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## LIFE TEEN/Confirmation Prep

### Lesson 1: SEEKING

#### GOAL

The goal of this session is to examine your desires, specifically the root of those desires, how they connect to our innate human desires, and where these desires truly point (toward God).

#### KEY CONCEPTS

We are all created with inherent desires and spend our lives trying to discover and fulfill them.

When we try to fill our deepest longings with things other than God, we often feel unfulfilled and disappointed.

There is something greater in store for us. Our earthly desires point us in the direction of our heavenly yearning.

#### KEY TERMS

**Concupiscence:** Human desires which remain disordered due to the temporal consequences of original sin, which remain even after baptism, and which produce an inclination to sin.

**Happiness:** Regularly used in Scripture to describe the lot of those who are blessed by God for doing His will, and the reward of the just for their faithful service on Earth. Happiness is a divine gift but requires human's cooperation to be gained.

**Yearning:** A feeling of intense longing

**SCRIPTURE:** Locate in the Bible the following Scripture Verses. Please write below:

Acts 17: 26 &27

Joshua 24:15

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**Watch this Video on Youtube: <https://youtu.be/hR7tb1eEP4>**

### **Yearning**

Have you ever found yourself drawn to something with no explanation?

*Name a few of the desires you have in your life:*

We all have some desire, a deep-seated longing that we do not really have an answer for. Sometimes we try to mask it or fill it with other things.

All humans seek happiness, a basic desire that we all share.

But why is happiness so important?

Where does it come from?

How can we be truly happy?

One of the main desires we all share as humans is a desire to be loved and cared for. Think about when you are most vulnerable — when you are sick or sad.

What kinds of things do you want in those moments?

How do you feel?

What do you need?

God created each of us with human desires, with needs. But what does that mean? It is a calling deep within us, a hearkening back to the way in which we were made and who made us. Something is calling us and in this confusing world, it is sometimes hard to hear and answer that call. As we prepare for Confirmation, we will be exploring what those desires are and how we fulfill them.

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## **Disordered Desires**

Unfortunately, we live in a far from perfect world. We know that there is human suffering and that suffering is sometimes the result of someone's desire or emotion causing them to harm someone else. Our desires can also leave us feeling empty. We seek to fill our lives with things that end up not being good for us or things that do not last. In the chaos of this world, we are told all kinds of lies about what we need or deserve. And when we pursue them, we are left with a certain emptiness, some greater than others

Think of a time when you sought out something that ended up not being what you actually wanted?

How do we even know what we really want?

In the example that you thought of, why do you think you were not satisfied with what you got?

What do you think you were actually looking for?

We sometimes struggle with articulating our desires or needs. In some cases, we may not even know what it is we really desire. Everyone knows that one person whose response is always, "I do not care," when in reality, they do care. The conversation goes something like this:

"Where do you want to go to dinner?"

"I don't care."

"How about hamburgers?"

"Naw, I don't really want burgers."

"OK, what about Italian food?"

"Mmm, that doesn't really sound good."

"Ooook, pizza?"

"Nah..."

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It is even difficult for us to discern our own needs and wants at times. If we cannot figure out what we want, how are we supposed to figure out what God wants? Our true desires are written on our hearts, woven into the very fabric of our creation. But do we know our own heart? Can we hear what it is calling out to? CCC 27

### **Growing Up**

As we grow and mature, so do our desires and longings. Think of what you wanted as a kid versus now. As life is a journey of maturity, so too is your faith. What you needed as a kid is not the same as what you need in your faith now. The time you invested in your faith as a child is not the time it needs now. When you were young, your parents stood before the Church and declared that they would raise you in the faith. You were plunged into the water and rose a new creation. But that was their choice, their decision. When you are young, your parents decide how to fulfill your needs and desires. But as you grow, you get to decide for yourself.

*CCC 1214*

### **The Journey**

Confirmation is just the beginning of your faith journey. It is the moment that you stand up, as an adult in the Church, and take ownership of your faith. It is no longer the faith of your parents, but your own. It is the beginning of your journey toward true happiness, fulfilling those desires in a way that lasts, and chasing not what is fleeting but what is eternal. As we will learn over the course of this program, life is bigger than our small sphere of influence. There is something bigger going on around us. There is a deeper meaning to our human longings and the things we continue to seek.

Confirmation completes the grace that was given to us at our baptism. Now it is your turn to stand up and make a decision for your faith, to “choose today whom you will serve.”

*CCC 1285; Joshua 24:15*

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Everyone on this Earth is looking for something. We all have desires — yearnings — that we are seeking to fill. The purpose of our lives becomes how we choose to fill them. Most people spend their entire lives spinning their wheels, stuck in the mud of this life without much thought about what is beyond. Luckily for us, this world is not the only thing on our horizon.

**Spoiler alert: the journey we are embarking on over the course of this program can be previewed by a special saint, Thérèse of Lisieux, who wrote:**

**“The world’s thy ship, not thy home.”**

- What is something you really want right now?
- Why do you think you want it?
- Have you ever wanted something but were disappointed when you actually received it? What was it and why did you feel that way?

What is your biggest motivation in life right now? Why do you get up every day and live your life?

*The 5 Whys*

*Please complete the attached Handout*

Think more deeply about the root of your desires. Complete *The Five Whys* handout.

Use the following example to help them find the root of their desires:

*Desire: I want to be popular.*

*Why? Because I want people to know who I am.*

*Why? Because I want lots of friends.*

*Why? Because I want to always have someone to hang out with.*

*Why? Because I do not like being alone.*

*Why? Because I get depressed when I am lonely.*

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Take a few minutes to reflect on your desires using *The Five Whys* handout on the last page of the lesson.

After several minutes, use the following questions to process the activity:

- Share one of the root desires you identified? Did it surprise you?
- Was this activity easy or difficult for you? Why?
- What makes this kind of thinking so important?
- What happens if we do not understand the root of our desires?

## Read John 1:35-39.

*The first words that St. John records Jesus saying are, "What are you looking for?" Although these were words Jesus spoke to two of the first disciples, they are words that Jesus speaks to us. We are all seeking something. Jesus knows this and offers us what we are seeking, but so much more. We need to answer the question, though, before we get started. What are you looking for? What are you seeking in your life right now?*

*Take a few minutes to write down your response to that question. Be honest as though you were responding directly to Jesus' question.*

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*Jesus wants to do something with our desires and what we seek. Sometimes this means helping us find what we are seeking, sometimes it means redirecting our desires to something better. It always means leading us closer to Him.*

*We need to be willing to take the first step in trusting God with what we seek, just like the disciples did when they chose to follow Jesus, as an act of trust in God's plan for this confirmation process.*

Read again: John 1:35-39.

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**Handout: The Five Whys**

**Desire:** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Desire:** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_