

**Catholic Diocese of Richmond
Confirmation Retreat
Full Contact**



*For in him dwells the whole fullness of the deity bodily,
and you share in this fullness in him.
—Colossians 2:10*

Prayer to the Holy Spirit

*Come Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And You shall renew the face of the earth.
O, God, who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that by the same Holy Spirit
we may be truly wise
and ever enjoy His consolations,
Through Christ Our Lord, Amen.*

This confirmation retreat, Full Contact, was created by youth workers from the Catholic Diocese of Richmond. Though primarily designed as a 3-day retreat, this parish-based confirmation retreat can be run as a 1-day or 2-day retreat as needed. Use all or parts of this resource as you see fit!

Living out the Catholic faith is a Full Contact endeavor. When thinking of *FULL CONTACT* sports, players must commit fully to their place on the team. If a player is not fully committed, he/she risks personal injury as well as a loss for the team. This retreat invites the young people preparing for Confirmation to enter into *FULL CONTACT* with Christ and his Church. This invitation comes through the various talks and activities throughout the retreat as well as through offering sacraments and times of prayer. The retreat ends with an invitation for the participants to renew their baptismal call to holiness and to accept the mission that Christ has prepared for them. Through Confirmation and the gift of the Holy Spirit, Christ will equip these young people to fulfill the mission to which they have been called.

Preparations

Six months to one year in advance

- Set dates for the retreat
- Secure location for retreat
- Share date with priest, musicians, adult leaders, and Confirmation students/parents

Three months before retreat

- Initial planning meeting with adult leaders, musician, and priest. Pray and go through overall goal and flow of the retreat. Assign specific sessions/talks to the adult leaders.
- Set a meeting schedule (either once or twice a month).
- Create a registration form and pass out to Confirmation students.
- Invite priests to come for reconciliation during the retreat.

Two months before retreat

- Second planning meeting. Each session group presents their outline, and the entire team works together to ensure that each session works as part of the whole retreat.
- Gather an intercessory team of parents and other adults to pray for the retreat, leaders, and youth.

One month before retreat

- Prepare and practice all talks.
- Create adult leader folders, including the full outline and places for the list of participants in each Team (small group). It is also helpful to print copies of the map of the location.
- Prepare supplies needed to create the environment for each session as well as for games/activities.
- Design t-shirt or other giveaways and place order (optional).
- Collect registration forms from youth participants.

Week of the retreat

- Gather all supplies.
- Divide teens into Teams (small groups of 4-8) and rooming assignments.
- Assign teens to rooms at the retreat center (overnight only).
- Create name tags.
- Final meeting with retreat team. Spend time praying for the teens by name and go through the retreat schedule.

Day or evening before the retreat

- If possible, send an advance team to go to retreat ahead of time to prepare rooms (such as the main space, chapel, and sleeping spaces) before the youth arrive. This team should serve as a welcoming committee when the teens begin to arrive.

Extra Things to Consider

Retreat Environment

The main room should be set up with images of sports and clubs that your teens participate in, making sure to include some images of *full contact* sports (such as football and field hockey). Before the retreat, ask youth participants to bring a team jersey or club t-shirt to display in the main space or ask them to wear their jerseys/t-shirts on the first day. This t-shirt or jersey does not have to be sports related. Be sure to instruct the youth to include non-athletic clubs and activities as well.

If possible at the retreat center, create one space that will be used as a chapel. This space should be set up with extra candles or lamps for softer lighting. It is good to have a table for resources such as spiritual reading material, rosaries, prayer cards, blank paper, and pens.

Team Time: Small Groups

Instead of “small groups,” the large group of participants will be separated into “teams” that will be asked to create a name for themselves as well as a flag.

Retreat Journal: The Playbook

Consider making a journal for each participant called “The Playbook” to stay in the sports theme. This journal can include personal reflection prompts, “team time” questions, a how-to guide for going to Reconciliation, and any prayers that you will use throughout the retreat.

Social Media

The following hashtags are suggested to be used with social media either before, during, or after the retreat: #fullcontactCATHOLIC, #confirmationretreat.

Twitter/Facebook/Instagram

- “Walk in Christ, rooted in him. For in him dwells the whole fullness of the deity bodily, and you share in this fullness in him.”—Col 2:6-10 #fullcontactCATHOLIC #confirmationretreat
- Get off the sidelines! God is calling you into the game! #fullcontactCATHOLIC #confirmationretreat
- The Catholic life is not a spectator sport. Come into full contact with the Church and with Christ. #fullcontactCATHOLIC #confirmationretreat
- “When the Holy Spirit comes upon you, you will be my witnesses to the ends of the earth.”- Acts1:8 #fullcontactCATHOLIC #confirmationretreat

3-Day Schedule

Friday

7:00 pm	Arrive at the Retreat Space, Unpack
7:50 pm	Talk: Welcome and Rules
8:05 pm	Large Group Icebreaker
8:25 pm	Team Time
8:45 pm	Talk #1: Full Contact
9:00 pm	Personal Reflection Time
9:15 pm	Team Time
9:45 pm	Presentation of Team Rally Flags
10:00 pm	Prayer
10:15 pm	Free Time/Bonfire
11:00 pm	In Cabins
11:30 pm	Lights Out

Saturday

7:30 am	Wake up
8:30 am	Breakfast
9:15 am	Prayer and/or Praise & Worship
9:30 am	Trust Walk Activity
10:00 am	Talk #2: Full Disclosure
10:15 am	Team Time
10:45 am	Reconciliation
12:00 pm	Lunch
12:30 pm	Free Time
2:00 pm	Music: Praise/Worship
2:15 pm	Talk #3: Full House
2:30 pm	Personal Reflection
3:15 pm	Team Time
4:00 pm	Free Time: Organized Capture the Flag
5:00 pm	Free Time
6:00 pm	Dinner
6:45 pm	Prayer and/or Praise & Worship
7:00 pm	Talk #4: Full Presence
7:30 pm	Adoration
8:30 pm	Team Time & Skit Planning
9:30 pm	Skit Presentations
10:00 pm	Prayer
10:15 pm	Free Time
11:45 pm	In Cabins
12:00 am	Lights Out

