

Topic: Tell the Truth / Practice Purity of Heart

Family Small Group for Confirmation Week 2.20 (March 5th, 2023)

Parent Resources

These resources are used in the lesson in some way. Parents, consider reading them before doing the lesson with your student. Otherwise, read them within the lesson with your student when directed to do so.

Catechism Readings: *Catechism for Adults*, Ch. 33
Students and Parents read:

- The Morality of the Heart pg. 441

Parents only read (see note below)

- Modesty pg. 441-442
- Recovering Modesty pg. 442-444

Confirmed in the Spirit:

- Modesty pg. 77

1. Opening Prayer (read together)

Prayer for Purity of Body and Mind

Lord,
Set aflame my heart and my entire being
with the fire of the Holy Spirit,
that I may serve you with a chaste body and pure mind.
Through Christ our Lord.
Amen.

2. Personal Connection

Parents- Reflect on then discuss the following:

What does the word “modesty” bring to mind?
How would you define it?

After sharing, ask your student:

Define “modesty.” Is your definition similar or
different than your parent’s? Why is that?

3. Activity

Word Scramble

As a family, unscramble the following words to discover the twelve Fruits of the Holy Spirit.
(An answer key can be found at the end of this document.)

- | | |
|-----------------|-----------------|
| 1. oyj | 7. styeodm |
| 2. vole | 8. nenksdis |
| 3. caeep | 9. enetapci |
| 4. fels-toolcrn | 10. resenigyto |
| 5. ssoodgn | 11. fhifensusal |
| 6. tyaitchs | 12. legnsneste |

“When you live united to Christ and follow the guidance of the Holy Spirit, your life bears the fruit of good works. You will be aware of God dwelling in you by the joy you experience in doing good. People will recognize God’s presence in you by seeing your good works.” (*Confirmed in the Spirit*, pg. 76).

4. Discussion Questions (writing down answers prior to discussion may encourage deeper conversations)

1. Open *Confirmed in the Spirit* and read “Modesty” on pg. 77, and then fill in the following blanks. “Modesty is _____ in all of your _____, especially your _____ and your external _____.”
2. Modesty is often oversimplified to refer to how people dress. What else does modesty apply to?

Parents and Students-

In the *Catechism for Adults*, read “The Morality of the Heart”.

Parents, -

In the *Catechism for Adults* read “Modesty” (pg. 441-442) and “Recovering Modesty” (pg. 442-444). If you think your student is ready to read these two sections, have them read them, too. If not, please summarize for your student before discussing the questions below.

3. Based on the Catechism and your own experiences, how does our secular culture (media, social media, etc.) portray modesty and immodesty?
4. How can you be a “witness to modesty as a way of life” (pg. 442)? (in dress, in action, speech, behavior, etc.)
5. What should modesty look like in your future relationships *and* why is that valuable to leading a Christian life?

5. Closing

Sunday Sanctuary Lesson Reflection:

What moved you the most from Sunday’s discussion on absolute truth with Deacon Jeremy? How did it inform you on how to view the media?

End in Prayer:

As a family, discuss your current prayer intentions and take a moment to pray together.

Word Scramble Answer Key

1. Joy 2. Love 3. Peace 4. Self-Control 5. Goodness 6. Chastity 7. Modesty 8. Kindness 9. Patience 10. Generosity 11. Faithfulness 12. Gentleness