



YOUTH CONFIRMATION

ST. MATTHEW'S EPISCOPAL CHURCH





A Curriculum Review For

My Faith, My Life:

A Teen's Guide to the Episcopal Church

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WHAT ARE THE PURPOSE AND GOALS OF YOUR CONFIRMATION PROGRAM?



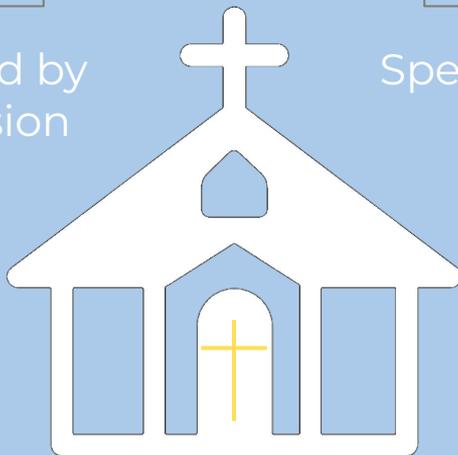
PURPOSE

Broad and informed by
your church's mission



GOALS

Specific and actionable



PURPOSE: WHAT IS CONFIRMATION

Confirmation is the rite in which we express the following:

1. A mature commitment to Christ
2. Receive the strength of the Holy Spirit through prayer and the laying on of hands by a bishop

ACTIVITY

How do you define confirmation?





ACTIVITY



WHAT ACTIONS FIT YOUR GOALS?

GOALS BY PRIORITY

Put your goals in
order

FORMATION EXPERIENCE

What has your
experience been so
far?

INFORMATION ABOUT GOALS

Elaborate on your
goals

EXISTING PROGRAMMING

What programs will
help you reach your
goals?

ACTIVITY

PRE-CONFIRMATION REFLECTION

What is important to you about being a Christian?



Why do you value being a member of this church?



Do you have any questions about the confirmation process?





GOD, I AM READY
JESUS, I WANT TO FOLLOW YOU
SPIRIT, STAY WITH ME



Baptism and Confirmation: Beginnings

01



O heavenly Father, who hast filled the world with beauty: Open our eyes to behold thy gracious hand in all thy works; that, rejoicing in thy whole creation, we may learn to serve thee with gladness; for the sake of him through whom all things were made, thy Son Jesus Christ our Lord.

Amen



Prayer

THE IMPORTANCE OF WATER

WATERS OF CREATION

As told in the Hebrew Scriptures, God breathed over the face of the waters to call forth all creation.

WATERS OF JESUS' BAPTISM

The Gospels of the New Testament tell of how Jesus' baptism began his ministry in the world.

WATERS OF BIRTH AND RE-BIRTH

We are formed in a water-filled womb and are reborn through baptism when the Holy Spirit moved through water.



ACTIVITY

REFLECTION ON WATER

Read the passages of scripture below. Choose one and explain why water was central to God's purpose and the Bible message.



Creation Story – water covering the earth Genesis 1 v 1-10

Noah's Ark and the Flood Genesis 6 v 9-18

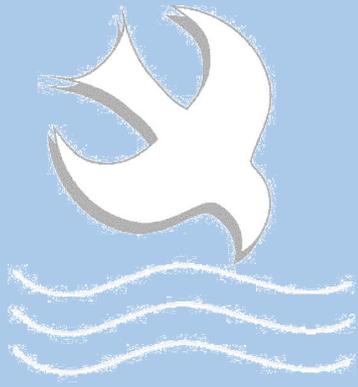
Moses and the parting of the Red Sea Exodus 14 v 15 -31

Jesus and the woman at the well John 4 v 1-15

Peter and the miraculous catch of fish John 21 v 1-14

Baptism of Jesus in the River Jordan – Matthew 3 v 3- 18





BIBLICAL COVENANT

An agreement entered into freely between God and two or more people, each of whom makes promises to be faithful to the others and to create an new relationship



COVENANT IN THE JEWISH SCRIPTURES

God promised the Israelites that they would be his people and he would be their God.

God required them to be faithful, to treat people fairly, to be merciful, and to be humble before God (Micah 6:8)

COVENANT IN THE CHRISTIAN SCRIPTURES

Jesus, God's only son, was sent to live and die as one of us. Through Jesus, God renewed the covenant and offered it to all people. This was done at the Last Supper (Matthew 26:27-28)

ACTIVITY

REFLECTION ON THE COVENANT

Reflect on “covenant” after reviewing the definition below:



An agreement entered into freely between God and two or more people, each of whom makes promises to be faithful to the others and to create an new relationship



What does the word “covenant” mean to you?

How do you interpret God’s promise in the covenant?

What do we promise?





BAPTISMAL COVENANT

Parents and godparents presented you to God
and the world and brought you into the
Baptismal Covenant.



ACTIVITY

THE BAPTISMAL COVENANT

Read the Baptismal Covenant on the next slide. Write down 5 words/phrases that resonate with you the most. In a short reflection, explain why you chose those words/phrases.



1. _____
2. _____
3. _____
4. _____
5. _____

BAPTISMAL COVENANT



Celebrant: Do you believe in God the Father?

People: I believe in God, the Father almighty, creator of heaven and earth.

Celebrant: Do you believe in Jesus Christ, the Son of God?

People: I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

Celebrant: Do you believe in God the Holy Spirit?

People: I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Celebrant: Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

People: I will, with God's help.

Celebrant: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

People: I will, with God's help.

Celebrant: Will you proclaim by word and example the Good News of God in Christ?

People: I will, with God's help.

Celebrant: Will you seek and serve Christ in all persons, loving your neighbor as yourself?

People: I will, with God's help.

Celebrant: Will you strive for justice and peace among all people, and respect the dignity of every human being?

People: I will, with God's help.





“I WILL, WITH
GOD’S HELP”





MADE IN THE IMAGE OF
GOD AND MARKED AS
CHRIST'S OWN FOREVER



SUPPORT IN KEEPING YOUR PROMISES

YOU HAVE GOD

God is with you. God has been with you since the beginning and will always be with you to give you the strength to make good choices.

YOU HAVE CHRIST

Out of love, Jesus, God's Son, gave himself on the cross for us. No matter what, God loves us.



YOU HAVE COMMUNITY

The entire congregation promises to do all in their power to support you in your life in Christ.

ACTIVITY

CONFIRMATION SUPPORT

Think about your confirmation promises and support system.



Then, answer the following questions:



1. What does support mean to you?
2. Who can you go to when you need support and guidance?
3. Who can you go to when you have questions about God, your faith, and upholding your covenant with God?
4. How can you support others in their faith?



God of all creation, who breathed over the waters and brought forth life, we thank you for bringing us new life through the waters of baptism. Give us holy curiosity as we study together and explore our beliefs, our traditions, and our Christian mission.

Amen



Prayer



The Bible: Stories about Yesterday, Today, and Tomorrow



02

Almighty and everlasting God, you made the universe with all its marvelous order, its atoms, worlds, and galaxies, and the infinite complexity of living creatures: Grant that, as we probe the mysteries of your creation, we may come to know you more truly, and more surely fulfill our role in your eternal purpose; in the name of Jesus Christ our Lord.

Amen

Prayer



THE BIBLE

ORIGINS OF THE BIBLE

Written over a period of 1,100 years - from 1,000 BCE to 100 CE - by many authors, editors, and communities across the Near East.

JEWISH SCRIPTURES

The oldest books in the Bible written in Hebrew. Recognized as official Jewish Scripture in the 1st century CE.

CHRISTIAN SCRIPTURES

The New Testament was written over about 100 years in common Greek. The Gospels tell the stories of the life of Jesus.



ACTIVITY

READING THE BIBLE

Read the collect for Proper 28 from the *Book of Common Prayer*:

Blessed Lord, who caused all holy Scriptures to be written for our learning:
Grant us so to hear them, read, mark, learn, and inwardly digest them, that we
may embrace and ever hold fast the blessed hope of everlasting life, which you
have given us in our Savior Jesus Christ; who lives and reigns with you and the
Holy Spirit, one God, for ever and ever. Amen.

According to this prayer, why do we read the Bible?