Sunday

8:00 am	Wake Up
8:30 am	Breakfast
9:15 am	Prayer and/or Praise & Worship
9:30 am	Puzzle Activity
9:45 am	Talk #5: Full Hold
10:00 am	Team Time
10:30 am	Witness in Large Group
11:00 am	Mass
12:30 pm	Depart

2-Day Schedule

Saturday

8:30 am	Arrive at the Retreat Space, Unpack
9:00 am	Talk: Welcome and Rules
9:15 am	Large Group Icebreaker
9:45 am	Talk #1: Full Contact
10:00 am	Personal Reflection Time
10:15 am	Team Time
	-Include Team Time instructions from Pre-Session as well as for Session #1
10:45 am	Presentation of Team Rally Flags
11:00 am	Talk #2: Full Disclosure
11:15 am	Team Time
11:30 am	Reconciliation
12:30 pm	Lunch
1:00 pm	Free Time
2:00 pm	Prayer and/or Praise & Worship
2:15 pm	Talk #3: Full House
2:30 pm	Personal Reflection
3:15 pm	Team Time
4:00 pm	Free Time: Organized Capture the Flag -OR Trust Walk Activity (from Session #2)
5:00 pm	Free Time
6:00 pm	Dinner
6:45 pm	Prayer and/or Praise & Worship
7:00 pm	Talk #4: Full Presence
7:30 pm	Adoration
8:30 pm	Team Time & Skit planning
9:15 pm	Skits
10:00 pm	End-of-Night Prayer
10:30 pm	Free Time
11:00 pm	Head to Bed

Sunday

8:00 am	Wake Up
8:30 am	Breakfast
9:15 am	Morning prayer
9:30 am	Puzzle Activity
9:45 am	Talk #5: Full Hold
10:00 am	Team Time
10:30 am	Witness in Large Group
11:00 am	Mass
12:00 pm	Depart

1-Day Schedule

Saturday

8:30 am	Arrive at the Retreat Space
9:00 am	Talk: Welcome and Rules
9:15 am	Large Group Icebreaker
9:45 am	Talk #1: Full Contact
10:00 am	Personal Reflection
10:15 am	Team Time
	-Include Team Time instructions from Pre-Session as well as for Session #1
10:45 am	Presentation of Team Rally Flags
11:00 am	Talk #2: Full Disclosure
11:15 am	Team Time
11:30 am	Reconciliation
	-Consider adding Eucharistic Adoration during Reconciliation
12:30 pm	Lunch
1:00 pm	Free Time: Organized Capture the Flag
2:00 pm	Prayer and/or Praise & Worship
2:15 pm	Talk #3: Full House
2:35 pm	Personal Reflection
3:15 pm	Break
3:30 pm	Talk #4: Full Presence
3:50 pm	Team Time
4:30 pm	Free Time
	-OR Trust Walk Activity (from Session #2)
	-OR Skits
5:00 pm	Dinner
5:45 pm	Prayer and/or Praise & Worship
6:00 pm	Talk #5: Full Hold
6:30 pm	Team Time
	-No witness being presented to large group
7:15 pm	Mass
8:30 pm	Depart

Introduction Session

00:00	Arrive at the Retreat Space, Unpack
00:50	Talk: Welcome and Rules
01:05	Large Group Icebreaker (Suggested Game: Super Duper Musical Chairs)
01:25	Team Time

Objectives:

The main goal of the pre-session is to welcome everyone to the retreat and to help the group feel comfortable with each other. It sets the tone for the rest of the retreat!

Supplies

All Team Time discussion questions should be given to adults ahead of time.

Super Duper Musical Chairs

- 1 chair per person
- A way to play music (laptop and speaker, etc.)

Team Time

- Bag of Starburst candy for each team.
- One Rally Flag to decorate per team. A rally flag can be a white pillowcase on a wooden dowel, though it could also be on a poster board.
- Fabric paint or markers to decorate team flags.

Talk: Welcome and Rules (15 minutes)

This is the first moment when all the participants and adults will be gathered together in the main space. Consider having an older teen leader explain the rules with the retreat leader. The following main points should be covered:

1. Begin the retreat with a prayer. Consider having everyone say the Prayer to the Holy Spirit, found on the front cover of the retreat manual.
2. Welcome to retreat!
 - a. Acknowledge the journey of faith that started at Baptism and has brought the youth to this time of preparing for Confirmation.
 - b. Confirmation is a sacrament which confirms and strengthens the gift of the Holy Spirit, which you first received at Baptism.
 - c. Retreats are important tools that God can use to help us grow closer to him and to his Church. It is good to attend a retreat when preparing for major sacraments.
 - d. The theme for this retreat is "Full Contact." We will be learning more about what that means in our talks and discussions.
3. Safety Rules
 - a. Stay with a buddy at all times. No going off alone.
 - b. Communicate with your adult leader.
 - c. This is a time to develop your relationship with God, not a time to flirt with your crush or sneak away from the group.
 - d. Be respectful of the facility.
 - e. Any rules particular to the retreat center.
4. How to be on retreat
 - a. Be present in the present moment. Don't worry about what is coming next.

- b. Participate in all the activities fully: games, activities, small groups, talks.
- c. Be respectful of others in all moments.
- d. If your group wants to have a rule about cell phones, this is where to put it.
- e. Have a positive attitude - the more you put into retreat, the more you will get out of it.

Game: Super Duper Musical Chairs

This game is played like normal musical chairs, but with some exciting twists. The goal of the activity is to get everyone to relax and have a fun bonding moment at the beginning of the retreat.

Here is how to play:

- Have everyone bring their chairs into one circle, with everyone facing in.
- Pick 3-5 people to bring their chairs into the center of the circle, creating a small second circle, with these 3-5 people facing out.
- Pick 1 person from the outside circle to take their chair out – so that there is one less chair than people playing.
- When the music starts, the middle 3-5 chairs are off limits – no one can sit in them. Those people (plus the 1 person who started without a chair) now have to run to find new chairs, so they run up to a person in the outside circle and extend their hand to switch places. Now that person needs to find a new chair. This continues until the music stops, and everyone who is without a chair runs to the middle chairs.
- Whoever doesn't get a chair is out! For the next round, take out 1-2 more chairs from the outer circle. Play continues until you have 2 winners.

