

St. Bruno Youth & Family Ministry

@SBUFM



Confirmation – February 7 & 9

Meaning: Vocation

GATHER:

Welcome and Opening Prayer (**Junior Core**)

Icebreaker: Four Corners Trivia (**Junior Core**)

Create four large signs, each one with one of the primary vocations written on them (priest, consecrated religious, married, and single). Place one of the four signs in each of the four corners of the room, one sign in each corner. Make sure the signs are large and visible, and hang them high so they can be seen even with people standing near them. Tell the teens that you will be calling out the names of Catholic saints, and the teens have to guess which vocation that saint lived out by going to the corner or station that corresponds to their guess. Use the following saints as a starting point and adapt them as necessary depending on your specific group:

- Saint Thomas Aquinas – Priest
- Saint John Vianney – Priest
- Saint Isidore the Farmer – Married
- Saint Katharine Drexel – Consecrated Religious
- Saint Maria Goretti – Single
- Saint Gianna Beretta Molla – Married
- Saint Ignatius of Loyola – Priest
- Saint Louis Martin – Married
- Saint Joachim – Married
- Saint John Bosco – Priest
- Saint Edith Stein – Consecrated Religious
- Saint Zélie Guérin – Married
- Saint Josephine Bakhita – Consecrated Religious
- Saint Kateri Tekakwitha – Single
- Blessed Miguel Pro – Priest
- Blessed Chiara Luce Badano – Single
- Saint Joan of Arc – Single
- Saint Teresa of Ávila – Consecrated Religious
- Saint Pio of Pietrelcina – Priest
- Saint Frances Xavier Cabrini – Consecrated Religious
- Saint Augustine – Priest
- Blessed Pier Giorgio Frassati – Single
- Saint Casimir of Poland – Single
- Saint Thérèse of Lisieux – Consecrated Religious
- Saint Juan Diego – Married
- Saint Faustina – Consecrated Religious
- Saint José Sanchez Del Rio – Single

PROCLAIM:

Video: **What's My Vocation? (6 mins)**

BREAK:

Discerning Your Vocation Handout

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Divide the teens into their small groups. Begin in prayer, and give everyone a copy of the Discerning Your Vocation Handout. Give them 5-10 minutes to read through and journal in response to each of the questions.

Small Group Discussion

- Whip Around Question: What do you want to be when you grow up?
- Do you find it easy or difficult to think about your future? Why?
- Was there any part of the reflection we just did about vocations that stood out to you? Were any of your answers to the questions surprising to you? Why?
- Why do you think it can feel so intimidating to think about our future vocation?
- What scares you the most when you think about your vocation? What excites you the most?
- While it is important to look to our future and God's will, how do you think He is calling you to holiness at this stage of your life?

SEND:

Have a core member lead and introduce the prayer using the following as an example:

No matter what vocation God calls you to, or which one you are living right now, all vocations have the same goal and the same foundation: our relationship with Jesus. Every vocation points to Him, and every vocation is a slightly different means of living out a life of holiness. As you heard earlier in our teaching, the time to live out this universal vocation to holiness is right now. When we anchor our hearts in Christ, we learn to trust Him more deeply. So as we close in prayer, we close with a prayer of trust, called the Litany of Trust, to help us know that whatever the Lord calls us to will fulfill us in ways beyond our imagination.

A litany is a type of prayer that has a series of petitions or statements that have the same response. This particular litany was written by the Sisters of Life and has two sets of petitions. The first group of petitions is about things that cause us not to trust God, so our response will be "Deliver me, Jesus." The second set of petitions contain truths about God and our relationship with Him that we need to be reminded of, so our response to these will be, "Jesus, I trust in you." As we begin, I invite you to take a moment to call to mind the specific things in your life that you struggle to trust God with: your relationships, your sins, your future, your plans for college, your hopes, your passions, your life, and your vocation. As we pray this litany together, visualize yourself laying these at the feet of Jesus, trusting that He will fulfill every desire of our hearts in ways we cannot begin to understand.

Project or print off copies of the Litany of Trust found below, and close the session by praying the litany together as a group.

Litany of Trust (Junior Core)