A VARIETY OF FORMS OF LITERATURE

LAW

The Pentateuch,
including the Ten
Commandments

POETRY

Psalms, Proverbs,
Isaiah, and Song of
Songs

FICTION

Some are fiction
meant to express
truth

PROPHECY

Isaiah, Hosea, Micah

LETTERS

Epistles are letters
Paul and the apostles
wrote



UNITY OF THE BIBLE

...



THE JEWISH SCRIPTURES

PENTATEUCH (TORAH)	GENESIS, EXODUS, LEVITICUS, NUMBERS, DEUTERONOMY
HISTORICAL BOOKS	JOSHUA, JUDGES, RUTH, 1 & 2 SAMUEL, 1 & 2 KINGS, 1 & 2 CHRONICLES, EZRA, NEHEMIAH, ESTHER
POETICAL & WISDOM BOOKS	JOB, PSALMS, PROVERBS, ECCLESIASTES, SONG OF SOLOMON
PROPHETIC BOOKS	ISAIAH, JEREMIAH, LAMENTATIONS, EZEKIEL, DANIEL, HOSEA, JOEL, AMOS, OBADIAH, JONAH, MICAD, NAHUM, HABAKKUK, ZEPHANIAH, HAGGAI, ZECHARIAH, MALACHI



THE CHRISTIAN SCRIPTURES

GOSPELS	MATTHEW, MARK, LUKE, JOHN
HISTORY	THE ACTS OF THE APOSTLES
EPISTLES	ROMANS, 1 & 2 CORINTHIANS, GALATIANS, EPHESIANS, PHILIPPIANS, COLOSSIANS, 1 & 2 THESSALONIANS, 1 & 2 TIMOTHY, TITUS, PHILEMON, HEBREWS, JAMES, 1 & 2 PETER, 1, 2, & 3 JOHN, JUDE
APOCALYPTIC	THE REVELATION TO JOHN





“HEAR, O ISRAEL: THE
LORD IS OUR GOD,
THE LORD ALONE.”

DEUTERONOMY 6:4



ACTIVITY

INTERPRETING THE BIBLE

First, find the section “The Holy Scriptures” in the Catechism found in the *Book of Common Prayer*. What helps us to interpret the meaning of the Bible?

Next, gather a few translations of the Bible from your church library. How do the translations differ? Identify particular words. What differences do you identify in the overall message?





THROUGH THE BIBLE, WE COME TO KNOW
THE VERY PRESENCE OF GOD - A GOD WHO
CARES, GUIDES, STRENGTHENS, COMFORTS,
AND INSPIRES US THROUGH THE STORIES,
HYMNS, AND SAYINGS OF THE BIBLE.



ACTIVITY

TIMELINE OF YOUR LIFE

The Bible is filled with stories that tell us about God's people. On a piece of paper, draw a timeline of your life, listing the important events and people along the way. Where is God in your story? Share your story with another person.



ACTIVITY

YOUR INFLUENCES

Draw the chart below and list three important events in your life, three important people, and three words that describe who you are today. Why did you choose them? Share your answers with another person.

	1.	2.	3.	WHY DID YOU CHOOSE THEM?
EVENTS				
PEOPLE				
WORD				

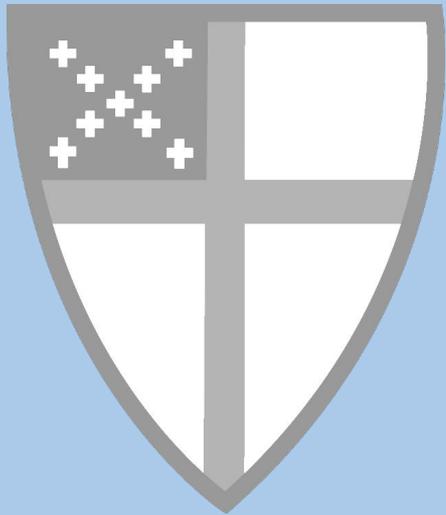
God of our salvation, you brought life to the world, promised Abraham a great nation, brought the Israelites out of slavery, and gave us your only Son. Enlighten our minds and enkindle our hearts so that when we hear your word today, we know you bring us those same promises of wholeness and freedom through your Son Jesus Christ. May your word nourish our souls that we might hear your call to restore the world to you.

Amen.

Prayer



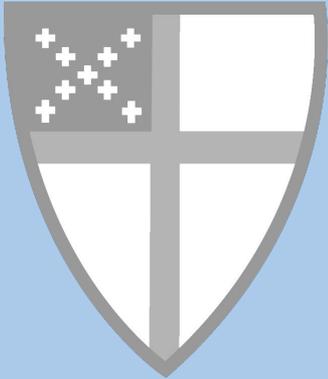
Knowing Our History



03

Almighty and everliving God, source of all wisdom and understanding, be present with those seek confirmation and for the renewal and mission of your Church. Teach us in all things to seek first your honor and glory. Guide us to perceive what is right, and grant us both the courage to pursue it and the grace to accomplish it; through Jesus Christ our Lord.

Amen



Prayer

HISTORY OF THE CHURCH

THE BIRTH OF THE CHURCH

The Great Commission and Pentecost called the Apostles to spread Christianity.

THE EARLY CHURCH

Communities grew across the Roman Empire and throughout the world. *Episkopos*, or overseers, oversaw local communities.

ROMAN EMPIRE-MIDDLE AGES

After Constantine converted in 324 CE, Christianity grew quickly. During the Middle Ages and in the Crusades, the church became central.



THE REFORMATION AND THE BIRTH OF THE EPISCOPAL CHURCH

1517

1534

1607

1789

1816

Martin Luther

King Henry VIII

Jamestown

Episcopalians

Bishop Hobart

Luther nailed his ninety-five theses to the door of the Castle Church, which started the Reformation and the establishment of Protestant churches.

King Henry issued an “Act of Supremacy” that made him the head of the Church of England, splitting from the Roman Catholic Church.

The settlement at Jamestown, Virginia, organized itself as a parish.



The Episcopal Church held its first General Convention and adopted the first *Book of Common Prayer*.

As bishop of New York from 1816-1830, Hobart established Episcopal Churches. By 1820, there were 400 churches.

ACTIVITY

REFLECTION: MODELS OF FAITH

First, read Hebrews 11:1-12:3. Next, list all the people of faith the author mentions in this passage. What did they do that shows their faith? How does your faith affect what you do?



THE CIVIL WAR - EARLY 2000

AFRICAN AMERICANS AND THE CIVIL WAR

Absalom Jones became the first African American priest in the church. The church was divided during the Civil War but never took an official position on slavery.

RISE OF INDUSTRY AND SOCIAL ILLS

Episcopalians responded to social problems that appeared with the rise of industry.

THE OXFORD MOVEMENT AND CHURCH UNITY

Some following the Oxford Movement wanted high church practices restored. The Episcopal Church fought for unity by working with churches around the world.



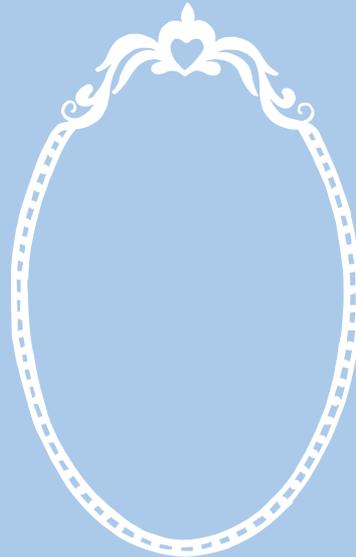
ACTIVITY

REFLECTION: POSITIVE INFLUENCES

Who has been important in your life? Note one quality that you admire in that person. Whom in your church do you identify as a leader? What is his or her ministry?

