

Celebrate the Journey of Faith

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Teenagers sometimes experience doubts as they prepare for Confirmation. Encourage their questions and explore what you and they believe as you celebrate this important milestone in their faith journey.

For

Teen Family

Season

Spring

Needed

Bible, Thinking about My Beliefs worksheet (see last page), pens or pencils



by [AlicePopkom](https://www.alicepopkom.com/)

Prepare in Advance

Make a copy of the Thinking about My Beliefs worksheet (see last page) for each person. Mark your Bible to John 14:8-14 and John 20:24-31.

Activity Plan

1. Say this prayer aloud to begin:

God, be with us today and help us to be honest about what we believe. Thanks for never leaving us as we travel on our faith journeys. In Jesus' name. Amen.

2. Ask someone to read aloud John 14:8-14 from your Bible or the text at the end of this activity. Discuss this story: How could Philip know or "see" God the Father? What "works" are Jesus' followers called to do? What are you praying for in Jesus' name?
3. Ask someone to read aloud John 20:24-31 from your Bible or the text at the end of this activity. Discuss this story: When have you felt like Thomas did at the beginning of this story? What has helped you to believe in Christ?
4. Have adults explain what confirmation means to them and tell any stories about their own confirmation. (It is important for teens who are about to be confirmed to hear about why confirmation matters to their parents and other important adults.)
5. Give each family member a copy of the Thinking about My Beliefs worksheet and a pen or pencil. Allow quiet time for family members to complete the worksheet. After all have finished, discuss:
 - What did you discover about what you believe? About questions you have about being Christian?
 - How have your beliefs changed since you were younger?
 - Why do you think beliefs change over time?
6. Celebrate your teenager's confirmation. Emphasize that confirmation is one step of the journey of faith, and that it doesn't mean your teenager is "graduating" from church or a life of faith.
7. Ask your teenager what he or she would like to do to commemorate his or her confirmation. Consider going out for a treat or a fun activity or hosting a family party.



John 14:8-14

⁸ Philip said to him, "Lord, show us the Father, and it is enough for us." ⁹ Jesus said to him, "Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'?" ¹⁰ Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works. ¹¹ Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves.

¹² "Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. ¹³ Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. ¹⁴ If you ask me anything in my name, I will do it."

John 20:24-29

²⁴ Now Thomas, one of the Twelve, called the Twin,^[a] was not with them when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe."

²⁶ Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, "Peace be with you." ²⁷ Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe." ²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

³⁰ Now Jesus did many other signs in the presence of the disciples, which are not written in this book; ³¹ but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.



Thinking about My Beliefs

Each person is constantly growing and changing. Faith evolves over time. Write what you believe at this time by finishing each sentence.

I believe God is...

I believe the Bible is...

I believe that Christians need to do more to help those who are...

I believe that when life gets hard, I can...

I believe that prayer...

I believe that Christians make a difference in the world by ...

When someone asks me why I am a Christian, I say ...

