

Confirmation Retreat Template 2026

Loved, Necessary, Chosen – Faith, Not Fear

Diocese of Kildare & Leighlin

Purpose of the Retreat

This retreat offers children a sacred space to reflect, pray, and celebrate their journey of faith.

It may be facilitated **before** Confirmation (as preparation) or **after** Confirmation (as renewal).

Whether held in school or parish, the retreat aims to help confirmandi:

- Reflect on being **Loved, Necessary, and Chosen by God**
- Recognise that Confirmation is a *beginning*, not an end
- Deepen awareness of the **Holy Spirit's Gifts and Fruits**
- Experience peace through Christian meditation
- Build confidence and wellbeing rooted in faith

Analogy:

The difference between Christmas Eve and Christmas Morning —

On Christmas Eve we wait with excitement for what's to come.

On Christmas Morning we open our gifts and begin to enjoy them.

Confirmation is the same: before the Sacrament, we prepare and wait; after it, we open and live the gifts of the Holy Spirit each day.

Retreat Overview

This template can be used flexibly — adapted for a **half-day** or **full-day** retreat.

Suggested Timing

Time	Activity	Theme
09:30	Welcome & Icebreaker	Building community
09:50	Opening Prayer & Reflection	Loved, Necessary, Chosen
10:10	Session 1: Loved	God's unconditional love
10:40	Quiet Reflection / Journaling	Gratitude and self-worth
11:00	Break	Fellowship
11:20	Session 2: Necessary	Purpose and gifts
11:50	Group Activity – Body of Christ	We all belong
12:10	Christian Meditation	Peace and inner stillness

12:30	Session 3: Chosen	Living faith in action
13:00	Closing Liturgy	Thanksgiving and commitment

Leader Guidance

- Ensure a calm, prayerful atmosphere — use soft instrumental music during transitions.
 - Each session combines **Scripture**, **discussion**, and **activity**.
 - Allow space for silence and creativity
 - Connect each reflection to the **Grow in Love Level 8** Confirmation lessons.
 - Cross-curricular integration: SPHE (emotions, belonging), English (journaling), Art (symbol-making), Music (liturgical songs).
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Opening Prayer and Reflection

Invite the pupils to sit in a circle or semicircle.

Play gentle background music (*Spirit Filled Day* or *Christ Be Our Light*).

Leader says:

“You are here because God wanted you here.
You were created with love.

You are necessary in this world — your kindness and joy make a difference.

And you are chosen — called by name to bring light to others.”

Pause in silence, then pray together:

Loving God, thank you for creating us in your image.

Help us to know we are Loved, Necessary, and Chosen.

Fill us with your Spirit so that we may live with faith, not fear. Amen.

Session 1 – LOVED

Scripture

“Do not be afraid, for I have redeemed you; I have called you by name, you are mine.”

— Isaiah 43:1

Discussion Prompts

- What does it mean to be loved by God?
- How does God show love in our lives?
- How do I show love to others?

Activity – “Wall of Love”

Each pupil writes their name and a phrase that completes the sentence:

“I am loved by God because...”

Attach each note or paper flame to a wall or display.

Journal Prompt

- One time I felt loved was...
 - Someone who helps me feel God's love is...
 - I can show love by...
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Session 2 – NECESSARY

Scripture

“For I know the plans I have for you,” says the Lord, “plans for peace and not disaster, to give you a future and a hope.”

— Jeremiah 29:11

Discussion Prompts

- What special gifts or talents has God given me?
- How can I use them to help others?
- How does my uniqueness make me important to the Body of Christ?

Activity – “The Body of Christ”

Draw a large body outline on a poster.

Label each part with a gift or quality (e.g., eyes = compassion, hands = service, heart = kindness).

Invite pupils to add their names to the part that reflects their gift.

Music Suggestion

For I Know (The Plans I Have for You) – K. Memley
[YouTube](#)

Journal Prompt

- I feel needed when...
 - My gifts can bring joy by...
 - God's plan for me might include...
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Session 3 – CHOSEN

Scripture

"You did not choose me, but I chose you. And I appointed you to go and bear fruit — fruit that will last."

— John 15:16

Discussion Prompts

- How does it feel to know that God chose you?
- What kind of "fruit" can you bear through your actions?
- How can I live as a follower of Jesus after Confirmation?

Activity – "Faith in Action Tree"

Each participant writes on a paper leaf one way they will live their faith (e.g., "help others," "pray more," "forgive").

Attach the leaves to a tree branch or poster board.

Music Suggestion

Journal Prompt

- God has chosen me to...
 - I can bring light to others by...
 - I will share my faith by...
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Christian Meditation – “Faith Not Fear”

Leader Introduction

“We are going to spend a few quiet moments with God.

We will use an ancient Christian prayer word: *Maranatha*, which means ‘Come, Lord Jesus.’

Sit quietly, close your eyes, and breathe slowly.

Gently repeat the word ‘Maranatha’ in your heart.”

Pause for 3–5 minutes of silence.

Afterward, ask:

- How did it feel to be still?
- What word or image stayed with you?

Research by Dr Noel Keating (WIT, 2016) shows that meditation helps children find calm, focus, and a deeper sense of God’s love.

Music Suggestion

Come Holy Spirit – Grow in Love Level 8

[YouTube](#)

Closing Liturgy – “Faith, Not Fear”

Scripture

“God did not give us a spirit of fear, but of power, love, and self-control.”
— 2 Timothy 1:7

Structure

1. **Song:** *Shine, Jesus, Shine* – Graham Kendrick
2. **Reading:** 2 Timothy 1:7
3. **Symbolic Action:** Light three candles labelled *Loved, Necessary, Chosen*
4. **Prayer of Commitment:**

“Holy Spirit, help me open your gifts every day.
May I live with faith, not fear, and bring light to the world.”

5. **Song:** *Fan the Flame* – Liam Lawton
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Post-Confirmation Retreat Option

This retreat can also be offered **after Confirmation**, as a way to reflect on the continuing journey of faith.

Theme: *Opening the Gifts of the Spirit*

Analogy:

On *Christmas Eve*, we wait and prepare; on *Christmas Morning*, we open and begin to use our gifts.

The same is true for Confirmation — the day itself is only the beginning. The Holy Spirit's gifts are received during the Sacrament, but we spend our lives unwrapping and using them.

Activity – “Gift Box of the Spirit”

Provide seven boxes (or paper bags) labelled with the Gifts of the Holy Spirit:

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Fear of the Lord.

Invite pupils to write a way they can “open” each gift in daily life (e.g., *Wisdom = helping a friend choose kindly*).

Seal them and revisit at the end of the school year.

Song Suggestion

Spirit Filled Day – Mary Amond O'Brien

[YouTube](#)

Closing Prayer

Loving God,

Thank you for calling us by name and sending us your Spirit.

Help us to remember that we are Loved, Necessary, and Chosen.

Give us courage when we are afraid,
peace when we are anxious,
and joy as we share your gifts.

May we open the gifts of your Spirit every day
— wisdom, understanding, courage, love, and joy —
and use them to build a world of hope.

Amen.

References and Resources

- **Grow in Love Level 8 Teacher Notes** (Veritas)
- **Wellbeing and the Catholic School** (IEC, 2025)
- **Keating, Noel (2016)** *Meditation with Children: A Resource for Teachers and Parishes*
- **Scripture References:** Isaiah 43:1; Jeremiah 29:11; John 15:16; 2 Timothy 1:7