At the end of the game, congratulate the winners. If possible, have some “gold medals” ready to give the winners. The gold medals could be paper plates, yogurt tops, or some other gag gift.

Team Time

Now is the time when you will split the youth into their Teams (small groups) for the weekend. Before announcing the groups, explain that the youth have been split up into groups of 4 to 8 youth and that these groups will be meeting together throughout the entire retreat. The first Team Time will give the youth a chance to break the ice and get to know each other.

As you announce the teams, please be sure to introduce all the adults who are on the retreat as well. Make sure all the adults have instructions for all the Team Times throughout the retreat. It is good to also check if there are any additional supplies needed for each session (listed at the start of each session).

Team Time Introductions Activity

When first gathering your small group, find a space where everyone can sit at an equal level. Once situated, pass around a bag of Starburst candy, and ask everyone to take 2 pieces. Once everyone has their pieces, tell them they are going to go around the circle to introduce themselves. They have to say their name, grade, school, parish (if applicable), and then answer two questions based on what color starburst they picked.

Here are the questions:

- **Red:** What is your favorite food?
- **Yellow:** What is your favorite binge-worthy TV show?

- **Orange:** What has been your favorite team/group to be a part of?
- **Pink:** What do you want to study in college?
- **Two of the same color:** What is your favorite sports team?

Adults should then go over some guidelines for the Team Time throughout the weekend. Here are some key points to address:

- Briefly explain your role as facilitator.
 - Propose questions for discussion and moderate the conversation.
 - Often these questions are not looking for a “right answer.” It’s more a chance to share what you think about the given topic.
- The goal of Team Time is to share and discuss the retreat topics more deeply.
 - Full Contact is all about being fully committed to your goals. Take this time and use it well. Be open. Share with the group.
- Be clear about rules and expectations.
 - Everyone will have a chance to share at each Team Time.
 - As people are sharing, it is important that we respect them and their opinions.
 - What is said in small group stays in small group with exceptions:
 - If someone shares that they are in a harmful situation, the adults will need to act on that information.
 - Whatever adults say can be repeated outside Team Time.
- Share a witness story about a good retreat or small group experience.

After going through these guidelines, move into the activity. During this time, each Team needs to come up with a team name and a “Rally Flag” (supplies listed at the beginning of this session; a white pillowcase on a dowel is best!). The Rally Flag should show the team name as well as images that represent each member of the Team (hobbies, sports, career dreams, favorite things, etc.).

Session #1: Full Contact

00:00	Talk #1: Full Contact
00:15	Personal Reflection
00:30	Team Time
01:00	Optional Activity: Presentation of Team Rally Flags
01:15	Closing Prayer
01:30	Free Time (suggestion: Bonfire and Snacks)

Objectives

The objective of this session is to introduce the theme for the retreat and how it fits with Confirmation. Being Catholic is a Full Contact sport, not something to view from the sidelines. We have Full Contact with the fullness of Christ, and he wants to be in Full Contact with each of us. This is the first talk of the retreat, and it is important that the speaker be entertaining as well as authentic. This talk leads into the first serious Team Time discussion, which will give the youth a chance to process what they hear.

Holy Spirit Connection

This initial talk begins to set up the theme for the whole retreat of comparing the Catholic life to a Full Contact sport. It is important at the beginning to remind the participants that they already have received the gift of the Holy Spirit at Baptism. The sacrament of Confirmation is meant to seal and strengthen this gift within them. The Holy Spirit is the conduit through which they will receive the gifts they need to live their faith fully. The Holy Spirit enables and empowers them to say YES to Jesus both now and throughout the rest of their lives. They are each being called to participate fully in this sport, and the Holy Spirit plays a key role in helping them accept that call.

Supplies

None needed

Talk #1: Full Contact (15 minutes)

Summary: This talk introduces that we are called to be in “full contact” with God by breaking open the concept of full contact sports. In full contact sports, every player must participate; players who do not move and do not know the game get tackled, HARD; each player has to fully commit in order for the team to succeed. In a similar way, being Catholic is a full contact sport. Each person, through Baptism and (soon to be) Confirmation, is part of this team and is being called to commit to the game, fully. In a particular way, Confirmation is an opportunity to go deeper—full contact—because Confirmation strengthens and seals the gift of the Holy Spirit, first given at Baptism, so that we are more fully in contact with Christ and better equipped to participate in the Church. God gives to us the gift of the sacraments, in which we receive the Holy Spirit, because He wants to be in full contact WITH US! The speaker should share a time when s/he received the invitation to be in full contact with Christ and why s/he has chosen to remain committed to the Catholic Church; the speaker may also share a time when s/he were “on the sidelines” and what happened for s/he to become more involved with the game.

References to Include in Talk:

- *Colossians: 2-6-10:* “So, as you received Christ Jesus the Lord, walk in him, rooted in him and built upon him and established in the faith as you were taught, abounding in thanksgiving. See to it that no one captivate you with an empty, seductive philosophy according to human tradition, according to the elemental powers of the world and not according to Christ. For in him dwells the whole fullness of the deity bodily, and you share in this fullness in him, who is the head of every principality and power.”

- *St. Augustine*: “Therefore, if you want to understand the body of Christ, listen to the Apostle [Paul] speaking to the faithful: You are the body of Christ, and its members. When you hear ‘the body of Christ,’ you answer, ‘Amen.’ Be a member of the body of Christ, so that your ‘Amen’ may be true!”

Personal Reflection

After this first talk, and before the youth dive into Team Time, have them reflect with these questions:

- On a scale of 1 to 10 (10 being fully committed and playing the game, 1 being standing on the sidelines), how committed are you to the Catholic Church? To Christ? Why?
- Our verse from this first talk is: “For in him dwells the whole fullness of the deity bodily, and you share in this fullness in him.” – Colossians 2:10. What does it mean to you that you are called to share in the fullness of the life of Christ?