Person You Admire

Quality You Admire



Church Person You Admire

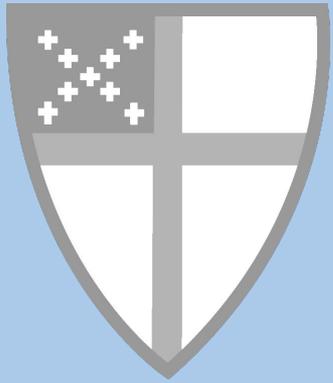
Quality You Admire

THE PEOPLE OF THE EPISCOPAL CHURCH

AFRICAN AMERICANS	Segregation and racism were big issues in the 1950s and 60s. In the 60s, the church worked to actively end racism by supporting civil rights laws. The Union of Black Episcopalians was started in 1968.
NATIVE AMERICANS	The church's history with Native Americans is troubled. While the church now actively works to include Native and Indigenous people in the life and leadership of the church, there is work to be done.
WOMEN	In 1889, the church began female deaconate, and religious orders were revived in 1845, but it wasn't until the 1960s and 70s that women gained greater rights. There is still a ways to go in terms of gender equality.
LGBTQ+	There is still much work to be done in terms of the equality of all people, but the church has worked since the 1970s to be as inclusive as possible of LGBTQ+ individuals and end discrimination.
YOUTH	Youth are central to the life of the church. Youth serve as liturgical leaders, preach, teach Sunday School, and lead outreach efforts. Young people are encouraged to be involved in the church in every way.



THE EPISCOPAL CHURCH TODAY

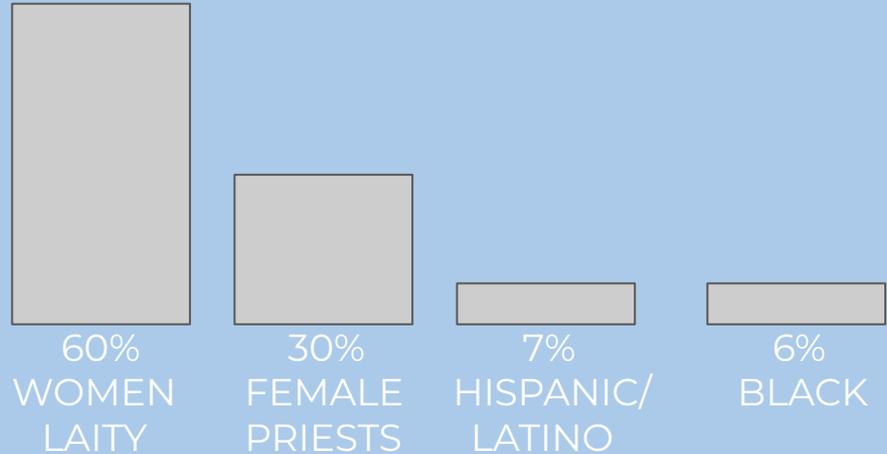


WORLDWIDE
MEMBERS

1.8 MILLION

REGULAR
ATTENDEES

650,000





“AND REMEMBER, I AM
WITH YOU ALWAYS, TO
THE END OF THE AGE.”

MATTHEW 28:20



ACTIVITY

ST. MATTHEW'S WORSHIP PRACTICES

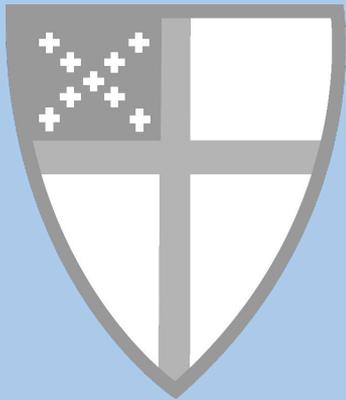
What are the worship practices at St. Matthew's? Are candles placed on the altar? Who is in the procession? Does St. Matthew's have a stone altar? Is the altar highly decorated or plain? How do the worship practices and aesthetics affect your worship experience?



ST. MATTHEW'S

God of life, we have been born into a community of saints, both women and men, who have sacrificed to do your will. Make us bold to follow their footsteps on a path of witness to your love. Give us hearts of compassion to respond to the brokenness of the world, forever giving glory to you.

Amen



Prayer

Faith: What Do We Believe?



04

O God, you prepared your disciples for the coming of the Spirit through the teachings of your Son Jesus Christ: Make the hearts and minds of your servants ready to receive the blessing of the Holy Spirit, that they may be filled with the strength of his presence; through Jesus Christ our Lord.

Amen

Prayer



STATEMENTS OF BELIEF

THE NICENE CREED

Grew out of questions asked during the formation of the early church.

THE APOSTLES' CREED

Grew out of the questions asked candidates for baptism.

ATHANASIAN CREED

Developed in the sixth century and explicitly discusses the Trinity.



THE TRINITY

SON

FATHER



HOLY SPIRIT

God's nature is three persons united in one God. We believe that the three persons that are One God are one, equal, and coeternal.

TRINITY AS ONE



God the Father, God the Son, and God the Holy Spirit are each distinct persons, yet each is God. This is similar to time as past, present, and future. Each is distinct, but each is a measure of time as one.

Read 2 Corinthians 13:13. What is Paul saying about how God the Father, God the Son, and God the Holy Spirit is working in our lives?



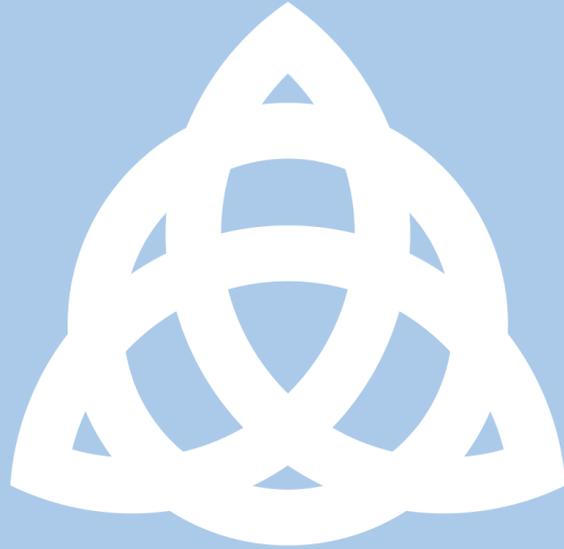
God the Father, God the Son, and God the Holy Spirit are equal persons as One God. The way we understand the Son, helps us understand the Father and the Holy Spirit, too. All are known in relation to the others.

Think about how time is understood in terms of past, present, and future.

TRINITY AS EQUAL



TRINITY AS COETERNAL

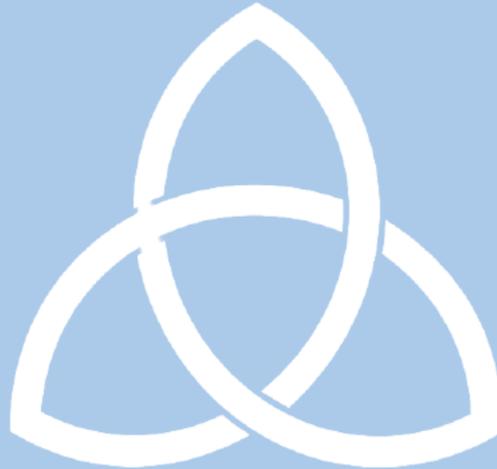


The Father, Son, and Holy Spirit are coeternal - they have existed and will exist together for all time. All three are One.

ACTIVITY

FATHER, SON, AND HOLY SPIRIT

To which of the tree - the Father, the Son, or the Holy Spirit - do you most often address your prayers? Why do you think it is so?



THE APOSTLES CREED



I believe in God, the Father almighty,
creator of heaven and earth;
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins
the resurrection of the body,
and the life everlasting. Amen





“I BELIEVE IN GOD, THE FATHER
ALMIGHTY, CREATOR OF HEAVEN
AND EARTH.”

We don't just believe in any God. We believe in the God who made all things, both in heaven and on earth. We believe in God who is the source of all things, everywhere.

- What images are used to describe God? Are they adequate?
- Why do we acknowledge our relationship with God?
- What does it mean to receive the kingdom of God?



“I BELIEVE IN
JESUS
CHRIST, HIS
ONLY SON,
OUR LORD.”



We are committing our lives to this Jesus and becoming his followers or disciples.

- What laws are we committing ourselves to?
- What does the phrase, “His only Son, our Lord” mean?
- How is John 14:6 connected to this portion of the Creed?





We believe Jesus was both human and divine.

- Why do the Gospels focus on Jesus's public ministry more than his youth?
- Why do the Gospels focus on Jesus's humanity?
- What does "incarnation" mean in relation to Jesus?
- Why do the Gospels emphasize that Jesus was fully divine?

