

Confirmation Handbook

What does it mean to be a follower of Jesus?

Even if you believe that Jesus died on the cross to save you and rose again after three days, you probably still ask yourself this question. Following Jesus affects every aspect of your daily life, and it is a big commitment to dedicate your life to it. Our approach to help students be confident in their faith and committed to following Jesus is called Confirmation.

Purpose of Confirmation: In the Lutheran Church, confirmation is a public rite that reaffirms a person's baptism and commitment to living out their faith in Jesus Christ.¹ At King of Kings, this is an opportunity for students to reignite the faith they received through baptism and fan the flame so that they may live as called, unashamed, and purposeful followers of Jesus Christ every day.

Romans 10:9

"If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

2 Timothy 1:6-10

"For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands,⁷ for God gave us a spirit not of fear but of power and love and self-control.

⁸Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God,⁹ who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began,¹⁰ and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel."

Deuteronomy 6:4-9

⁴"Hear, O Israel: The Lord our God, the Lord is one. ⁵You shall love the Lord your God with all your heart and with all your soul and with all your might. ⁶And these words that I command you today shall be on your heart. ⁷You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. ⁸You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹You shall write them on the doorposts of your house and on your gates."

¹ Luther's Small Catechism: "Confirmation is a public rite of the church preceded by a period of instruction in which baptized Christians learn about the confession, life, and mission of the Christian Church. The Rite of Confirmation provides an opportunity for the individual Christian, relying on God's promise given in Holy Baptism, to make a personal public confession of the faith and a lifelong pledge of fidelity to Christ."

Confirmation Structure

Confirmation is structured as a two-year program for middle school students that includes 40 lessons split into four semesters (fall and winter each year). Lessons take place on Sundays and include games and snacks, worship, large group teaching and activities, and small group discussion. It culminates in a Confirmation Ceremony where students will confirm their faith in front of family and friends.

Sunday Morning Schedule

10:45-11:05 – Free play games and food

11:05-11:20 – Worship

11:20-11:45 – Large Group Teaching

11:45-12:00 – Small Groups

12:00-12:05 – Closing Prayer

Lesson Schedule

Year 1 – What is Confirmation, Old Testament, Ten Commandments, Confession and Absolution, Apostle’s Creed, Sexuality

Fall Semester

1. What is Confirmation?
2. What is God’s Word?
3. What is Worship?
4. Apostle’s Creed First Article
5. Apostle’s Creed Second Article
6. Apostle’s Creed Third Article
7. Sexuality/Pornography
8. Sexuality/LGBTQ
9. Confession and Absolution
10. Office of the Keys

Winter Semester

1. Creation
2. The Fall
3. The Flood through Joseph
4. Exodus
5. First Three Commandments
6. Last Seven Commandments
7. Judges
8. Kings
9. Prophets
10. Intertestamental Period

Year 2 – New Testament, Luther/Church History, Lord’s Prayer, Sacraments, Apologetics, Mental Health

Fall Semester

1. What is Prayer?
2. The Lord’s Prayer Part 1
3. The Lord’s Prayer Part 2
4. Mental Health
5. Suicide
6. Church History
7. Reformation
8. The Sacraments
9. Baptism
10. Communion

Winter Semester

1. Birth of Jesus and Early Life
2. The Disciples
3. Why Faith?
4. How do we Know?
5. Parables
6. Miracles
7. Death and Resurrection
8. Paul and the Early Church
9. My Identity
10. What Next?

Churchy Words

Each week students will learn new words that they might hear at Church, in their Bible, or in discussions about their faith.

Semester 1

1. Confirmation and Rite
2. The Bible
3. Worship
4. Creed
5. Apostle
6. Heaven and Hell
7. Purity
8. Lust
9. Confession and Absolution
10. Priesthood of All Believers

Semester 2

1. Creation
2. Sin
3. Testament
4. Law
5. Commandment
6. Trinity
7. Kingdom of God
8. Child of God
9. Prophet
10. Catechism

Semester 3

1. Prayer
2. Justification
3. Sanctification
4. Redemption
5. Forgiveness
6. Grace
7. Reformation
8. Sacrament
9. Baptism
10. Communion

Semester 4

1. Eternal Life
2. Disciple
3. Salvation
4. Gospel
5. Parable
6. Miracle
7. Resurrection
8. Spiritual Gifts
9. Repentance
10. Revelation

Student Notes

Confirmation students will be given a three-ring binder and each week they will receive a handout for taking notes during the large group teaching. By the end of the two-year program, they will have all 40 lesson notes to look back on in their binder.

Q&A Box

A box for submitting anonymous questions about confirmation, faith, and life will be available for students each week. The large group leader will answer several questions submitted by students during the closing.

Faith Talks

Before confirming their faith publicly, students will have a conversation with a staff member. They will discuss how their faith has grown over the last two years and where they see themselves in the future. Faith Talks will be low pressure and conversational – not a quiz of everything they have learned. It will help inform staff members about where each student is in their faith journey and if they are individually ready to confirm their faith.

Confirmation Ceremony

The Confirmation Ceremony will take place each spring. Students who have completed both years of the program will have the opportunity to Confirm their faith in front of friends and family. This Ceremony will include:

- Worship
- A brief message
- A blessing time with families and staff members
- A celebration together afterward