Team Time Questions for Session #1

1. How do you feel about full contact sports? Football, Hockey, Basketball, etc.? What do you like about these sports? What makes you nervous or uneasy?
2. What are your “Full Contact Sports”? What are you involved with totally, completely, fully? Academics? Sports? Clubs? Musical Instruments? Hobbies/Interests?
3. Do you think that Christianity is a Full Contact Sport? Why or Why Not?
4. On a scale of 1 to 10 (10 being fully committed and playing the game, 1 being standing on the sidelines), how committed are you to the Catholic Church? To Christ? Explain your answers.
5. Our verse from this first talk is: “For in him dwells the whole fullness of the deity bodily, and you share in this fullness in him.” – Colossians 2:10. What does it mean to you that you are called to share in the fullness of the life of Christ?
6. God wants to be in Full Contact with you. He wants to know who you are, fully. And He wants you to know him, fully. How does this affect your life? How do you respond to this invitation?

When finishing your Team Time, make sure to bring your Team Rally Flag with you to the main space.

Optional Activity: Presentation of Team Rally Flags

Ask each Team to stand and present their Team Rally Flag to the whole group. Make sure they share their Team name and ask each person in the group to share what they contributed to the flag. Have one adult leader collect all the flags after each group has presented. Keep these in one location until the end of the night, then have adult leaders hang them up in the main space before Session 2.

After all the Teams have shared, move the whole group into the chapel space or to the bonfire (if possible) for the closing prayer.

Closing Prayer

Lead a closing prayer for the night before free time. If possible, do this around a bonfire. Consider reading a Bible passage about the Holy Spirit or leading a time of intercessory prayer where every participant shares one prayer request.

Before dismissing the youth after the prayer, make sure to communicate the expectations for bedtime and wake up in the morning.

Free Time

If your schedule allows, it is good to give the youth some down time and consider a bonfire and s’mores.

Session #2: Full Disclosure

00:00	Opening Prayer and/or Praise & Worship Music
00:15	Trust Walk Activity
00:30	Talk #2: Full Disclosure
00:45	Team Time
01:15	Confession
02:30	End of Session 2

Objectives

The main goal of this time is to prepare the youth for the sacrament of Confession, which will be offered before lunch. This talk portrays Jesus as our coach who is looking out for our best interest and wanting us to succeed. Full Disclosure includes a challenge to be real about our weaknesses and failures. Sin builds up barriers that keep us isolated from God and from our community. The story of Zacchaeus is used to show how Jesus responds when we are open and real about our shortcomings.

Holy Spirit Connection

The talk encourages the youth to be *real* with themselves, with Jesus, and with others. This means being able to admit our faults. Throughout this talk, remind the youth that the Holy Spirit can help bring light to the areas of our lives that especially need God's grace. It is always good to pray to the Holy Spirit for the grace to make a good confession. This talk also mentions the importance of making an apology when we hurt another person. The Holy Spirit will be present to help us mend broken relationships in our lives.

Supplies

Trust Walk:

- Several objects that can be used as obstacles (chairs, sleeping bags, etc.)
- Blindfolds for half the group

Reconciliation:

- Folding chairs
- Computer, iPod, or other device to play reflective music
- Sound Speakers to amplify the music
- Reflective music playlist
- Examination of Conscience
- How to go to Confession Guides

Opening Prayer and/or Praise & Worship Music

Gather everyone for prayer either in the chapel or the main space. If you have someone who can lead music, it would be good to begin with 2-3 songs. You can also consider a rosary or morning prayer from Liturgy of the Hours.

Activity: Trust Walk

Set up:

Find an open space that can be used for the Trust Walk activity. Ideally, this activity is best done outside, if weather allows. If done outside, find a location where there are a few natural obstacles that the pairs will need to navigate (trees, rocks, hills, etc.). If done indoors, the space will need to be set up in advance with obstacles between two clearly marked beginning and end points.

Directions:

Ask students to pair up and ask one person in each pair to put on a blindfold. The person blindfolded should be spun several times and then led to the starting point of the walk. The goal is for the one who is blindfolded to make it safely from the starting point to the end point by only listening to the instructions from their partner. After completing the activity, the partners should switch so that everyone has a chance to be blindfolded.

Consider the following tips:

- It is suggested that you have at least 2 pairs in the trust walk at a time, and that you have more than one path set up.
- Each path should have an adult present to help facilitate the activity. Split the group evenly among the different paths.
- If possible, use an outdoor space. If an indoor space must be used, clear a central area that can be designated as the obstacle course and then place several obstacles in the middle of the path (chairs, sleeping bags, pillows, etc.).

At the end of this activity, gather the group back together in the main space. If desired, here are a few questions to ask the full group about the experience.

- What did it feel like to be blindfolded? How easy/difficult was it to hear and concentrate on the instructions from your partner? Did anyone hit an obstacle?
- What did it feel like giving directions? Did you feel that your partner listened to you well? What was difficult about this role?

Talk #2: Full Disclosure (15 minutes)

Summary: This talk discusses that there are barriers to being in “full contact” with God and how we become REAL with ourselves and with God. In keeping with the sports analogy, there are barriers that keep us from playing the game: being scared about being tackled, knowing it’s easier to be a bystander, not fulfilling the responsibilities of the position on the field, etc. However, we often have a coach who challenges us, encourages us, and pushes us (video clip, link below). The coach knows the game, creates the playbook, puts together the team to play to strengths. In a similar way, God is our coach; our God makes the craziest play of all—dying on the cross for us—and he wins the game! Now He is working with the team to get each player to victory. We need to listen to our coach. We can see this in the story of Zacchaeus, who was the runt of the team; he got everything he had by hanging out with the team bullies and acting poorly to his other teammates. Zacchaeus was also real about his limitations, his height, and the fact that he was sinful. He wasn’t afraid to do something that seemed a little foolish to see Jesus. Jesus’ response is to call Zacchaeus by name and visit him in his home because He wants to be present with Zacchaeus; in that, Zacchaeus found “salvation.” We too need to be real with ourselves about faults/weaknesses/sins and bring these to God. When we do this, it enables us to be a better “player” because Jesus strengthens us to face our weaknesses and overcome them. As in the story of Zacchaeus, when he was real about his faults and brought these to Jesus, he was filled with joy. Speaker may share a time when s/he was real about faults/weaknesses and what happened when s/he brought this to God.