“HE WAS
CONCEIVED BY
THE POWER OF
THE HOLY
SPIRIT AND
BORN OF THE
VIRGIN MARY.”





“HE SUFFERED UNDER PONTIUS PILATE.”

Mentioning Pontius Pilate by name sets Jesus squarely into human history.

- Why is it important that we do so?
- How did Pontius Pilate participate in Jesus’s crucifixion?





“WAS CRUCIFIED, DIED, AND WAS
BURIED. HE DESCENDED TO THE DEAD.”

Through Jesus, God chose to suffer and die as one of us.

- Why do we say Jesus “descended to the dead”?
- How does God offer freedom from death?





“ON THE
THIRD DAY,
HE ROSE
AGAIN.”

By conquering death, Jesus opened the way for eternal life.

- What does “eternal life and salvation” mean?
- How can it be interpreted differently?
- Why was Jesus’s ascension to heaven significant for us?
- How did Jesus reveal himself through the Eucharist?





We believe that Jesus dwells with the Father.

- Why shouldn't this be interpreted literally?
- What does it mean to be seated at the right hand of God?
- How should Jesus be understood in relation to God?

“HE
ASCENDED
INTO HEAVEN,
AND IS
SEATED AT
THE RIGHT
HAND OF THE
FATHER.”





“HE WILL COME
AGAIN TO JUDGE
THE LIVING AND
THE DEAD.”

God sent Jesus to show us the way to live according to God’s will and to offer the healing we need to love ourselves, others, and creation.

- What Good News does Jesus proclaim?
- What is God’s purpose in ruling the world?
- When will our relationship with God be completely restored?





“I BELIEVE IN THE HOLY SPIRIT,
THE HOLY CATHOLIC CHURCH,
THE COMMUNION OF SAINTS,
THE FORGIVENESS OF SINS.”

The Holy Spirit is God at work in the world and the Church - from the beginning of time to eternity.

- What images are used to describe the Holy Spirit?
- What is the Holy Spirit's role?
- What does the word “catholic” refer to?
- Who are considered “saints?”
- How and why does God forgive sins?



ACTIVITY

WRITING YOUR OWN CREED

Complete the following sentence to write your own creed:

I believe that God is ...

I believe that Jesus Christ is ...

I believe that the Holy Spirit is ...



Consider the following questions when writing your creed:

What are the characteristics of God? How do you experience God?

What is God's relationship with you and the world?

What are the characteristics of Jesus? How do you experience Jesus?

What is Jesus's relationship with you and the world?

What are the characteristics of the Holy Spirit? How do you experience the Holy Spirit?

What is the Holy Spirit's relationship with you and the world?

How do you describe sin? What does forgiveness look like?



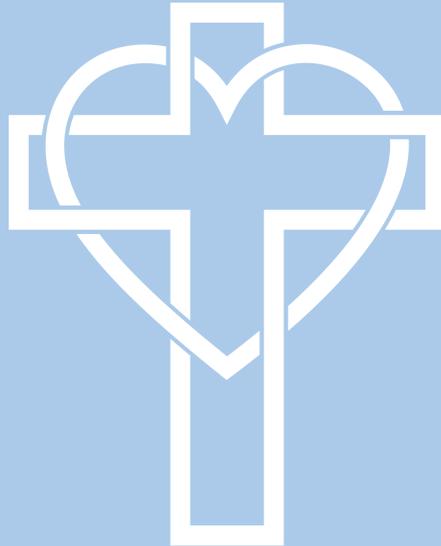
“THE RESURRECTION OF THE
BODY, AND THE LIFE
EVERLASTING.”



ACTIVITY

IMAGES OF GOD

What are your earliest recollections or images of God? Is this different from your experience of God today? If so, how? What images do you associate with God? Draw one.



FAITH AS SEEING AND RESPONDING

What we see is a God who is with us, loves us, and takes care of us. God is at the center of our lives and we promise to live according to God's will.

GOD'S GUIDANCE

GOD'S
FORGIVENESS

GOD'S WILL FOR
OUR LIVES

Believing changes how we see things and how we respond to the world.
Belief without action is not belief.



ACTIVITY

REFLECTION: SEEING IS BELIEVING

Can you think of a time when seeing something changed your belief? If you saw the movie *Santa Clause 2*, you may remember the line, “You have to believe to see.” Can you think of a time when believing in something made you “see” differently?



HOW DO WE KNOW HOW TO RESPOND?

The Old Covenant:

The sacred covenant God established with the Israelites.

The New Covenant:

Jesus started a New Covenant and promises us the kingdom of God

The 2 Great Commandments:

Christ calls on us to follow the laws, especially the two Great Commandments





“YOU SHALL LOVE THE
LORD YOUR GOD WITH ALL
YOUR HEART, AND WITH
ALL YOUR SOUL, AND WITH
ALL YOUR MIND.”





“YOU SHALL LOVE YOUR
NEIGHBOR AS YOURSELF.”



ACTIVITY

HOW DO YOU HONOR GOD?

Review the lists of ways to honor God on page 73. What other things can you add to those lists? What happens when we break our promises? How do you put your faith into practice?





“GO; YOUR FAITH HAS
MADE YOU WELL.”

MARK 10: 52



God of abundant and enduring love, we thank you for sending your only Son to show us the way of joy, abundance, and life. We thank you for the Holy Spirit who draws us close to you and one another. Be with us as we seek to know what it means to give our hearts to you.

Amen



Prayer

Worship: Responding to God's Blessings



05

Almighty God, whose loving hand hath given us all that we possess: Grant us grace that we may honor thee with our substance, and, remembering the account which we must one day give, may be faithful stewards of thy bounty, through Jesus Christ our Lord.

Amen



Prayer

WHAT IS WORSHIP?

Worship is a lot like hugs and thank yous. It's a response of praise and thanksgiving to God who created us, knows us, blesses us each day, and wants to fulfill our heart's desires. We respond by giving our praise and thanks.



THE BOOK OF COMMON PRAYER AND LITURGY

The Book of Common Prayer is a manual for personal and community worship in the Episcopal Church.

Liturgy is the work of the Christian people and includes words, actions, vestments, Scriptures, and prayer. Week after week, we repeat the beautiful words and actions of the liturgy.

Rubrics are directions for ceremonies and liturgies.



HOLY EUCHARIST

In our most important act of worship, Holy Eucharist, we follow the example of the first Christians teaching, sharing fellowship, and breaking bread.

The word “Eucharist” comes from the Greek word *eucharistia*, meaning “the giving of thanks.”

In the Eucharist, we remember the life, death, and resurrection of Jesus Christ and proclaim that we are waiting for him to return.

The format for the Eucharist has ancient roots and is based off Jewish Scriptures.



ACTIVITY

SACRED SYMBOLS

Walk through the church and carefully look at the windows, the carvings, and the altar. What symbols do you find? What do they represent? Which symbols resonate with you the most?

Draw some of the symbols in your notebook.



LITURGY OF THE WORD

There are many parts of the Liturgy of the Word during the service.

Opening
Acclamation
(Greeting)

Gloria
(A Song of Praise to
God)

Collect
(Short prayer on the
theme of the day)



LITURGY OF THE WORD

There are many parts of the Liturgy of the Word during the service.

Readings
(Jewish Scripture and
Epistles)

Gospel
(Reading from the
Gospels)

Sermon
(Homily of the
priest)



ACTIVITY

PRAYERS OF THE PEOPLE

If you were writing the Prayers of the People for this coming week, for what would you pray? Write the Prayers of the People in your notebook. If you are comfortable, share them with the group.



LITURGY OF THE WORD

There are many parts of the Liturgy of the Word during the service.

Nicene Creed
(Profess our beliefs)

Prayers of the People
(Intercessory prayers
and thanksgiving)

Lord's Prayer
(Profess our faith)



ACTIVITY

SERVICE

List the various parts of the service. Which is your favorite? Why?

What parts of the service make you feel the closest to God? Write about that.

