"Our Father" Confirmation Retreat Retreatant Handout

Our Father, Who art in heaven, Hallowed be Thy Name

Dan Tarrant: Personal Relationship with God

Intercession from your heart: I believe, God, that you are one and you want to be my close friend. I ask for the gift to not need to figure you out and to have a distinct close friendship with each of your persons: the Father, the Almighty; Jesus Christ, the only Son; and the Holy Spirit, the giver of life. Amen

Reflection Question:

1) What does it mean that God the Father loves you?

Mark Gomba: God the Father

Intercession from your heart: Loving Father, help me to always know and experience your love, protection, and guidance. Teach me your commands. Help me to be your beloved daughter/son. I know that you know me very well; help me to know you.

Reflection Questions:

2) Name the people in your life who reflect God the Father to you? How do they do that?

3) What must I do to always see myself as a beloved daughter or beloved son?

Thy Kingdom Come

Richara Krajewski: The Mass

Intercession from your heart: God help me to know you, love you and serve you always. Help me to know you at the Mass, and from Mass show me what is real. Teach me how much you love me, and who I am. Teach me how to live, to love, and to be human. Amen

Reflection Questions

- 4) How does the Mass help us to know God, love God, and serve God?
- 5) Jesus is present through the Eucharist, the Word of God, the priest, and the Baptized community. What ways have you already experienced Jesus at the Mass?

Thy will be done, on earth as it is in Heaven.

Ryan Nguyen: Remember who you are and discernment

Intercession from your heart: Father may I always remember who I am as your beloved son /daughter. Help me to be like You both in this life and for all Eternity.

Reflection Question:

6) How does it make you feel to be a royal Son/Daughter of God the Father?

Sr. Marianne Theresa Lallone: Vocation

Intercession from your heart: Father help me to imitate Jesus your Son in always doing your will. Holy Spirit help me to know the Father's plan for my life and give me the strength to do that plan. Amen.

Reflection Question:

7) A Vocation is a call from God. What call do you believe God is inviting you to discern?

Edwin Garcia: Following Jesus

Intercession from your heart: Holy Spirt help me to desire to always do what the Father wants me to do. Help me to desire to know the Father's plan is for my life and in what mission he wants me to engage. Give me the courage to do that plan. Amen.

Refection Question:

8) Why is it hard to do God's will?

Give us this day our daily bread.

Mother Incarnation: God provides

Intercession from your heart: Heavenly Father, I know you love me. Help me to trust that you will always take care of all of my needs.

Reflection Question:

9) What is the difference between what I need and what I want? What is the list of things that I want? What is a list of things that I need?

Joshua Brooks: Who is Jesus?

Intercession from your heart: Jesus my messiah, my friend, my Lord, thank you for saving me. You gave your life on the Cross for me to save me from sin and death. In response I give myself to you. Jesus, I give you my life, my heart, and all that I am. I choose to be your follower. Amen

Reflection Questions:

10) Who do you say that Jesus is for you? Do you believe he is your friend?

11) Are you allowing "The Jesus Effect" to overcome sin in your life?

Anointing : Mekenzie Haley

Intercession from your heart: Father I believe, "I can do all things through Christ who strengthens me." (Phil 4:13) Stir in me your Holy Spirit so I will have the strength and knowledge to do all that you ask of me. Amen

Reflection Questions:

- 12) Mekenzie prays to the Holy Spirit to help her take a test. When do you ask for the help of the Holy Spirit?
- 13) The wooden skewers can normally pop a balloon. However, when covered with olive oil, they are no longer effective. You are anointed with the Holy Spirit. Make the connection with the skewers and the protection that the Holy Spirit gives you.

And forgive us our trespasses, as we forgive those who trespass against us.

Meghan Mohan: Forgiveness

Intercession from your heart: Father, as you are merciful and forgive us in the ways we offend you, help me to be a child who is just like you and forgive others. This is not easy, but with your Son, Jesus' help I can do it. In the Name of Jesus help me to forgive every person for every way they have offended me.

Refection Questions:

14) Are you afraid of Confession or have you experienced the power and love of God in the Sacrament of Confession?

15) Who do you need to forgive? How can God's grace help you to forgive them?

Retreatant Handout

Peter Strauffer: Sacrament of Confession

Intercession from your heart: Jesus, help our friendship to always be my top priority. Help me to constantly improve our relationship by repenting from sin. Give me the grace to always keep the Sacrament of Reconciliation a part of my life.

Refection Questions

16) Why is the Sacrament Confession so important?

17) How does the Sacrament of Confession help you in your friendship with Jesus?

And lead us not into temptation, but deliver us from evil. Amen.

Dan Tarrant: Universal Call to Holiness

Intercession from your heart: Heavenly Father help me to be holy as you are holy. Help me to imitate the life of Jesus. Help me to be animated by the gift of your Holy Spirit. Help me to fully live my Catholic faith and help me to be a saint.

Reflection Question:

18) How have you allowed God into your life?

19) What are other ways you want God to be a part of your life?