



# Chosen

Your Journey to Confirmation

## **LEADERSHIP FORMATION WORKSHOP**



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This workshop is designed to help your team grow in a clear and unified vision of Confirmation preparation.

Here's what is included:

- ➔ A four-part video series to frame the event
- ➔ A brief outline to reinforce and support each segment
- ➔ Small group questions

Gather your team, and include all who will be involved in forming the candidates. We recommend scheduling a three-hour workshop that occurs before you begin *Chosen*.

Set up a conducive environment where your team can view the videos and comfortably discuss the questions in small groups. (This will vary depending on the size of your team. Aim for groups of three to eight.)

### Suggested Session Structures

- Part 1: Welcome and Introduction – Team Building ..... 30 minutes
- Part 2: Fostering a Culture..... 45 minutes
- Break..... 15 minutes
- Part 3: Small Groups..... 45 minutes
- Part 4: Lifelong Discipleship and Program Content..... 45 minutes

# INTRODUCTION

## Forming Your Team

Forming and focusing your team can make all the difference in regard to the effectiveness of your Confirmation program. The Scriptural author of Hebrews talks about a cloud of witnesses that surrounds and encourages us to be rid of burdens and sins so we can fix our eyes on Jesus (see Hebrews 12:1). More than anything else, your Confirmation team should be that cloud of witnesses for your candidates and for one another. Giving them a chance to connect with God, their mission, and one another will encourage their witness.

This leadership formation resource, along with helping your team develop a unified vision, will offer concrete and practical help with the components of the program, small group dynamics, and logistics. As a focused, unified, and energized team, who is comfortable with the resources provided for them, they will serve the candidates and implement *Chosen* far more effectively. Also, since *Chosen* is designed to work as a small-group-driven study, spending some time in their own small-group-driven experience will be most helpful for your team.

## Feeding Your Team

This resource is meant to help with the vital work of spiritually feeding and energizing your team. St. Bernard of Clairvaux put it this way:

*The one who is wise, therefore, will see his life as more like a reservoir than a canal. The canal simultaneously pours out what it receives; the reservoir retains the water till it is filled, then discharges the overflow without loss to itself. ... Today there are many in the Church who act like canals. The reservoirs are far too rare. ... You too must learn to await this fullness before pouring out your gifts. Do not try to be more generous than God.*

## Forming and Feeding the Whole Program

As they journey toward Confirmation, candidates and their families can and should encounter a team that is joyful, peaceful, and engaged because they are filled, enthused, and overflowing with God's grace. This three-session program is meant to be an interactive, formative, and community-building experience for your team. This resource includes a guide for the facilitator, a video for each session, a set of small group questions, and a set of recommended activities to accompany each session. The tone and environment for your team formation sessions set the tone for your candidate sessions. An environment that is welcoming, personally invested, and Christ-centered (and that has great snacks) will go a long way.

# Part 1: Welcome and Introduction - Team Building

## VIDEO OUTLINE

- Thank you for saying yes to the invitation to be a part of Confirmation preparation in our parish! Like the candidates, you, too, have been chosen by God. Taking this time to deepen your vision, grow with your team, and further open yourself to the Holy Spirit will be invaluable.
- The vision of *Chosen* is to form lifelong disciples who will thrive in their Catholic Faith. This formation resource is designed to help you to work toward that goal, whatever your role on the Confirmation team may be.
- This is an outline of the next three sessions:
  - > **Culture:** In this session, we will look at building a culture that promotes discipleship among the candidates.
  - > **Small Groups:** In this session, we will work on honing our skills as small group leaders who can listen, facilitate great discussion, and help candidates grow in their journey toward Confirmation.
  - > **Components:** In this session, we will learn about the architecture of the *Chosen* program and how to best use the components to help your candidates become thriving disciples of Jesus Christ.

## NOTES

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## SMALL GROUP QUESTIONS

1. Introduce yourself to everyone at your table. What is your name? What are three important things about you?
  - A.
  - B.
  - C.
2. How did you get to be a part of this team? What do you hope to bring to the candidates?
3. What do you hope to get out of this formation workshop?

## Part 2: Fostering a Culture

### VIDEO OUTLINE

- Shaping the culture of your program is crucial; everyone involved should be striving for the same goal.
- There are three things to consider when looking at the culture surrounding the candidates:
  1. Parent and sponsor engagement can make a huge difference to the outcome for your candidates.
  2. Establishing a “zone of freedom” for your candidates helps create an environment where they can truly be themselves, grow, form relationships, and become disciples.
  3. Making the sacraments central to the program will have a lasting effect. Make the Mass the source and summit of your program, and make Reconciliation readily available.
- The resources of *Chosen* are designed to foster a culture of encounter and evangelization.

### NOTES

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### SMALL GROUP QUESTIONS

1. Describe the current level of engagement of your Confirmation parents with the practice of the Catholic Faith and the faith formation programs in your parish.
  
  
  
  
  
  
  
  
  
  
2. What are some practical steps that you could implement to help make your parish environment a “zone of freedom”?
  
  
  
  
  
  
  
  
  
  
3. What are three ways that your parish could increase the overall engagement of its parishioners and, in particular, its parents?

## Part 3: Small Groups

### VIDEO OUTLINE

- A small group setting seeks to do more than present content for candidates to memorize and retain. In a small group, candidates process and grow together. *Chosen* combines strong teaching elements with a small group model.
- The facilitator’s role is to foster conversation between young people about the content of their Faith.
- There are ways to engage candidates who seem unwilling to share or balance those who may dominate small group time.
- Here are three tips for facilitators:
  - > Be a small group leader with a stethoscope. Listen with the ear of the heart so that you can learn who your candidates are and how to best engage them.
  - > Look at, love, and challenge your candidates. See them for who they are, love them where they are, and once trust and credibility are established, challenge them to be their best.
  - > Be patient. Guiding a small group toward genuine bonding and sharing takes time.

### NOTES

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### SMALL GROUP QUESTIONS

1. What was your best and worst small group experience? Why do you think it was so?
  
  
  
  
  
  
  
  
  
  
2. How is the role of a small group leader distinct from a classroom instructor? What are the benefits for ministry?
  
  
  
  
  
  
  
  
  
  
3. What challenges do you think you might face as you try to “look [at], love and challenge” your candidates?