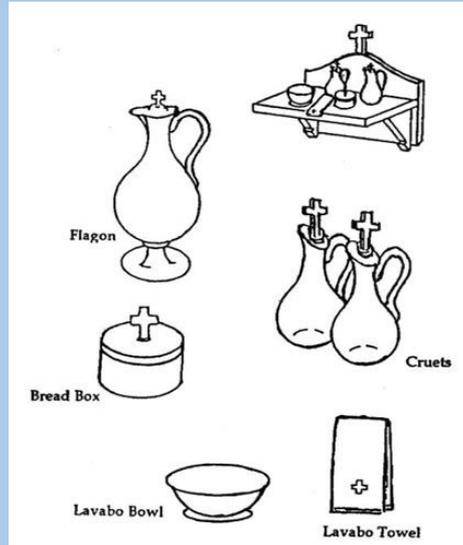


LITURGY OF THE TABLE

The Liturgy of the Table, or Holy Communion, is the climax of the liturgy.

Take
(Presenting
them at the
altar)

Bless
(Blessing the
gifts at the
altar)



Break
(Breaking of
the bread at
the altar)

Give
(Presenting
the Eucharist
to the people)

THE MANY PEOPLE IN WORSHIP

All members of the church participate in worship through song, prayer, giving thanks, and receiving communion.

Acolyte

Celebrant
(Priest)

Choir
Member

Deacon

Eucharistic
Minister

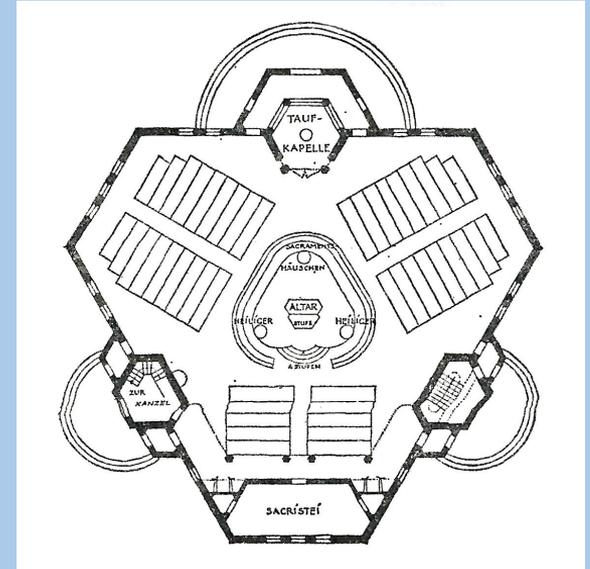
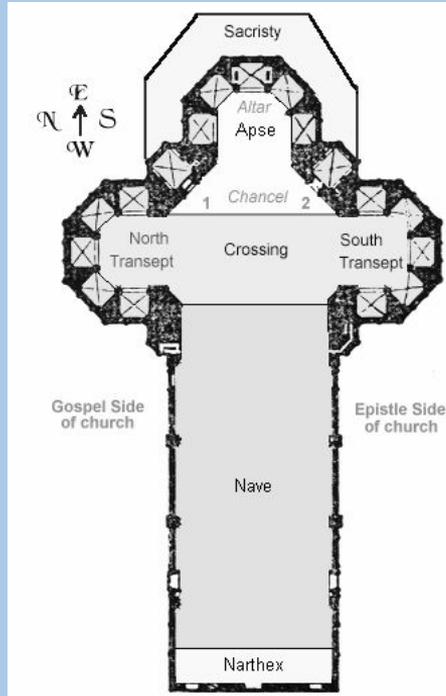
Reader &
Intercessor

Verger



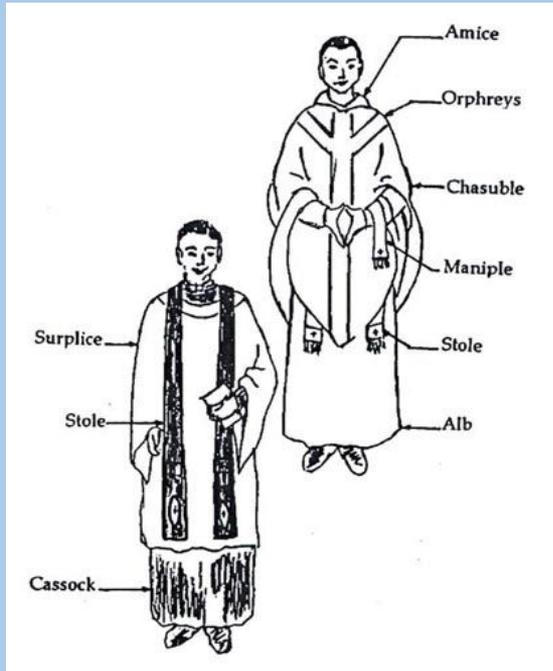
THE CHURCH

The Church isn't just a physical space; it is a community of the New Covenant. Buildings we call churches are sacred places Christians set aside for worship.



VESTMENTS

Vestments are special garments set apart to be used only for worship.



Stole - Worn over the shoulders

Alb - White garments worn by bishops, priests, deacons, and acolytes

Chasuble - Worn over the alb during the Liturgy of the Table

Mitre - Tall pointed hat worn by bishops

Crozier - Pastoral staff

ACTIVITY

VESTMENTS

If you were to design clothing for the participants in the worship, would what the designs look like? Why?

Draw your designs in your workbook.



THE CHURCH YEAR

ADVENT

Begins 4 Sundays
before Christmas Day

CHRISTMAS

Begins 12/25 and ends
on 1/6

EPIPHANY

Begins 1/6 and ends
Ash Wednesday

LENT

Begins Ash
Wednesday and ends
the Saturday of Holy
Week

EASTER

Begins at sundown
on Holy Saturday and
continues through
the Feast of
Pentecost

SEASON AFTER PENTECOST

Begins after
Pentecost and ends
with Advent



THE COLORS OF THE CHURCH YEAR

ADVENT

Blue or Purple

CHRISTMAS

White or Gold

SEASON AFTER
EPIPHANY

Green or White

LENT

Purple or Linen

EASTER

White

PENTECOST/
SEASON AFTER
PENTECOST

Pentecost-Red
After-Green





CHRIST HAS DIED
CHRIST IS RISEN
CHRIST WILL COME AGAIN



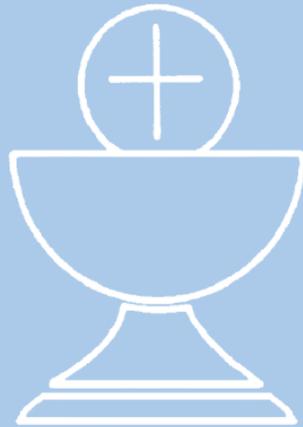
God whom we worship with all our heart, all our mind, and all our body, open our hearts to your Word, nourish us with the body and bread of life, and send us out into the world to fulfill the promises made at our baptism at home, with our friends, and in our schools.

Amen



Prayer

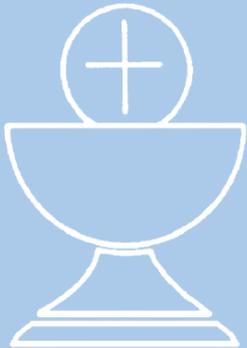
The Sacraments: Signs of Grace



06

Almighty and eternal God, so draw our hearts to thee, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly thine, utterly dedicated unto thee; and then use us, we pray thee, as thou wilt, and always to thy glory and the welfare of thy people; through our Lord and Savior Jesus Christ.

Amen



Prayer

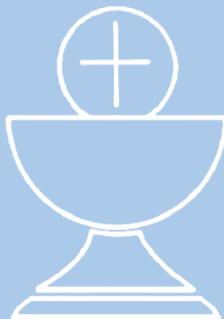
SACRAMENTS

- Outward and visible signs of inward and spiritual grace, given by Christ as sure and certain means by which we receive that grace.
- Each sacrament has a sign we can experience with our senses. We can touch, see, smell, taste, and hear them.



