



# Fired Up Follow Up Session

## Living in The Spirit

Preparation before the Session begins:

- Gather items for the icebreaker.
  - These items should make a sound loud enough for the teens to hear over your microphone when meeting over Zoom.
- During the Fired Up Conference please take time to take some notes of important moments. What game(s) you liked. Answers you saw that were motivational. Also take some notes on what the speakers shared so you can have them handy during this session.

Welcoming (5-7 minutes)

Welcome the teens to your gathering.

*In your own words* say something like this:

Although Fire Up was a virtual gathering this year due to the Pandemic, the Holy Spirit is still alive and willing to move us if we allow us. There were about 3,000 young people gathered.

Invite them to share in the chat what was the most memorable part of Fire Up for them. Or invite them to open their mic and camera and share out loud.

You might want to share something you truly enjoyed, something about the talks, games, music, Bishop Soto's words and Holy Hour.

Transition to the Icebreaker

Ice-Breaker: "Guess that sound" (7 – 10 minutes)

- Have several items ready that would make sounds loud enough to be heard over your microphone.
- You might want to practice this beforehand so you can hit your item without people seeing it through your camera.
- Ask the participants to guess in the chat what is it that making the sound. Make sure your items are diverse and allow the teens to guess.
- Make sure you give reactions to the people that are getting them right.
- Conclude by reading out loud Mt. 7, 16-20:

*By their fruits you will know them. Do people pick grapes from thornbushes, or figs from thistles? Just so, every good tree bears good fruit, and a rotten tree bears bad fruit. A good tree cannot*



*bear bad fruit, nor can a rotten tree bear good fruit. Every tree that does not bear good fruit will be cut down and thrown into the fire. So, by their fruits you will know them.*

- *In your own words say something like:*
  - *In this chapter St. Matthew shares a series of rules or behavioral attitudes of those that want to become followers of Jesus Christ. This is also where we find the Golden Rule. The Narrow Gate and following this passage we find the one about being a true disciple. Through the whole chapter, Jesus teaches us that if we want to be a disciple of his, we must take it seriously and give witness, in Scripture that is referred to as bearing fruit. So just like this items (name your items) bear fruit by making a sound, we too must live our lives and give fruit of our own calling to be full pledge Catholics after we receive the Sacrament of Confirmation.*

*Transition by inviting teens to prayer.*

**Prayer** (5 minutes)

*Invite teens to sit up comfortably and take a moment to center themselves in the presence of God. Invite them to be aware of God around them, encourage them to close their eyes if they feel comfortable.*

*Breath in, Breath out.... Breath in, Breath out...Breath in, breath out.*

*In the name of the Father....*

*Invite teens to think of one thing, person, or situation that they are grateful for...after a few moments invite them to write it down in the chat....*

*AS the teens write it in the chat you might want to voice them outlook without mentioning the teens name as to not to attract unwanted attention. (If no one types anything you might want to thank God for whatever is in your heart in relation to the teens.)*

*Finish by saying in your own words: We give you thanks God for everything that has been spoken and for all those that have been kept in the silence of our hearts.*

*Pray the Our Father, Hail Mary, Glory be...*

*Ask the teens to put a heart reaction on their cameras or type Amen in the Chat as a sign that we all prayed together.*

*Transition to talk/message for the session.*



## Talk (15-20 minutes)

Start by reading this statement for the USCCB website (note: the teens do not need to know that is from the USCCB):

*In the Sacrament of Confirmation, the baptized person is “sealed with the gift of the Holy Spirit” and is strengthened for service to the Body of Christ.*

*In your own words say something that would include:*

*As we receive the Sacrament of Confirmation, we accept the call from Jesus Christ to give witness of His love in our world.*

*This is a personal yes. Christ wants to give us the grace to live full happy lives, during the Confirmation ceremony; we receive the gift of the Holy Spirit to do just that.*

## Discussion Questions:

- *What did you hear in the Fire Up Conference about our called to live our lives as witnesses of Christ?*
- *In the chat or by saying it out loud, share with the group what you heard about living this calling?*

*In your own words say something on these lines:*

*The gifts of the Holy Spirit should move us to imitate the love and service of Christ and the saints. Using them or failing to use them, is the measure of success as a Christian.*

*At Confirmation, we receive diverse spiritual gifts that work together for the “common good” and “the building up of the Church, to the well-being of humanity and to the needs of the world.”*

- *What was it you heard during the Fire Up conference that made you think about your own giftedness and how to put it to use for the good of others?*
- *How about the music? What was it that the speakers said that made you think about it?*

## Small Group Activity (7 - 10 minutes)

*If you always break out into small groups, then break out into them now.*

**What are your gifts?**



*In your own words:*

Invite the teens to think about their own gifts and how they plan to use them after they receive their confirmation. Confirmation is the beginning of a life for others, so how do they see themselves serving others. It can be in Church, yet is also about the world, the “common good” the “building of the Church, the building of humanity and the needs of people around them.”

*Invite the teens to find something that represents their own gifts. They can find something physical or draw something on a piece of paper they have.*

*One at a time invite them to share their “gift” and how they plan to use them.*

*Make sure you acknowledge all the gifts and give a reaction to them when they speak.*

**Closing** (5-7 minutes)

*In your own words:* Thank everyone for their sharing and for their participation.

Invite teens to prepare for a closing prayer.

Ask them to close their eyes if they are comfortable, and quiet their hearts.

Breath in, Breath out.... Breath in, Breath out...Breath in, breath out.

In the name of the Father....

Say this prayer or any other prayer that you feel is appropriate:

Jesus, you embody Love and Truth. Help us to recognize your face in the poor. Enable us to live out our vocation to bring love and justice to your people. Holy Spirit, you inspire us to transform our world. Empower us to seek the common good for all persons. Give us a spirit of solidarity and make us one human family.

Mary take care of us and protect us on our journey, in our hearts, in our faith. Make us disciples like you, missionaries like you. Teach us to go out onto the streets. To step outside ourselves, show us the way to Jesus our Lord . . .

*At this moment invite the teens to pray for someone in their family, friends or someone they know that needs our pray. Invite them to say it out loud or type the name in the chat. Read the names of the people in the chat.*

We ask all this through Christ our Lord. Amen.



## *Announcements / Dismissal*

- Give any announcements if needed. Then dismiss.

### Citations:

- <https://bible.usccb.org/bible/matthew/7>
- <https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/confirmation>
- <https://www.usccb.org/about/justice-peace-and-human-development/upload/Confirmation-handout.pdf>
- <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayer-for-charity-in-truth>
- <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayer-to-be-disciples-and-missionaries>