

# **Topic:** Laying a Firm Foundation: Transmitting the Faith

Family Lesson for Confirmation Week 1.4 (October 12th, 2025)

Parent and Student Resources	
The resources listed below will be used in some capacity throughout the lesson. Please read them when prompted.	
Student Resources	Parent Resources
<b>A Well-Built Faith</b> <ul style="list-style-type: none"><li>• Introduction - A Little H.E.L.P.</li><li>• Chapter 1 pg. 3-9</li></ul> <b>Formed: The Search Begins</b> <ul style="list-style-type: none"><li>• "What do you Seek?" Episode 1</li></ul>	<b>Deep Dive: Catechism for Adults</b> <ul style="list-style-type: none"><li>• Chapters 1-2 pg. 2-19</li></ul>
1. Opening Prayer (read together)	2. Personal Connection
<b>Psalm 42:2-6</b> <i>As the deer longs for streams of water, so my soul longs for you, O God. My being thirsts for God, the living God. When can I go and see the face of God? My tears have been my food day and night, as they ask me daily, "Where is your God?" Those times I recall as I pour out my soul, When I went in procession with the crowd, I went with them to the house of God, Amid loud cries of thanksgiving, with the multitude keeping festival. Why are you downcast, my soul; why do you groan within me? Wait for God, whom I shall praise again, my savior and my God. (Catechism for Adults pg. 9)</i>	<b>Parents-</b> Reflect on, then discuss the following:  Why is a strong foundation important when building a home or other structure? How is the same true for building a strong faith?  <b>After sharing, ask your student:</b>  What tools could help you build a strong faith foundation (i.e. Bible, etc.)
3. Formed Video	
<a href="#"><u>The Search Begins: "What do you Seek?" Episode 1</u></a>	
4. Discussion Questions (writing down answers prior to discussion may encourage deeper conversations)	
<ol style="list-style-type: none"><li>1. After watching <i>The Search Begins</i> Episode 1, discuss what makes you happy. Do those things last or does the happiness fade?</li><li>2. Read <i>A Well-Built Faith</i>: Introduction - A Little H.E.L.P and Chapter 1. What does the acronym H.E.L.P. stand for?</li><li>3. It is common to have personal goals, academic goals, or athletic goals, but have you ever had a faith goal? If so, what was it? What do you think your faith goal should be as you prepare for Confirmation?</li></ol>	
5. Closing	
As a family, discuss your current prayer intentions and take a moment to pray together.	