

CONFIRMED

Your journey to
confirmation

Produced by the Beating Heart Youth Collective and Capital Youth

Beating Heart
YOUTH COLLECTIVE

CAPITAL YOUTH

message

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Participant Workbook

THIS BOOKLET BELONGS TO:

I WANT TO GET CONFIRMED BECAUSE:

COURSE EXPECTATIONS

- To attend at least three of the four sessions to 'graduate'
- To be open, kind and a good listener
- To complete at least half the disciplines
- To be open to God speaking to you
- To desire to grow, contribute and explore your faith

SIGNED:



PRAYER

☐ Discipline completed



SERVICE

☐ Discipline completed



SHARE

☐ Discipline completed

Parent sign off:

Course Leader sign off:

MY CHOSEN DISCIPLINES

Write next to each of your three chosen disciplines why you chose it and what your plan is to complete it. When you've completed it, you can tick it off.



BIBLE

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☐ Discipline completed



ADVENTURE

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☐ Discipline completed



DISCONNECT

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☐ Discipline completed

COURSE OUTLINE

SESSION ONE

WHY CONFIRMATION?

Exploring the discipline process

SESSION TWO

STORIES OF FAITH

What gives depth to our stories?

Examine: Bible Study Prayer

SESSION THREE

FAITH FOR LIFE

How do you hold on in the hard times?

Examine: Adventure Service

SESSION FOUR

THE JOURNEY FROM HERE

Examine: Share Disconnect

THE DISCIPLINES

The Christian faith has what we call spiritual disciplines.

Practising these spiritual disciplines can stretch, strengthen and grow your faith and relationship with God.

Take a careful read through the disciplines listed on the other side of this page and see which ones stand out to you.

Confirmation is choosing the Christian faith as your own. It is an amazing decision to follow God; it's a commitment which is strengthened through spiritual disciplines.

The disciplines you try out will help your faith to grow

So, a key element of the Confirmed course is **choosing three disciplines** to take up and complete over the next four sessions (and hopefully longer).

The disciplines you try out (though they may seem hard at the beginning) will help your faith to grow, get stronger, and become a more integral part of your life.

It is not supposed to be easy – it is going to be challenging to stick with it and keep going when it feels hard, but that is a good thing. Don't give up! God's grace and help is available for you each day.

Take a moment to ask God which three you could choose to focus on.

For each discipline completed you are awarded a badge – as a symbol of your progress. You will also get the opportunity to tell others on the course what it's been like engaging in your spiritual discipline.



BIBLE

God's Word is powerful and brings life and truth to our daily lives. Commit to reading one book of the Bible over the course and write a short paragraph about what stood out to you in the scripture.

ADVENTURE

Faith can really come alive when we're somewhere new! Be adventurous and sign up for a Christian summer camp (ask your leader for recommendations if you're not going on one as a church).



DISCONNECT

Stillness and silence are rare to find these days. Complete one whole day without screen time: no TV/mobile/tablet/gaming/social media etc. and journal what you notice about 'fasting' these things.

PRAYER

Prayer changes things. Think about a range of people, places and situations you'd like to pray for. Commit to praying for these things over the course. Keep a prayer journal to write down your prayers and see what happens.



SERVICE

It is good to serve your church; it blesses others and ourselves in ways we can't imagine. Choose one area at church that you would like to serve in for the next few weeks and get involved. It could be welcoming, serving drinks, stacking chairs, running creche or cleaning up after youth – anything!

SHARE

Tell someone you're a Christian who doesn't yet know. Invite them (and anyone else) to your confirmation service. The discipline is not for them to say yes, but for you to practice simply sharing and asking.