TWO GREAT SACRAMENTS

SACRAMENT	OUTWARD VISIBLE SIGN	INWARD SPIRITUAL GRACE
Baptism	Water	Death to sin; birth to God's family
Eucharist	Bread and Wine	Body and blood of Christ; forgiveness of sins; strengthening our union with Christ and each other; foretaste of heavenly banquet





FIVE SACRAMENTAL RITES

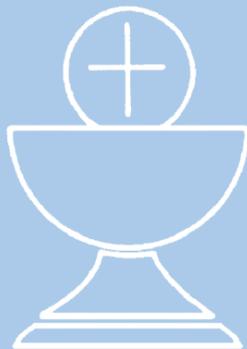
rites	Outward Visible Sign	Inward Spiritual Grace
Confirmation	Laying on of hands	Strengthening of the Holy Spirit
Holy Matrimony	Exchange of rings and vows	Love of Christ for the Church
Reconciliation of a Penitent	Absolution by a priest	Forgiveness of sins; strength for right living
Unction	Oil and/or laying on of hands	Healing of mind, body, and spirit
Ordination	Laying on of hands	Authority and grace of the Holy Spirit



ACTIVITY

INTERVIEW

Interview a priest in your church. Prepare five questions before you meet with him or her. What did you find out? Please write your questions and their answers in your notebook.



BAPTISM

OUTWARD AND VISIBLE SIGN

Water

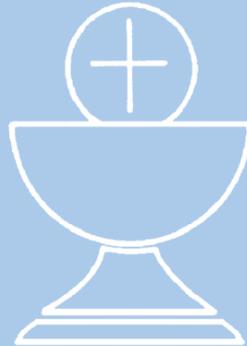
INWARD AND SPIRITUAL GRACE

Our sins are washed away

We share in the resurrection

We are reborn into God's family and marked as Christ's own forever

We receive the Holy Spirit



EUCCHARIST

THE REAL PRESENCE

Christ's body and blood are truly present in the consecrated bread and wine.

OUTWARD AND VISIBLE SIGN

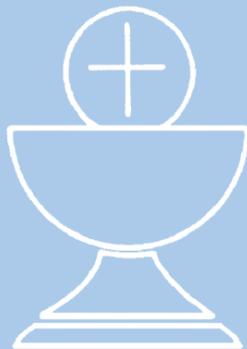
Bread and Wine

INWARD AND SPIRITUAL GRACE

We remember Jesus's life, death and resurrection

Anamnesis is an active form of memory that connects the past to the present

Kairos allows us to partake in all of God's saving acts - past, present, and future

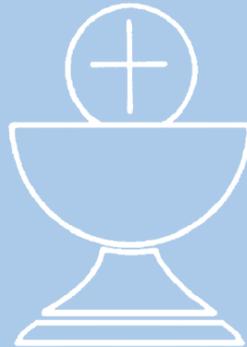


CONFIRMATION

The rite in which we make a mature commitment to Christ and receive continuing strength from the Holy Spirit

OUTWARD AND VISIBLE SIGN
Laying on of hands by a bishop

INWARD AND SPIRITUAL GRACE
A renewal and strengthening of the Holy Spirit

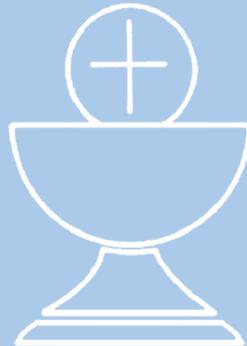


HOLY MATRIMONY

A spiritual and physical binding together of two people before God with the intention of a lifelong commitment

OUTWARD AND VISIBLE SIGN
Rings

INWARD AND SPIRITUAL GRACE
Love of Christ for the Church



RECONCILIATION OF A PENITENT

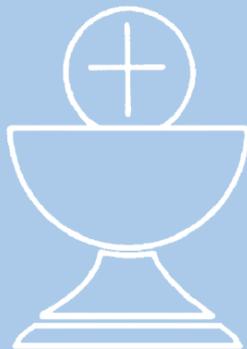
A rite in which those who repent their sins may confess them to God in the presence of priest and receive the assurance of pardon and the grace of absolution

OUTWARD AND VISIBLE SIGN

Laying on of hands

INWARD AND SPIRITUAL GRACE

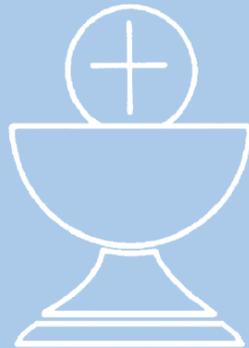
Restoration of a right relationship with God and the body of Christ



RECONCILIATION OF A PENITENT: HOW TO PREPARE

1. Examine our actions and inactions for unfaithfulness
 2. Express our regret and sorrow
 3. Set our resolve to conform to God's will

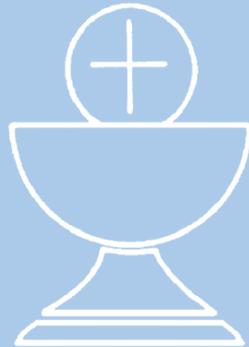
This can take place anywhere, and confession is always confidential. The sins revealed are held in God's loving hands and the silence of the Church.



REFLECTION

FORGIVENESS

God forgives you even before you have done something wrong. How does this make you believe about yourself and God. Reflect on forgiveness in your notebook.



HEALING OF THE SICK

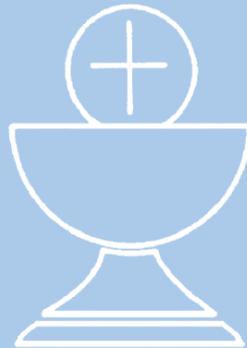
The Unction of the Sick is the rite of anointing the sick with oil, or the laying on of hands, by which God's grace is given for the healing of the spirit, mind, and body. Healing doesn't necessarily mean curing.

OUTWARD AND VISIBLE SIGN

Anointing with oil and/or the laying on of hands

INWARD AND SPIRITUAL GRACE

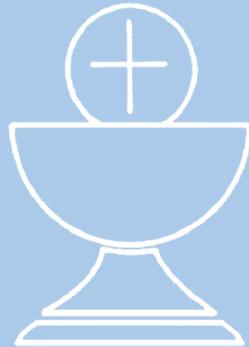
Healing of the mind, body, and spirit, which can be done privately or publicly



REFLECTION

BANQUET

Jesus often talks of the kingdom of heaven as a banquet. Eucharist is a foretaste of this heavenly banquet. What do you think this banquet is like? Do you think food and drink are served? Who do you think attends? Is it literal or figurative? Write about this banquet in your notebook.



ORDINATION

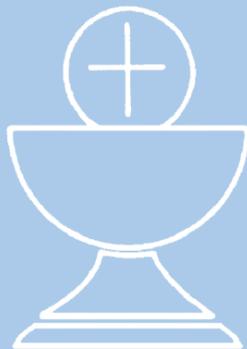
Ordination is a gift from God that provides men and women to care for God's people and to proclaim the gospel in a sacramental way. There are three holy orders: bishop, priest, and deacon. Ordination is a lifelong ministry.

OUTWARD AND VISIBLE SIGN

Laying on of hands by a bishop for a priest and deacon and by three bishops for consecration of a bishop

INWARD AND SPIRITUAL GRACE

Authority and grace of the Holy Spirit



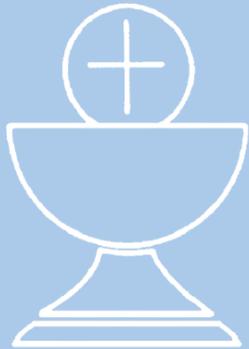


THE SPIRIT OF
THE LORD IS
UPON ME



God who remains with us at all times and in all places, we thank you for both hidden and visible signs of your presence. Open our eyes and ears to your grace so that we might know ourselves as entirely yours.

Amen



Prayer

Spirituality: Created for Prayer



07

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord.

Amen



Prayer

A RELATIONSHIP WITH GOD

Because we are created by God, it's natural for us to yearn for a relationship with God.

Spiritual disciplines are intentional practices - habits we form on purpose - that keep us in dialogue with God. Spiritual disciplines reinforce a life of unceasing prayer and are a result of unceasing prayer.



PRAYER

The principal kinds of prayer are adoration, confession, thanksgiving, and supplication.

Adoration - are words and actions that express our love for God and creation.

Confession - we admit to sin and seek to restore our relationship with God and others.

Thanksgiving - we express gratitude for God's blessings and mercies

Supplication - we ask for God's blessings and healing grace



ACTIVITY

PRAYER

Write a morning or evening prayer. If you are comfortable, share it with your group and say the prayer together. Write your prayer in your notebook.