References to Include in Talk:

- *Luke 19:1-10:* He came to Jericho and intended to pass through the town. Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that

way. When he reached the place, Jesus looked up and said to him, “Zacchaeus, come down quickly, for today I must stay at your house.” And he came down quickly and received him with joy. When they all saw this, they began to grumble, saying, “He has gone to stay at the house of a sinner.” But Zacchaeus stood there and said to the Lord, “Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over.” And Jesus said to him, “Today salvation has come to this house because this man too is a descendant of Abraham. For the Son of Man has come to seek and to save what was lost.”

- *Optional Video from “Facing the Giants”:* <https://www.youtube.com/watch?v=-sUKoKQIEC4>

Team Time Questions for Session #2

1. What stood out to you from this talk?
2. Do you think Jesus is like the coach in the video clip? Why or why not? Do you trust Jesus as your coach?
3. Have you ever had to apologize to someone in person? What happened in that situation? How did the person respond to the apology?
4. In the story of Zacchaeus, Jesus called Zacchaeus by name and asked to come to his house. If Jesus asked to come visit your home, what would you do? How would you feel? Excited, anxious, ashamed? Why?
5. Take some time with your group to go through the examination of conscience.

Reconciliation

While the retreat participants and small group leaders go to Team Time, at least one adult should remain available to set up for Reconciliation and greet the priest(s) who will be arriving. When setting up for Reconciliation, it is good to remember a few items:

- Set up Reconciliation in a way that allows for a good amount of space between priests and an easy line for waiting so that penitents are not overheard.
- Prepare a playlist with instrumental music or Gregorian chant to create a reflective atmosphere.
- If you are not able to hold adoration later in the retreat, consider doing it during this time.
- Think about the size of your group and try to have 1 priest available for every 10-12 youth.

Reconciliation is scheduled for an hour, but realistically, it may take a little longer than that. It might be good to encourage them to keep this free time prayerful and reflective. Consider having additional prayer activities available after the youth receive the sacrament, such as a Divine Mercy Chaplet station, a Lectio Divina reflection, or adults sitting at candles to do intercessory prayer with. Another activity that can last the whole retreat is giving youth the ability to write each other affirmation letters; this can be introduced during this time and then available until the closing Mass. Encourage the teens to go to Reconciliation before participating in the other activities, as the sacrament is the most important part!

Session #3: Full House

00:00	Opening Prayer and/or Praise & Worship Music
00:15	Talk #3: Full House
00:30	Personal Reflection
01:15	Team Time
02:00	Organized Game (suggested: Capture the Flag)
03:00	Free Time
04:00	Dinner

Objectives

The purpose of this session is to reflect on the importance of the Church. In the Scripture story, the paralytic's friends were the one who took him to Jesus to be healed. In this session, the youth will be challenged to think of how they can bring their friends to Christ. They will also be asked to reflect on the importance of community while following Christ. The aspect of community leads to the idea of church, and this session should also emphasize the beauty and fullness contained within the Catholic Church.

Holy Spirit Connection

The Holy Spirit is an integral part of the Catholic Church. The Church was initiated at the feast of Pentecost when the Holy Spirit descended upon the Apostles, and they were empowered to go out and proclaim the Good News about Christ. The Holy Spirit has protected the Church during the thousands of years of history since Christ rose from the dead. The Holy Spirit still directs and animates the Church through its leaders (pope, bishops, priests) and its members (all Catholics). In the story of the Paralytic, the Holy Spirit inspired the Paralytic's friends to take him to Christ. Today, the Holy Spirit continues to inspire work through us to share Christ's presence with our friends and others around us.

Supplies

Personal Reflection Time:

- Paper for everyone
- Pens for everyone
- *Letter to Self Option:* Envelopes
 - If being mailed out, include directions on how to address an envelope
- Markers and pencils for those who want to draw

Capture the Flag:

- Two flags (cones, bandanas, Frisbee, old toys)

Opening Prayer and/or Praise & Worship Music

Gather everyone for prayer either in the chapel or the main space. If you have someone who can lead music, it would be good to begin with 1-2 songs.

Talk #3: Full House (15 minutes)

Summary: This talk discusses that we are part of a community that leads each other toward Christ. In the story of the paralytic, we often overlook some of the most important players: the friends. The paralytic's friends have heard that Jesus can perform miracles, and they want a miracle for their friend. They try to bring the paralytic into the house, but it is totally full. So, they have to find another way to get their friend to Jesus. They bring him to the top of the roof, which is no easy task; it requires a ladder, rope, a stretcher, and maybe even hammers or other tools to make a hole once they get to the roof.

When the friends finally lower their friend to Jesus, Jesus tells the paralytic that his sins are forgiven. This may have disappointed the friends because they were looking for physical healing. However, Jesus does heal the paralytic physically as a sign of the paralytic's spiritual healing. For Jesus, the spiritual healing is the most important. And without the paralytic's friends, the paralytic would have never been healed physically or healed from his sins. These friends were not just any friends—they were his community. Like the paralytic, we too need community to support us, encourage us, be sad with us. In our lives, we will also have moments of being the characters in this story: sometimes we are the paralytic who needs his friends to help him find Jesus and experience healing, and sometimes we are the friends who are being asked for help. Throughout the retreat, we have been using sports analogies. We need our teammates in order to win. In a similar way, we need others to walk with us toward Christ. Speaker may share a time when s/he helped a friend find Christ or when a friend helped her/him find Christ.

