showing different 'before and after' scenarios (e.g., messy room → tidy room, sad face → happy face, seed → plant).
- Ask young people to act them out in pairs or small groups.

Option 3: Name the Superhero

(best for classrooms or larger groups)

- Show images of Marvel or DC characters before they transform into their alter egos.
- Ask the group to put their hands up and name the superhero. Examples:
- Peter Parker → Spider-Man
- Tony Stark → Iron Man
- Lunella Lafayette → Moon Girl
- Bruce Banner → The Hulk
- Jean Grey → Marvel Girl / Phoenix



WATCH FILM TWO

Watch Film Two:

FILM TWO

TRANSFORMED

Changed by the Holy Spirit



Show the film and encourage the group to notice when people mention the Holy Spirit
at work in our lives, and the reading of the Scriptures.



Post Film Discussion

LEADER'S NOTE:

Encourage openness and honesty. Use pairs or small groups for shy participants, and invite other adults to sit with the young people to help them explore their ideas.

Head Questions

Thinking about what we've seen and heard

- How do other Christians in your church, school, or family experience the Holy Spirit?
- Can you notice ways the Holy Spirit might be at work in everyday life?

Heart Questions

Reflecting on what we feel

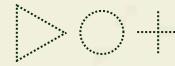
- How does it feel to think about the Holy Spirit working in your life?
- What does it mean to belong — to God, to the Church, or to something bigger than yourself? How does it feel to know you're not alone in your faith journey?
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Hands Questions

Thinking about what we do

- What could you do this week to help you read the Bible, not just to learn stories, but to allow the Holy Spirit to change you through it?
- Are there small ways you could notice or respond to the Holy Spirit in your everyday life?
- How could you share what you've learned about the Holy Spirit with someone else this week?





Prayer Response

LEADER'S NOTE:

Invite the group to reflect on the gifts of the Holy Spirit and the ways the Spirit works in the community, through the Eucharist, and through the Bible.

Activity

- Show an icon or image representing the Holy Spirit (e.g., a dove, flame, or circle of hands). Ask the group to quietly reflect on what it says to them about how the Holy Spirit works.
- Play gentle music and invite them to sit quietly and ask the Holy Spirit to give them a gift this week.

Responsive Prayer:

Leader: Come, Holy Spirit, guide us and change us.

Group: Come, Holy Spirit, fill our hearts.

Leader: Teach us to follow Jesus in all we do.

Group: Help us to live as one body in Christ.

Leader: Amen.

Group: Amen.

The Lord be with you.

And also with you.

God who chooses us
be with us as we think more about being Confirmed,
help us to be honest and open,
and to make the choice for ourselves
about following you.
In Jesus' name we pray. **Amen.**





FILM THREE

CALLED & SENT

Living it out



Opening Activities
Watch Film Three
Post-Film Discussion
Prayer Response

AIM - To show that Confirmation is not the end of the faith journey, but a new beginning as we are sent out into the world to live courageously, love deeply, make a difference, and share fully in the life of the Church through the Eucharist.

OVERVIEW - The final film shows the young people leaving Bishop's House, symbolising being sent out into the world. Through Bishop Philip's encouragement, the film celebrates faith in action — living as light-bearers in a world that needs God's kingdom.



Opening Activities

LEADER'S NOTE:

This activity introduces the idea of having a purpose, being on a mission. And (if you wanted to make an even more tenuous link to the session) you could talk afterwards about how living differently for Jesus, is contagious. People will notice our 'witness'.

Mission: Find the Leader

- Have all the kids sit or stand in a circle.
- Choose one child to be the 'Agent in Training; (they will leave the room or cover their eyes).
- While the Agent in Training is out of the room, the rest of the group chooses a Secret Leader.
- The Secret Leader will start doing a simple action (e.g., clapping, tapping their head, wiggling fingers, small dance move).
- Everyone else must copy the Secret Leader's action exactly, without revealing who the leader is.
- Call the Agent in Training back into the room. Their mission: observe carefully and figure out who the Secret Leader is.
- The Agent in Training watches for a short time and then points to who they think the Secret Leader is.
- Reveal the leader. If the Agent is correct, they become the next Secret Leader. If they are wrong, the same leader can continue, or pick a new Agent in Training for the next round.



WATCH FILM THREE

Watch Film Three:

FILM THREE

CALLED & SENT

Living it out



CONFIRMED



Post Film Discussion

Head Questions

Thinking about what we've seen and heard

- What does being 'sent out' by God, mean to you?
- What might it look like for you to live out your faith at school, at home, at church, in your hobby (sports / dance / theatre etc), or online?
- Being Confirmed means you belong to the community of faith. What do you think this means? What is 'expected' of you? (Think both in terms of what they might be asked to 'do' but also what they could receive.) Are there ways in which your Confirmed young people can begin to serve because of the choice they've made (Altar servers etc)?
- Have you seen the Eucharist in your church? What happens during it?

Heart Questions

Reflecting on what we feel

- How does it feel to know that your life has purpose as a follower of Jesus?
- After everything you've seen and heard in this course, do you still want to be Confirmed? Why or why not?
- When you look at the world around you, what are some things you'd like to see change? How might Jesus be inviting you to bring hope, peace, or justice into these situations?

- How do you imagine it will feel to receive the Eucharist for the first time, knowing it is something precious and that it connects you with Jesus and the Church?

Hands Questions

Thinking about what we do

- How could you share God's love in practical ways this week?
- How can you ensure that your Confirmation isn't the end of your faith journey, but a key moment of making faith real in your life?
- How are you going to serve your church and your community after your Confirmation?





Prayer Response

LEADER'S NOTE:

You may wish to end the final session with a short liturgy, song, or candle-lighting moment — reminding each participant that confirmation is both a personal commitment and a lifelong journey in community.

Invite the group to stand, open their hands, and pray:
'Here I am, Lord. Send me.'

The Lord be with you.

And also with you.

God who sent your Son,
God who sent your Spirit,
God who sends us,
be with us as we go
guide our steps,
open our hearts and hands,
and help us to serve you and all those we meet.
In Jesus' name. **Amen.**



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