THE DAILY OFFICE

The Daily Office in the Book of Common Prayer is a disciplined way of acknowledging God's presence in our lives through daily prayer and readings. There are morning, noon day, and evening (compline) prayers.

Setting aside time each day for prayer and study is an opportunity to invite God into our daily routine and recognize that God is always at work in our lives.

The Invitatory is a sentence and response that invites our hearts and minds to the purpose of the gathering. Antiphons are sentences we say before and after the psalm. Canticle is a little song based on Scripture.



SILENCE AND LISTENING

Prayer is a conversation. It requires the presence of you and God. It is important to have a two-way conversation - speak to God and allow God to speak to you. Listening to God tunes out the noise of the world and allows for communion with God. The practices that follow may help you to find God's voice.



CENTERING PRAYER

Centering prayer is a prayer of quieting and stillness that lets us know the presence of God in our innermost parts. It's a prayer without words and a journey to the center of our being.

The practice is very simple. Imagine you are in a holy circle. You journey in a continually circling spiral away from the thoughts and noises of the day towards the center of yourself and God. Choose a sacred word that gives God permission to be present and act within you. Close your eyes and introduce the sacred word gently.

Practicing for 10 minutes a day is a good beginning. The result of centering prayer is awareness of how deeply God longs for you, God's beloved.



MANTRAS

Mantras are sacred words or phrases repeated for a period of time, which help quiet their body and mind and invite God to be present. Mantras can help tune out the voices of the world and tune in to God's voice.

Find a quiet place to sit and get comfortable. Take a deep breath in and say your mantra. Repeat the cycle of breathing in and out with the words for 5 minutes. At the end of the prayer, stay silent for a few minutes and notice where your heart leads you. At the end of the prayer, thank God for your time together.



ANGLICAN PRAYER BEADS

Anglican prayer beads - sometimes called a rosary - are a set of thirty-three beads joined together in a circular pattern. You hold them in your hands and say sacred words as your fingers travel around the beads. This engages our mind, spirit, and body and creates rhythm for prayer that stills our hearts.

Each group of seven beads forms a week. Prayer moving around the circle bead by bead. Go around three times before ending with the invitory and cross representing the Trinity of Father, Son, and Holy Spirit. Spend some time in silence and thank God for your time together.



LECTIO DIVINA

Lectio divina is a four-step way of prayerfully reading the word of God.

1. Read: Read the passage slowly and ask yourself, “What word or phrase is speaking to me right now?”
2. Meditate: Take that word and recite it over and over again. Your images and thoughts about that word come to you.
3. Pray: Let the word touch you deeply. Pray with that word. Let feelings and emotions come to you, and hold those without judgment. Imagine yourself before God for healing grace and guidance.
4. Contemplate: Rest in God’s love. Accept God’s embrace. Enjoy God’s presence and thank God for the gifts you have received.



PRAYING THROUGH ICONS

Some people like to use visual images when they pray, and icons - visual images that point beyond themselves - can be powerful instruments that instruct us and change our behavior and attitude.

Traditional icons are beautiful paintings of Jesus, Mary, and the saints. Nature is filled with icons as well.

Select an icon and make it the focus of your attention. Begin to quiet your mind, body, and spirit. Ask God to be present and focus on the beauty and inner life of the icon. Respond to God as you feel moved. End with a familiar prayer.



ACTIVITY

SPIRITUAL PRACTICES

List spiritual practices that sound appealing and try one out for a week. What did you notice about the practice and your week? Did you feel any closer to God? Write about your practice and experience in your notebook.



PRAYING WITH YOUR BODY

As physical beings, worship often involves our bodies, drawing us closer to God through ritual memory - the remembrance of actions that deepen our experiences as they are repeated. Ritual memory is powerful, so be mindful of your body and prayer. The following practices engage your body in prayer.



MANDALAS

Creating visual images while we invite God to be present can be a powerful way to pray. One visual method of prayer is to draw a mandala - a circular pattern of lines and colors.

Drawing a mandala is a way of paying attention to your inner self. When you have finished your mandala, look what themes emerge. Where is God in the pattern? Give thanks to God for calling you to his presence.



JOURNALING

Journaling is a discipline of putting our thoughts on paper for reflection, self-examination, and prayer. It can be a way of helping us to be honest with ourselves. Journals are meant to free the soul; stories and feelings pour out reflect my innermost hopes, fears, anger, and love.

Journaling is personal. Begin by inviting God to your journaling. Write what comes to mind. Be honest, even if it's painful or you think God doesn't want to hear it. Try journaling with images. Think about God is saying to you. Journaling can help you see your life and offer it to God.



WALKING A LABYRINTH

A labyrinth is a sacred pattern in the shape of a circle with one path that winds to the center and back out again. With its circular shape of a mandala, the labyrinth reflects the unity and wholeness of creation and our lives.

A labyrinth is a symbol for life with a loving God who doesn't deceive us or lead us astray. Walking the labyrinth is a journey with God who beckons us along the journey to holiness.



FASTING

Fasting is actively choosing not to do something for a short period of time so that we may draw our attention toward God. Fasting is a way of developing self-control and emptying ourselves.

It is not a time to deprive our bodies or cause bodily hard. Fasts free us through prayer to center on God. By removing an activity from our lives, we allow our spiritual needs to take priority. Consider taking on the discipline of fasting during Lent.



REFLECTION AND ACTIVITY

IMAGINING GOD

How do you imagine God when you pray? Do you think of God as an image, word, or feeling? Write about or draw what you image in your notebook. Be as detailed as possible.



CELEBRATION

What marks celebration as a spiritual and prayerful act is that it's an intentional act of praise and thanksgiving that reflects our joy with God and creation. We acknowledge God's presence and mark the day with special food and close friends. You might incorporate prayers and readings into the celebrations of God's abundance in your life.



RULE OF LIFE

Leading a spiritual life means developing an ongoing relationship with God. The way to begin to develop your rule of life is to write a list of activities that bring you joy and last beyond a moment.

Bring this list to God and pray for guidance. Once you have written your rule, keep it handy, Most of all, a rule of life intentionally makes God the center of your life and brings you into a closer relationship with God.





YOU SHALL LOVE THE LORD
YOUR GOD WITH ALL YOUR
HEART, AND WITH ALL
YOUR SOUL, AND WITH ALL
YOUR MIGHT



God who both listens and speaks, be with us throughout the day and week. Be with us in our joys and worries, our loneliness and struggles. Empty us of all that is fleeting so that we can receive your enduring love.

Amen



Prayer

Navigating the Church: From Parish to Worldwide Church



08

Lord Jesus Christ, who didst stretch out thy arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name.

Amen



Prayer

ONE, HOLY, CATHOLIC, AND APOSTOLIC

The Church is one body with Christ as its head.
The Holy Spirit dwells among us and continues to guide us in representing Christ in the world.

Our faith is a faith for all people and for all time.
The Church continues in the teaching and community that the apostles began in the years after Jesus's death and resurrection.



THE CHURCH AS ONE

The Church is a living organism with thousands of members, each with its own role to play. There is one mission: to restore all people to unity with God and each other in Christ.

The Church needs each of its members to carry out this mission and it needs these members to act in a coordinated way.



YOU AND THE OTHER MINISTERS

The ministers of the Church include laypeople, bishops, priests, and deacons. Laypeople find their ministry working and acting out in the world as students, parents, workers, community activists, and so on. They are not ordained. Bishops, priests, and deacons are ordained and support people in the Church.



THE EPISCOPAL CHURCH

The Episcopal Church is usually considered a Protestant Church, meaning it's distinct from the Roman Catholic and Eastern Orthodox Churches. About 1 percent of Americans are members of the Episcopal Church.



STRUCTURE OF THE CHURCH

The Episcopal Church governance is similar to the federal government. Refer to the chart on page 149 to see the similarities at different levels.

Just as with the federal government, each level of the church government has its own lawmaking body.



REFLECTION

THE EPISCOPAL CHURCH

What do you love about the Episcopal Church? What would you like to change? Reflect on the church in your notebook. Make a list of things you love and a list of things you would improve.



YOUR CHURCH

A congregation is a group of people organized into a local church.

A rector is the priest who leads a church.

A cathedral is a church that serves as the principal church of the diocese.