References to Include in Talk:

- *Luke 5:17-26* "One day as Jesus was teaching, Pharisees and teachers of the law were sitting there who had come from every village of Galilee and Judea and Jerusalem, and the power of the Lord was with him for healing. And some men brought on a stretcher a man who was paralyzed; they were trying to bring him in and set [him] in his presence. But not finding a way to bring him in because of the crowd, they went up on the roof and lowered him on the stretcher through the tiles into the middle in front of Jesus. When he saw their faith, he said, "as for you, your sins are forgiven." Then the scribes and Pharisees began to ask themselves, "Who is this who speaks blasphemies? Who but God alone can forgive sins?" Jesus knew their thoughts and said to them in reply, "What are you thinking in your hearts? Which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—he said to the man who was paralyzed, "I say to you, rise, pick up your stretcher, and go home." He stood up immediately before them, picked up what he had been lying on, and went home, glorifying God. Then astonishment seized them all and they glorified God, and, struck with awe, they said, "We have seen incredible things today."

Personal Reflection Time

After the talk, the participants will begin a time for personal reflection. Give the directions for the three options below and allow the youth to choose one. Make sure you give directions to the participants about when and where to gather after the personal reflection time for the next Team Time meeting.

- Option 1: Journal Questions
 - What questions do you have about the Catholic Church and what the Church teaches?
 - Who is someone in your life who is in need of Christ? Why?
- Option 2: Write a letter to yourself
 - How do you feel about being confirmed in the Catholic Church? What questions do you have about the Catholic Church?
 - Where do you hope to be in your faith journey one year from now?
- Option 3: Draw your Faith Journey
 - Draw the key points from your life.
 - When were your high points? Low points?
 - When did you feel close to Christ and the Church? When did you feel distant?

Team Time Questions for Session #3

1. How did your reflection time go? Are there any thoughts you would like to share? If anyone did the drawing, would you like to share?
2. Re-read the story of the Healing of the Paralytic. Ask the participants to pick a character in the story and follow the story through that character's eyes.
3. What character did you choose? What did the scene look like from their eyes? What is your character thinking or feeling?
4. Do you feel like there are people in your life who have brought you to Christ? Who? How did they bring you to Christ?
5. Think of your friends. Can you think of one or two friends who may need you to help them find Christ? What is one way you could work toward that goal the next time you see that person?

Organized Game: Capture the Flag

Before giving instructions for this game, take some time to explain how it relates to our retreat:

- The last talk focused on the idea that we need each other in this life. The paralytic needed his friends, who were his community.
- Capture the Flag is a game that works best when people work together to achieve the goal.

In capture the flag, two teams hide an object ("the flag") on their territory. Usually, the territory is made by splitting a playing area in half with cones, trees, or other markers. Your team tries to take the opponents' flag and bring it back to your territory before they find yours. To defend your flag, you can tag any opponent on your territory and send them to "jail" until they are tagged by their teammate to be set free. The first team to capture the other's flag wins! Here are a few guidelines for the game:

1. First and foremost, designate the center line dividing your territory. Consider creating a neutral zone in the middle where people can move without being tagged. Then decide where to make the boundaries of the playing field.
2. Once the boundaries are set, each team will hide their flag and decide how to defend it. The flag must be visible from one angle (not underneath a covering or stuffed in a mailbox). The flag cannot be tied down or wedged -- you need to be able to grab it as you run past.
3. Pick "penalty boxes" for each team. Jail is where a player goes if they get tagged by an opponent. If your teammate is tagged, you can run over and tag them to "free" them again. Penalty boxes are usually picked right in the center of each team's territory, and they should both be the same distance from the center line for each team.

Free Time

Allow the youth to have some free time to decompress and relax before the evening.

Session #4: Full Presence

00:00	Opening Prayer and/or Praise & Worship Music
00:15	Talk #4: Full Presence
00:45	Adoration
01:45	Team Time & Skit Planning
02:24	Skit Presentations
03:15	Closing Prayer
03:30	Free Time
05:00	End

Objectives

This session is focused on prayer being an encounter with Christ. Using the story of the Samaritan Woman at the Well as an example, this session will delve into the idea that when we encounter Christ, we go away changed. The talk should include a strong personal witness from speakers about how this has happened in their lives. This session also includes an hour of adoration to allow the youth time to pray and encounter Christ themselves.

Holy Spirit Connection

"No one can say, 'Jesus is Lord,' except by the Holy Spirit." (1 Corinthians 12:3). This talk explains how prayer puts us in full contact with God. The Holy Spirit is present every time we pray. The Holy Spirit enables us to be in communication with God and allows us to hear when God speaks to our hearts. In the movie clip (link below), one young football player decides to stand up and share deeply with his teammates. In our lives, the Holy Spirit is the one who enables us to be bold and courageous. It is difficult to be real with each other and with God, but through the Holy Spirit, we can do both. Each of the participants already have access to the Holy Spirit through the gift of their Baptisms. Through the sacrament of Confirmation, the Holy Spirit will be sealed and strengthened in each of them. We should all desire to be filled more with the Holy Spirit and to allow him to work in our hearts.

Supplies

Adoration Supplies:

- Priest or deacon to lead adoration time
- Consecrated host and tabernacle where Eucharist can reside until adoration begins
- Copies of the adoration hymns and responses
- Candles (at least 2) and matches
- Monstrance and corporal
- Cope/Humeral Veil/Stole
- White tablecloth
- Reflective music playlist and speakers (if not live music)
- Thurible, incense, and charcoal (optional)

Skit Supplies:

- Scripture verses and themes
- *Optional:* props and costumes

Opening Prayer and/or Praise & Worship Music

Gather everyone in the chapel or main space for prayer. If you have a music minister, it would be good to begin with 2-3 songs.

