



# *Walking with Families*

**SESSION ONE**  
**Strength for the Journey**

# Welcome!

*We meet at a precious moment in family life*

*Approaching Confirmation*

*3 half-hour sessions, each with a specially prepared video*

*To make the most of this special time*

*This first session is 'Strength for the Journey'*

## Format for our Session

Welcome and  
opening prayer  
5 minutes

Show video clip  
5 – 10 minutes

Family chat with  
questions  
5 -10 minutes

Feedback  
5 – 10 minutes

Home Activity &  
Closing prayer  
5 minutes

# Opening Prayer



Walk with us Lord  
as we prepare together as a family  
for the sacrament of Confirmation.

Be with us every day  
as we try to grow together in your way.

Strengthen us for the journey of life,  
help us to use our gifts for others,  
and remind us that you call us by our name to follow you.

We ask this through Christ our Lord. AMEN.

## Video Clip – Strength for the Journey

- As you watch this together just notice and enjoy
- Notice images
- Notice words or phrases
- Notice how you feel

# Family Chat

- What stays with you most?
- What did you like?
- What touched you or inspired you?
- Chat together for five minutes

**VIEW VIDEO**

**FIRST VIDEO:  
STRENGTH FOR THE JOURNEY**

# HOME CHAT – mute audio

- SHARE what stays with you.....
- What images did you like ?
- What inspires you?



# FEEDBACK – unmute audio

- You are now invited to use the CHAT button on zoom
- SHARE what stays with you
- What images did you like ?
- What were you chatting about?
- What inspires you ?



# HOME ACTIVITY

We are inviting you to look at the video again at home, with this question in mind:

- What's my prayer to God as I move into the new stage of my life?
- You can access the video from:
  - Diocesan You tube
  - Walking with Families Archdiocese of Dublin website
  - Can be posted in Parish Website

# Closing Prayer

God of love , we are brothers and sisters in Jesus your Son, one family, in the Spirit of your love.

Bless us with the joy of love.

Make us patient and kind, gentle and generous, welcoming to those in need.

Help us to live your forgiveness and peace.

Protect all families with your loving care,

Especially those for our own family whom we now pray:

[We pause and remember family members and others by name].

Increase our faith, strengthen our hope, keep us safe in your love,

Make us always grateful for the gift of life that we share.

This we ask, through Christ our Lord. Amen.