A dean is the lead clergyperson of the cathedral.

Every legally incorporated congregation has bylaws. Vestries oversee budgets, the clergy lead worship, and communities carry out the work of Christian formation and community service.



YOUR DIOCESE

Each congregation acts as part of a diocese - a basic unit of the Episcopal Church - led by a bishop. There are 110 dioceses in the Episcopal Church.

The bishop is an ordained priest that serves as chief priest and pastor of the church in that region. Bishops have authority over matters of faith, discipline, and worship in their diocese.

Provinces of the Church can be found on pages 154-155.

Dioceses hold Diocesan Conventions, have constitutions and canons, have Diocesan Councils, and work with companion dioceses and bishops.



REFLECTION

BELONGING

How does going to church give you a sense of belonging? Who do you enjoy seeing at church? How do the people you feel connected to create a sense of spiritual community for you? Reflect on belonging in your notebook.



THE EPISCOPAL CHURCH AT THE CHURCH-WIDE LEVEL

The authority of the Episcopal Church rests in the General Convention, the legislative body of the Episcopal Church, which meets once every three years to approve programs and budgets.

The General Convention is made up of the House of Bishops and the House of Deputies. The presiding bishop is the chief pastor and representative to the world.

The Executive Council takes care of the coordination, development, and implementation of the ministry and mission of the Church.



THE EPISCOPAL CHURCH AT THE CHURCH-WIDE LEVEL (CONTINUED)

The annual budget of the Church is approximately 40 million dollars. The budget reflects the priorities of the Five Marks of Mission:

1. To proclaim the Good News of the Kingdom
2. To teach, baptize, and nurture believers
3. To respond to human need by loving service
4. To seek to transform unjust structures of society, to challenge violence of every kind to pursue peace
5. To strive to safeguard the integrity of creation and sustain and renew the life of the earth

Constitutions and Canons of the Episcopal Church lay out governance.



REFLECTION

ISSUES FACING THE CHURCH

What are the important issues facing the church today? What could the church be doing better? Make a list of the issues the church needs to address and the ways in which the church can address these issues in your notebook. If you are comfortable, share them with the group.



THE ANGLICAN COMMUNION

The Anglican Communion is a group of 44 independently governed churches in over 165 countries that share a common faith, history, and tradition.

Each church has its own chief bishop known as a primate and its own rules.

The Archbishop of Canterbury (the primate of the Church of England) is the symbolic head of the Anglican Communion.

Provinces are diverse and joined together by bonds of affection.



GOD'S PROMISE TO THE NEW CHURCH

After receiving the Holy Spirit, we are called to prophesy and see visions. You are charged to do the work of the Church. The structure of the Episcopal Church is a mechanism to do good work. The governing bodies of the church set the policy and rules so important to its ministry.





IN THE LAST DAYS, IT WILL BE, GOD
DECLARES, THAT I WILL POUR OUT MY
SPIRIT UPON ALL FLESH AND YOUR
SONS AND YOUR DAUGHTERS SHALL
PROPHECY, AND YOUR YOUNG MEN
SHALL SEE VISIONS, AND YOUR OLD
MEN SHALL DREAM DREAMS



God who is continually calling new things into being, continue to breathe life into our church. Birth within us a new sense of mission for ourselves, our community, and in the world. Help us to imagine a new and vibrant church equipped to build your kingdom here on earth.

Amen



Prayer

What Is God Calling You to Do?



09

O God our heavenly Father, you have blessed us and given us dominion over all the earth: Increase our reverence before the mystery of life; and give us new insight into your purposes for the human race, and new wisdom and determination in making provisions for its future in accordance with your will; through Jesus Christ our Lord.

Amen

Prayer



BAPTISMAL PROMISES

At baptism, we each made five promises, shown on page 166.

Our promises cover the following:

1. Begin with community
2. Remind us that to be good servants, we must make things right with ourselves
3. Tell us about our mission in the world

To each promises, we proclaim, “I will with God’s help.”



ALL OF US SHARE GOD'S MISSION

God does extraordinary things with ordinary people. We carry out most of God's mission in our daily lives by being kind and serving others. There are two things - the world as we actually live in it and the world as God desires us to live. So the work of reconciliation is living in ways that try to make our world today match the way God wants the world to be.



GOD'S DREAM

From the very start, God was always telling us dreams for the world. God wants us to have relationships with other people and live in community. God wants us to care for the world in its fullness and diversity. Read the passage from Isaiah on pages 169-170.

The Gospels share God's dreams - the kingdom - through Jesus's ministry. He proclaimed God's dream marked by justice, joy, abundance, and community.



JUSTICE, JOY, ABUNDANCE, COMMUNITY

Read the passage from the Sermon on the Mount on page 170. They are blessed because they will be comforted, inherit the earth, be filled, receive mercy, see God, and be called children of God. God's kingdom will be filled with justice.

By our touch, we can bring joy to the world.

We can share with little we have, and together with others, we can provide enough for everyone.

There is always more room at the table. The community can always be expanded. We can invite others into our community.



WE TOO ARE CALLED TO PROCLAIM GOD'S DREAM

Jesus shared his ministry with his disciples, granting them the power and authority to heal and proclaim the kingdom of God. We are called to do as Jesus did through our community of faith. Through baptism, we share in the mission and ministry of Christ. Through our ministry, we participate in God's dream of a life of joy, community, abundance, and justice.



WHERE IS OUR MISSION AND MINISTRY?

Most of our ministry and mission is out in the world, but our mission and ministry in the Church is essential.

We nourish our community by taking part in worship and serving. By continuing in worship, prayer, study, and service, we are strengthened to go out in the world in people to love and serve God.



REFLECTION

SERVING PEOPLE

What are the various ways that Jesus served people? How does your church serve people outside the church? How do you serve others outside the church? List everything you can think of in your notebook.





GIFTS FOR MISSION AND MINISTRY

Gifts of the Spirit are talents and abilities God gives us to fulfill our mission in the world. There are a variety of gifts. The Spirit gives different gifts at different times to address the changing needs of the community. Refer to the chart on page 175 to look at “Your Mission and Ministry.”

Everyone has spiritual gifts, and nobody has all the gifts. God gives to all of us generously, and wants you to use your gifts to serve others, not boost yourself. You bring joy to the world when you use your gifts.



FINDING OUR SPIRITUAL GIFTS

There are two basic questions that you can pray about as you begin to discern your gifts:

1. When do I feel most alive and creative?
2. Which of the Five Marks of Mission excites me the most?

The work of discernment is never finished. Our gifts change, the needs of our community change, and our ministry will change.



A DISCERNMENT EXERCISE

To practice discernment, try the discernment exercise on page 180.

What this exercise reveals are the gifts that you value and very likely have yourself.



ACTIVITY

SPIRITUAL GIFTS

List your spiritual gifts and share those gifts with each other. How did you identify those gifts? How do you use them? Make a list with examples.



THE IMPORTANCE OF COMMUNITY

It is always important to discern spiritual gifts with a group or someone else. Discernment is difficult. Our community's guidance helps us not to go astray and helps us identify gifts we might not recognize in ourselves. We can't serve God or discern our gifts alone.



IGNATIAN EXAMEN

Two very basic questions you can continue to ask yourself each day as a practice of discernment are:

1. When do I feel most alive?
2. When did I most feel life draining out of me?

Additional questions include:

1. For what moment today am I most grateful?
2. For what moment today am I least grateful?

These questions come from the practice *Ignatian Examen*, a process to hear God's voice in everyday events.



ACTIVITY

YOUR MISSION AND MINISTRY

Complete the activity, “Your Mission and Ministry,” on page 175 of *My Faith, My Life*. What did you learn about yourself by completing this mission statement? How will you live by these affirmations?



THE IMPORTANCE OF CHURCH TO YOUR MINISTRY

When you were baptized, you became a member of the body of Christ - the Church. Each week we gather to offer ministry and pray. We ask God for mercy and forgiveness. We are nourished by communion. The Church strengthens us to do God's will in the world.





I WILL, WITH
GOD'S HELP



God of creation, help us to see the many spiritual gifts you have given us so that we can partner with you and one another to make your dreams come true. We ask this in the name of your Son who shows the way to wholeness.

Amen



Prayer