Talk #4: Full Presence (30 minutes)

Summary: This talk explains that encountering Jesus in a real way changes us, just as in the story of the Woman at the Well. To put the story in perspective, women at that time would typically go to the well in the morning to get water for the day and to spend time with other women. This particular woman could not go to the well with everyone else because she was shunned and was not in full contact with her community. This woman was not looking for Christ, but He came up to her at the well. In their conversation, it becomes apparent that He knows the struggles in her life, mainly looking for love and fulfillment in multiple marriages, but each husband leaves her disappointed/hurt. This is similar to our culture—we are constantly seeking entertainment/activities, thinking that these things will make us happy; yet, we keep coming away unfulfilled. So, we turn to our social activities, grades, followers on Instagram; but in the end, we are left feeling unsatisfied because there is always another event going on, always another grade to make, always more followers to gain. We are only fully satisfied when we allow Jesus to fill us. In the story, Jesus offers Himself as the living water; He is all this woman needs to find fulfillment and peace. This encounter with Jesus changed the woman, and she can't contain her joy. She runs back into town to tell her community about Jesus—the same community that she had been avoiding. She is no longer afraid. She has to go out and share this Good News with other people immediately. When we encounter Jesus, we come away changed. By entering into conversation with Him, learning what is on His heart, and joining His team, we are fully present with Him as He is fully present with us. We can be part of His win, His victory! Speaker may explain prayer/why it is important and an experience when s/he encountered Jesus.

References to Include in Talk:

- *John 4:4-42 (excerpts below):*

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." [The woman] said to him, "Sir, you do not even have a bucket and the well is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this well and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Anointed; when he comes, he will tell us everything." Jesus said

to her, "I am he, the one who is speaking with you." The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Messiah?"

- *Optional YouTube Clip of "When the Game Stands Tall, I Play For You":*
<https://www.youtube.com/watch?v=ltqMjNnDD6g>

Eucharistic Adoration

After the talk, the group should transition into a time of adoration. If possible, dim the lights to encourage a more prayerful tone. Speak to the priest/deacon leading adoration prior to the retreat and see if he has a preference on opening hymns and prayers as well as the closing benediction rite. During adoration, consider having a mix of prayerful music and silence.

After Adoration ends, give the youth a chance for a short break and snack before they return to Team Time locations. At this time, assign each small group leader a miracle story and sports theme for their Team's skit.

Team Time for Session #4

You will have 60 minutes for this Team Time, and you will need to prepare for the skits as well. Spend about half of your time on the discussion questions and the rest of the time on skit planning.

1. What are your initial thoughts to this time of adoration? What did you experience tonight?
2. How often do you usually pray? What does that prayer time typically look like?
3. Do you want to change your prayer habits after this retreat ends? Why or why not? How can you make that change?

Skit Planning in Team Time

Each Team will receive a different miracle story from the Bible. Your goal is to reenact this story as it would be told in modern times, with a sports theme attached to each story. Be creative and include your whole Team!

Miracle Stories:

- 10 Lepers (Luke 17:11-19)
- The Healing of a Centurion's Servant (Matthew 8:5-13)
- The Walking on the Water (Matthew 15:22-33)
- The Feeding of the Five Thousand (Mark 6:34-44)
- The Raising of Lazarus (John 11:1-44)

Sports Themes:

- In the stands at a college football game
- While swimming a relay race
- As a coach motivating his team in the locker room
- In TV sports announcer voices
- As gymnasts during the Olympics

Skit Presentations

As the Teams come up to present their skit, make sure they announce their Team Name first. They can either announce what Bible story and theme they will be acting out or ask the rest of the group to guess at the end of the skit.

Closing Prayer

Make sure to close your night in prayer. Consider asking an older teen to lead a free-form prayer.

Free Time

This is the longest day of the retreat. It is good to give the youth some free time at the end of the night to talk and be social with each other. Break out the games, play a short movie, and have fun!

Session #5: Full Hold

00:00	Opening Prayer and/or Praise & Worship Music
00:15	Puzzle Activity
00:30	Talk #5: Full Hold
00:45	Team Time
01:15	Witness in Larger Groups
01:45	Mass
02:45	Depart

Objectives

The goal of this final session is to challenge the youth to make Confirmation the beginning of their journey with Christ. Christ has full hold of us, but we have to respond by allowing him to lead and guide us. The final Team Time will give the participants time to reflect on their personal witness story in order to share it with others when the opportunity arises.

Holy Spirit Connection

Jesus has a mission for each of the participants on this retreat, and the sacrament of Confirmation will help give them the tools they need to accept that mission. The gifts of the Holy Spirit—wisdom, knowledge, counsel, understanding, fortitude, piety, and fear of the Lord (wonder and awe)—are the tools that God gives us to complete this mission. These gifts are given so that all the faithful can help spread the Good News of Jesus to “all the ends of the earth.” Through the Holy Spirit, we are invited into our particular mission and then given the gifts and tools we need to complete the mission.

Supplies

Puzzle Activity

- 1 50-piece puzzle per Team. Take puzzle pieces out of box and place in plastic bags.
- Keep 75% of one puzzle together in each plastic bag.
- Mix up the remaining puzzle pieces and distribute 25% of this mixed variety into each bag.

Team Time

- Importance of Witness Handout
- Pens

Mass Needs

- Hosts, wine
- Chalice, ciborium, corporal, purificators, paten
- Lavabo dish and towel
- 2 Cruets
- Roman Missal
- Readings for Mass
- 2 altar candles and matches
- Celebrant vestment/stole (check liturgical color needed)
- *Optional:* Worship Aid or PowerPoint for responses and lyrics

Liturgical Ministers

For Mass held at Retreat Center

- Lector: 1st Reading

- Lector: Responsorial Psalm
- Lector: 2nd Reading
- Lector: Prayers of the Faithful
- Gift Bearers (2)
- Extraordinary Ministers of the Eucharist (3)
- Music Minister and Choir

Opening Prayer and/or Praise & Worship Music

Gather everyone for prayer either in the chapel or the main space. If you have someone who can lead music, it would be good to begin with 2-3 songs. You can also consider a rosary or morning prayer from Liturgy of the Hours.

Puzzle Activity

Supplies:

- 1 50-piece puzzle per Team. Take puzzle pieces out of box and place in plastic bags.
- Keep 75% of one puzzle together in each plastic bag.
- Mix up the remaining puzzle pieces and distribute 25% of this mixed variety into each bag.

