

TABLE OF CONTENTS: SESSIONS 1-20

SESSION 1: INTRODUCTION TO CONFIRM NOT CONFORM

Introduces the premises of the *Confirm not Conform* program and establishes group expectations.

SESSION 2: WHERE DO YOU STAND: THE GOSPEL ACCORDING TO WHOM

Explores where youth are starting from and what they currently believe.

SESSION 3: WHERE DO YOU STAND: MEET YOUR MENTOR

Establishes the mentor/youth relationship. **Mentors attend this session.**

SESSION 4: HERETICS R US

Discovers how heretics through the ages have shaped our faith today.

SESSION 5: SCRIPTURE: A MAD DASH THROUGH A GOOD BOOK

An overview of the Bible and how it is put together.

SESSION 6: TEACH US TO PRAY: THE LORD'S PRAYER

Closely examines several versions of the Lord's Prayer, followed by a Prayer Lab where youth can explore different ways to pray.

SESSION 7: TRADITION: THE NICENE CREED

Presents the history of the church up through the writing of the Nicene Creed. Youth are invited to define the meanings of some basic concepts of faith.

SESSION 8: TRADITION: CHURCH HISTORY CONTINUED

Youth develop a creed through the Council of CnC. A brief presentation of the history of the church through the 1700s.

SESSION 9: FAITH IN ACTION: PAIN TO POWER

Explores how God helps us transform the pain in our lives into the very power we need to transform the world. **Mentors attend this session.**

SESSION 10: FAITH IN ACTION: HOW WE CAN HELP

Examines those things that can help others, those things that don't, and why we help others at all.

SESSION 11: FAITH IN ACTION: THE ISSUE OF POWER

Focuses on the role that power plays in living out our call to be Christ's body in the world.

SESSION 12: SCRIPTURE: THE BIBLE BY HEART

Youth learn to use a concordance to help them select a passage of Scripture to memorize. **Mentors attend this session.**

SESSION 13: TRADITION: OUR NECK OF THE WOODS

An overview and exploration of the history and beliefs within each denominational tradition, with a focus on the following:

Episcopal: The Book of Common Prayer

Lutheran: Luther and the Reformation

Methodist: John Wesley, Christian Perfection, and Practical Divinity

Presbyterian: Elders, Deacons, and the church reformed and always reforming

UCC: A history of extravagant welcome

SESSION 14: TEACH US TO PRAY: THE SACRAMENTS

Discusses the meaning of the sacraments in each specific denominational tradition.

SESSION 15: TRADITION: THE CHURCH THROUGH THE YEAR

Explores the seasons of the church year and examines some of the materials used in worship.

SESSION 16: TRADITION: THE MINISTRY OF THE BAPTIZED

Discusses how all who are baptized are ministers in the church, and how the church sometimes sends mixed messages about that.

SESSION 17: WORLD COUNCIL OF RELIGIONS

Explores the basic tenets of other major world religions.

SESSION 18: WHERE DO YOU STAND: THE POWER TO CHOOSE

Revisits the statements of faith youth looked at in *Session 2* and explores how they have changed over the course of the program. **Mentors attend this session.**

SESSION 19: FAITH IN ACTION: MAY WE PRESENT

Helps youth design a presentation for the Vestry about their service project. **This session is held the week before the group meets with the church leadership.**

SESSION 20: WHERE DO YOU STAND: WHERE DO YOU GO FROM HERE?

An evaluation of the program and brainstorming about youth's ongoing ministry in the church and the world.