



# Confirmation

Sharing Stories of Faith

Queen of the Most Holy Rosary

As important as faith may be, it isn't a normal topic of dinner conversation in most families with adolescents. Most often young people (and their parents) need a bit of assistance and structure in order to move faith to the forefront in family discussions. This activity takes a story sharing approach to discussing faith. It helps young people and parents articulate why faith is important to them and how they find it in the ordinary experiences of their life.

## REFLECT

Use any or all of the following open-ended sentences as a starting point for a family discussion on faith. Choose the questions together. Give people some quiet time to reflect on their responses before moving to discussion.

\*Something that is really different about Catholicism today compared to 20 or 30 years ago is....

\*In my experience as a young teenager, attending Mass on Sunday.....

\*A person who has really influenced my faith life....

He or she influenced me by....

\*As a child, I was taught to pray....Now I pray....

\*Something I love about being part of the Church....

\*A time in my life when I really needed God was....

\*When I think about Jesus....

\*I believe faith is important because....

\*One of my favorite stories from the Bible is....because....

\*Doubts and/or questions I sometimes have....

\*When I experience doubt or confusion, I find it helpful to....

## SHARE

Invite family members to share their reflections with one another. Some may find it difficult to share aloud the first time or two, so patience is essential. Just talking about faith together reflects its importance in your life and offers family members a chance to rethink how they see or experience faith. Here are a few hints on talking about faith with adolescents:

\*Allow and encourage young people to be honest with themselves and with you about where they are at in their faith journey. For some young people faith is a certainty. For others it is a real struggle. Both faith stances can be very real. Both need to be respected.