Each team will be given a bag full of puzzle pieces. Each bag should contain approximately 75% of the pieces from one puzzle. The other 25% of the pieces should be a mix of pieces that belong to puzzles from other groups in the room. The teams will be asked to put the puzzle together as quickly as possible. Eventually, they will get to a point when they realize that they do not have the materials they need to finish their puzzle. Hopefully, they will realize that the other pieces are in the room, but they need to work with the other teams to accomplish the goal.

What was the point?

- Each Team was not given all the equipment/tools they needed to complete their task.
 - Tools were available here in the room, but their goal took longer because of the extra step of having to search.
- As we continue into the final talk of the retreat, remind the youth that without Confirmation, they do not yet have all the tools they will need to do what God is asking them to do.
- Through the sacrament of Confirmation, they will be given FULL ACCESS to the skills (aka the gifts of the Holy Spirit) they need to say Yes to Christ and to live fully their life with him.
- Confirmation is a step on the journey to prepare you for the mission that God has prepared just for you.

Talk #5: Full Hold (15 minutes)

Summary: Throughout this retreat, we have been taking a deeper look at how to live out our Catholic faith more fully today. Similar to a full contact sport in which we have to be fully engaged both in mind and body to effectively play the game, we must be willing to engage our minds, bodies, and souls to be disciples of Christ and His Church. If we continue the sports' analogy, though, we have left out one key component: God has already chosen us to be on His team. At our Baptism, God adopted us as His sons and daughters. Through Confirmation, God empowers us to more fully participate in His mission. But, how do we do this? As we know, Jesus came to show us how to live. He died and rose from the dead to reconcile us to heaven, then He returned to teach His apostles, but not for very long. Before Jesus ascends to heaven, He says to His apostles in Acts 1:8, "But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the

ends of the earth.” Let us put ourselves in the shoes of the apostles at the Ascension for a moment. They have traveled and learned from their beloved Teacher for years only to watch Him be crucified. They were afraid that they would be next since they were His students. Then the unimaginable happens: their Teacher rises from the dead. And after only a few weeks when the disciples have just begun to process this miracle, Jesus leaves them again. This time He leaves them with the responsibility to be his witnesses and share with everyone about His teachings and the good news of salvation to the ends of the earth. The apostles must have been a bag of mixed emotions: sad to see their friend leave again, startled to see Him rise into heaven, and terrified at the prospect of a seemingly impossible task to spread a message that could get them killed. So after Jesus ascends into heaven, they go and hide in an upper room. Fortunately for the disciples, though, Jesus knew that He was asking the impossible of them and that they could not do it alone, so He tells them that He will send His Holy Spirit to them. And when the Holy Spirit does come upon the disciples in the upper room at Pentecost, they are no longer afraid. They are given what they need (courage, speaking in other languages, etc.) in order to spread the Gospel throughout the world. Through the sacrament of Confirmation, we receive the same, powerful Holy Spirit to do the impossible and spread the Gospel to those we meet. The Holy Spirit equips us with gifts—the gift of wisdom, knowledge, counsel, understanding, fortitude, piety, and fear of the Lord—that empower us to live and share our Catholic faith out in the world. God has a full hold on us, and in a special way through Confirmation, He invites us to participate in His mission with Him. Will we respond to His invitation? Speaker may share a time when s/he experienced a gift of the Holy Spirit to help him/her share the Gospel.

References to Include in Talk:

- *Acts 1:8*: “But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.”
- *Ephesians 6:10-11*: “Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil.”

Team Time for Session #5

This team time will have two parts. First, a response to the final talk. Second, we want to talk about the idea of being a “witness” and help the youth begin to discover their witness story. Begin with the discussion questions below before moving on to the witness portion.

1. What is your response to this final talk? What are you thinking/feeling now?
2. Are you *fully* committed to any of the activities you participate in? Is there one group or activity that you prioritize above the others? How do you decide what is most important?
3. On a scale of 1 to 10 (10 being fully committed and playing the game, 1 being standing on the sidelines), how committed are you to the Catholic Church? To Christ? We asked this question after the 1st talk. Now that we are at the end of the retreat, why do you want to continue playing on the Catholic Church’s team?
4. God has a full hold on each of our lives. How can we live in that truth as we go back to our normal lives?

Importance of Witness

Please make copies of the Importance of Witness handout (found at the end of this guide) and give a copy to each Team Member along with a pen. The final portion of this Team Time will be a chance for the youth to reflect individually about their personal witness story.

Activity: Large Group Witness

This final part of the retreat is a chance for the participants to share their witness story. Explain that they should use their worksheet as a guide as they share their story with this larger group. This is a chance to practice sharing their witness with others, and all the youth should be encouraged to say something. Encourage the group to be supportive and positive while the volunteers share their witness.

Mass

The retreat will end with the celebration of Mass together. This could be done at the retreat center or at your home parish. If celebrated at the retreat, make sure to prepare the chapel space in advance (list of supplies below). If celebrated at your home parish, make sure to schedule in travel time along with time to pack up and load the participant's belongings into the vehicles. No matter where the Mass is celebrated, consider asking the priest to confer a special blessing on the confirmation candidates during the Mass.

Special Blessing for Confirmation Candidates

*Heavenly Father, lover of all,
we praise you for giving us Jesus as our Savior:
Look with love upon these young people preparing for the sacrament of Confirmation
and protect them with Your love.
May they grow in wisdom and age and strength
in Your presence and in the sight of all.
Be with them as they prepare to receive the fullness of the gift of the Holy Spirit
And to be your witness in the world.*

*We ask this blessing, Father,
through Your beloved Son, Christ our Lord,
in union with the Holy Spirit.
Amen.*

Handout for Session #5: Importance of Witness

“But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.” —Acts 1:8

At your Confirmation, you will be sealed with the gift of the Holy Spirit who will empower you to be a witness to “the ends of the earth.” What does it mean to be a witness? How do you share your story with a friend? A teacher? A brother or sister? A good witness story includes three points (see below). Take some time to reflect on how you would explain these three points for your life.

1. What your life was like before you encountered Christ.
2. When you encountered Christ.
3. How your life changed because of this encounter.

A good witness talk is also brief. Take your reflections above and write out a witness story that could be shared in 3-5 minutes.

