



The Kerygma Experience

Session 5 —Re-Creation

Our Lady of Light Confirmation Ministry

Note to Parents:

For those unable to attend an in person retreat, we are offering a virtual retreat experience for your family. We are calling it the Kerygma Experience. Kerygma is a Greek word that refers to the initial proclamation of the gospel message. It is the very heart of the gospel. The 5 main stages of the kerygma are creation, fall redemption, salvation and re-creation and will be the basis for our 5 sessions. Each session is designed to take 45-60 minutes.

We encourage you to set aside a time and a place where the whole family can truly enter into a prayerful and reflective environment. We hope that the conversations you have as a family draw you more deeply into the mystery of our Catholic faith and help you realize just how much God loves you.

Pope Francis expresses the kerygma this way: "Jesus loves you; he gave his life to save you; and now he is living by your side every day to enlighten, strengthen and free you."

Session 5 Outline:

1. Opening Prayer
2. Recap & Intro
3. Lectio Divina (John 20)
4. God's Love Poured Out
5. Life is Short (Paul J. Kim)
6. Open Yourself Up to the Holy Spirit (Matthew Kelly)
7. Closing Prayer

Opening Prayer

Begin this session by reading the following prayer together as a family. Remember to begin your prayer with the Sign of the Cross.

Breathe in me O Holy Spirit
that my thoughts may all be holy;
Act in me O Holy Spirit
that my works, too, may be holy;
Draw my heart O Holy Spirit
that I love what is holy
Strengthen me O Holy Spirit
to defend all that is holy;
Guard me O Holy Spirit
that I always may be holy. Amen.

Re-Creation

Read Aloud:

Through the Redeeming and Saving actions of Jesus, God has poured the Holy Spirit into our hearts...into my heart...into your heart. He does this in order to bring us to New Life and into the life of the Church. He then sends us (the Church) on mission so that others can experience this new life too.

Lectio Divina

Grab a bible. Have a member of the family read John: 20:19-22. Here is a [link](#) if you don't have a bible handy. While you are listening to God speak to you through His Word; listen for a word or phrase that sticks out to you. Take a few minutes to focus on that word. Let that passage move you—inspire you—to seek God with all your heart, with all your mind, with all your understanding.

Read aloud:

Jesus came to the Apostles to give them 'Peace'. Peace with Jesus. Peace with God the Father. Peace with others in Christ. Peace with ourselves. And Peace with the world. He offers the same Peace to us.

Everybody doesn't have it. It's a gift of God. We receive it. Or we walk away from it. Or better to say: we receive Him. Or walk away from Him. He is our Peace. If you have the risen, living Christ as your Savior, and Lord, and Friend, you have the Peace that He gives —the Peace that He is. Jesus offers you that. It is free.

Then He gives us power to do the kinds of things that mere humans can't do —like defeating our own selfishness, and loving other people, and treasuring Christ above all. And then with that peace and that power He gives us our central purpose for existence: "As the Father has sent me, even so I am sending you."

Answer the following reflection questions as a family:

1. What word or phrase did you focus on?
2. What did you hear God saying to you through this scripture passage (through that word or phrase)?
3. Do you receive Peace Jesus gives you? What does this mean to you?

God's Loved Poured Out

Read aloud: St. Paul in his letter to the Romans teaches them (and us) that “the love of God has been poured into our hearts through the Holy Spirit that has been given to us.” (Romans 5:5) But what is “the love of God”? How do we experience God’s love for us in our daily lives? Well first and foremost, we experience God’s love as the very gift of life itself. We know God loves us because we wake up alive each day. It’s such a simple thing, but such a huge thing. Think about it...if God didn’t love us and continue to love us, we wouldn’t exist. Wow!

St. John tells us that “God is Love.” (1 John 4:8) God is only capable of love...and his love is perfect and passionate and unconditional. There is nothing that we can do to make God love us more; there is nothing we can do to make God love us less. When we take the time to experience God’s Love we begin to understand that we are “loveable.” We just need to drink God’s Love in to feel new and alive each day.

Take a few minutes of quiet. Ask the Holy Spirit to come and sit with you. Don’t be in a rush; ask and wait... After a moment or two begin to slowly repeat to yourself: “God is Love.” Allow the words to fill your mind and your heart. Ask the Holy Spirit to pour the Love of God into your heart. Imagine your heart being opened and love being poured in. Continue to repeat those words.

Optional: Fr. Dave Pivonka, TOR, president of Franciscan University, has a really great video entitled [God’s Love Poured Out](#) where he dives deeper into this topic. The video is 23 minutes long. It may go a deeper than some 8th graders are able to grasp, so you may need to take some additional time unpacking it from them.

Whether you watch the video or not, please discuss these questions as a family:

1. Share your experience with asking the Holy Spirit to pour the “Love of God” into your heart. What did it feel like?
2. How does the reality of God being Love change your view of God, love and yourself?
3. All “love” is not the same. Consider for a few minutes the meaning that today’s culture attaches to “love.” Compare this to the Love of God.

Mission? Are You Ready?

Read aloud:

We’ve shared with you several times on this Confirmation journey that God has a plan for you. God has a mission for you and for you alone. But life is short. When are you going to start? Paul J. Kim, who was the emcee at the National Catholic Youth Conference and who was here at St. Francis of Assisi a few years ago, has a challenge for us—and some advice as well—in this video entitled [Life Is Short. Here’s What to Do with It.](#)

Answer the following reflection questions as a family:

1. How does your family show love to God?
2. How do you love your neighbor as yourself?
3. How would you like to be remembered after you die?
4. Because of this sheltering at home experience, are you more aware of Jesus working through others? through you???

Decision Time!

So. Here we are at the end our Confirmation Journey... or is it the beginning of our Re-Creation? Matthew Kelly echoes the challenge put out there by Paul J. Kim in this video entitled [Finding your Mission](#).

Answer the following reflection questions as a family:

1. Discuss something that your family did to meet the legitimate needs of another. How did each of you feel?
2. How has God blessed your family? Do you know that you can be a blessing to others?
3. Discuss ways your family can use your talents to serve others.
4. Discuss with your family what you think your deepest desires are. How can you work towards meeting those desires?
5. Discuss how your family has grown in its faith through this Confirmation Ministry?

Closing Prayer

Pray the following together as a family:

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.

Parish Family Confession Schedule

Tuesdays

12:00 - 1:00 pm Incarnation

Wednesdays

12:30 - 1:30 pm St. Francis

Saturdays

9:00 - 10:00 am Incarnation

3:15 - 4:15 pm St. Francis

Please let us know that you have completed Session 5 by completing this [Evaluation](#)