

# Confirmation for Adults

Curriculum from Rev. Kelsey Beebe



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## CURRICULUM

A 7-week curriculum to deepen faith, strengthen connections to God, self, and community, and inspire folks to live into God's call for their lives.

REV. KELSEY BEEBE

### Participant Workbook

Adapted from *Confirmation for Adults* Curriculum  
For use at First Church Congregational, Fairfield

## **Session 1: God/Jesus/Holy Spirit: Understanding the Trinity**

*Monday, April 25, 2022*

*Ephesians 4:4-6*

There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

*Exodus 3:13-15*

But Moses said to God, “If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “I am who I am.” He said further, “Thus you shall say to the Israelites, ‘I am has sent me to you.’” God also said to Moses, “Thus you shall say to the Israelites, ‘The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you’: This is my name forever, and this my title for all generations.”

*John 14:5-7*

Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.”

*Proverbs 8:1-3, 22-32*

Does not wisdom call,  
and does not understanding raise her voice?  
On the heights, beside the way,  
at the crossroads she takes her stand;  
beside the gates in front of the town,  
at the entrance of the portals she cries out:

The Lord created me at the beginning of his work,  
the first of his acts of long ago.  
Ages ago I was set up,  
at the first, before the beginning of the earth.  
When there were no depths I was brought forth,  
when there were no springs abounding with water.  
Before the mountains had been shaped,  
before the hills, I was brought forth—  
when he had not yet made earth and fields,  
or the world’s first bits of soil.  
When he established the heavens, I was there,  
when he drew a circle on the face of the deep,  
when he made firm the skies above,

when he established the fountains of the deep,  
when he assigned to the sea its limit,  
so that the waters might not transgress his command,  
when he marked out the foundations of the earth,  
then I was beside him, like a master worker;  
and I was daily his delight,  
rejoicing before him always,  
rejoicing in his inhabited world  
and delighting in the human race.  
“And now, my children, listen to me:  
happy are those who keep my ways.”

**Question for reflection:**

What do these scriptures tell us about the aspects of the Trinity?

## **Session 2: The Bible: Understanding Our Sacred Text**

*Monday, May 2, 2022*

*Deuteronomy 6:4-7*

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down & when you get up.

*Luke 1:1-4*

Since many have undertaken to set down an orderly account of the events that have been fulfilled among us, just as they were handed on to us by those who from the beginning were eyewitnesses and servants of the word, I too decided, after investigating everything carefully from the very first, to write an orderly account for you, most excellent Theophilus, so that you may know the truth concerning the things about which you have been instructed.

*John 21:24-25*

This is the disciple who is testifying to these things and has written them, and we know that his testimony is true. But there are also many other things that Jesus did; if every one of them were written down, I suppose that the world itself could not contain the books that would be written.

As you have time, spend a few minutes flipping through your Bible. Find your favorite passage, or find a passage that confuses you or makes you uncomfortable. Which books are you more familiar with? Which do you know less about? Are there any you have never read any portion of, or heard read at all in church?

In preparation, jot down any questions that you might have about the Bible as a text. We will explore them together!

If possible, please also have your personal Bible close by to you for our meeting together.

### **Questions for reflection:**

What is your relationship with and understanding of the Bible? How would you define it, and what role does it play in your life?

### **Session 3: Following Jesus: What's this guy all about?**

*Monday, May 9, 2022*

*Matthew 16:15*

Jesus asked, "Who do you say I am?" Simon Peter answered, "You are the Messiah, the Son of the living God."

*Luke 4:16–21*

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

"The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
to proclaim the year of the Lord's favor."

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

#### **Question for reflection:**

How would you describe who Jesus is to someone who knew nothing of the Gospels?

## **Session 4: History of Christianity: Understanding How We Got Here**

*Monday, May 16, 2022*

*Romans 15:4*

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

*Acts 2:1-4, 37-47*

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.” And he testified with many other arguments and exhorted them, saying, “Save yourselves from this corrupt generation.” So those who welcomed his message were baptized, and that day about three thousand persons were added. They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.

Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

### **Question for reflection:**

How would you finish this statement for yourself? “I am a Christian because...”

## **Session 5: United Church of Christ: Who Are We?**

*Monday, May 23, 2022*

*Matthew 22:37-40*

“‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”

*UCC’s Purpose, Mission, and Vision statements*

Purpose: To love God with all our heart, mind, soul, and strength and our neighbor as ourselves.

Mission: United in Spirit and inspired by God’s grace, we welcome all, love all, and seek justice for all.

Vision: United in Christ’s love, a just world for all.

*First Church’s Purpose, Mission, and Vision statements*

Purpose: To love God, and our neighbor as ourselves.

Mission: To welcome all, love all, and seek justice for all.

Vision: A just world for all.

### **Questions for reflection:**

What does it mean to you to be part of the UCC? How does your denominational identity relate to your faith?

## **Session 6: Worship & the Sacraments: Why We Do What We Do**

*Monday, May 30, 2022*

### *1 Corinthians 11:23–26*

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way he took the cup also, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

### *Matthew 3:13–17*

Then Jesus came from Galilee to John at the Jordan, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” But Jesus answered him, “Let it be so now; for it is proper for us in this way to fulfill all righteousness.” Then he consented. And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”

### *Matthew 28:16–20*

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

### **Questions for reflection:**

Do you remember the first time you took communion? What does receiving communion mean to you, and how has that changed if at all during COVID? How have you experienced baptism in your life of faith?

## **Session 7: Spiritual Practices: Finding Ways to Pray & Incorporate Faith in Our Daily Lives**

*Monday, June 6, 2022*

*Deuteronomy 6:4–7*

Hear, O Israel: The Lord is our God, the Lord alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise.

*Psalms 139:1–18*

O Lord, you have searched me and known me.  
You know when I sit down and when I rise up;  
    you discern my thoughts from far away.  
You search out my path and my lying down,  
    and are acquainted with all my ways.  
Even before a word is on my tongue,  
    O Lord, you know it completely.  
You hem me in, behind and before,  
    and lay your hand upon me.  
Such knowledge is too wonderful for me;  
    it is so high that I cannot attain it.  
Where can I go from your spirit?  
    Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
    if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
    and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
    and your right hand shall hold me fast.  
If I say, “Surely the darkness shall cover me,  
    and the light around me become night,”  
even the darkness is not dark to you;  
    the night is as bright as the day,  
    for darkness is as light to you.  
For it was you who formed my inward parts;  
    you knit me together in my mother’s womb.  
I praise you, for I am fearfully and wonderfully made.  
    Wonderful are your works;  
    that I know very well.  
My frame was not hidden from you,  
    when I was being made in secret,  
    intricately woven in the depths of the earth.  
Your eyes beheld my unformed substance.  
In your book were written

all the days that were formed for me,  
when none of them as yet existed.  
How weighty to me are your thoughts, O God!  
How vast is the sum of them!  
I try to count them – they are more than the sand;  
I come to the end – I am still with you.

*1 Thessalonians 5:12–24*

But we appeal to you, brothers and sisters, to respect those who labor among you, and have charge of you in the Lord and admonish you; esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, beloved, to admonish the idlers, encourage the faint hearted, help the weak, be patient with all of them. See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise the words of prophets, but test everything; hold fast to what is good; abstain from every form of evil. May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do this.

**Question for reflection:**

How would you describe your personal spiritual life? What makes you feel connected to God?