



Chosen

Your Journey to Confirmation

Frequently Asked Questions

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1. What sets *Chosen* apart from other Confirmation programs?

Chosen utilizes fourteen of the most talented and inspiring presenters and youth leaders in the Church today. Filmed in more than fifty locations throughout the world, young people will be captivated as they journey from Times Square to St. Peter's Square. The lessons are designed to capture the attention of teens and present the Faith in new and unexpected ways. From skydiving with Chris Stefanick to visiting the Roman aqueducts with Deacon Harold Burke-Sivers, candidates will be engaged, challenged, and inspired in every session.

Chosen provides an exciting and comprehensive journey through the Catholic Faith, offering a complete system of catechesis and evangelization. Engaging video presentations, dynamic student workbooks, and easy-to-use guides for leaders, parents, and sponsors, along with a rich offering of free online resources, progressively call young people to a personal encounter with Jesus Christ and a commitment to discipleship.

2. What are the components of the *Chosen* program?

The *Chosen Videos* provide twenty-four video presentations (each approximately fifteen to twenty minutes) by fourteen of the most inspiring youth leaders in the Church today. These dynamic talks cover the four pillars of the *Catechism of the Catholic Church*, giving students a broad overview of the Catholic Faith, with a special emphasis on the Sacrament of Confirmation and how it enables us to fully live the faith we received at Baptism.

The **Student Workbook** is seamlessly integrated with the videos and includes fill-in-the-blank questions, prayers, vocabulary words, stories of saints, a "Challenge of the Week," and more.

The **Leader's Guide** provides an overview and easy, 10-step structure for every lesson, lesson objectives, and the complete Student Workbook content with wrap-around leader's notes.

The **Parent's Guide** includes an overview of a parent's role, conversation starters, tips for supporting their child, and more.

The **Sponsor's Guide** includes an overview of a sponsor's role, conversation starters, tips for supporting their candidate, and more.

The **Director's Manual** includes planning guidelines, 68 optional activities, leader formation and training materials, special sessions for parents, sponsors and service projects, a retreat, a penance service, assessment handouts, and more.

The **DVD Set** provides twenty-four lessons (approximately 15-20 minutes each) with some of the most powerful and compelling speakers in the Church. (Note: English only, Spanish translation coming in Spring 2023.)

3. What topics are covered in *Chosen*?

The topics of the *Chosen* program are carefully ordered to build upon one another, providing a solid framework of catechesis. The topics, corresponding to the four pillars of the *Catechism of the Catholic Church*, include:

Lesson 1: “Why Am I Here?”

Introduction – An introduction to *Chosen* intended to get candidates thinking about what they want out of life and to get them committed to Confirmation preparation.

Lesson 2: “What Makes Me Happy?”

God and Happiness – We are all looking for God, and we are empty until we find him. Christ invites us to “come and see.”

Lesson 3: “What’s Your Story, God?”

Salvation History – God’s plan of redeeming love as revealed in Scripture. Jesus is the fullest revelation of God, and he teaches us that God is love.

Lesson 4: “How Do I Know God Is Real?”

Divine Revelation – God reveals himself through creation as perceived through human reason. He reveals himself more definitively through Scripture and Tradition, culminating in the Person and work of Jesus Christ. The gift of Faith is our response to revelation.

Lesson 5: “Who Is Jesus?”

Jesus Christ – Jesus Christ is not just a good person or a wise teacher, but the divine Son of God the Father, i.e., he is really God. He came to reconcile us to God, to show us God’s love, to show us how to live, and to fill us with divine love.

Lesson 6: “Why Be Catholic?”

The Church – Jesus established the Church so that we could encounter God and receive the graces that we need to be in communion with him. The Church is one, holy, catholic, and apostolic.

Lesson 7: “Where Am I Going?”

The Four Last Things – death, judgment, heaven, and hell. God wants us to go to heaven, but he gives us the choice to be in communion with him or to be separated from him. Purgatory is a state of purification.

Lesson 8: “How Do I Get There?”

Sacramental Life – The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us: an overview of the seven sacraments.

Lesson 9: “When Did My Journey Begin?”

Baptism – Water in the story of salvation. The form, matter, effects, and symbols of Baptism.

Lesson 10: “Why Tell My Sins to a Priest?”

Confession – The consequences of sin and how following God’s laws make us free. Mortal sin and venial sin. How to make a good confession.

Lesson 11: “How Does God Help When It Hurts?”

Anointing of the Sick and Redemptive Suffering – What is suffering, and why does God allow it? The sacrament of the Anointing of the Sick. The value of redemptive suffering.

Lesson 12: “Who Is the Holy Spirit?”

The Holy Spirit – Who is the Holy Spirit, the third Person of the Blessed Trinity? The role of the Holy Spirit in the Church and in our Christian lives.

Lesson 13: “What Does the Holy Spirit Do for Me?”

The Gifts of the Holy Spirit – The gift, charisms, and fruits of the Holy Spirit in the Christian life.

Lesson 14: “Why Have I Been Chosen?”

Confirmation – This sacrament perfects the grace of Baptism and empowers us to be followers of Christ and coworkers in the kingdom.

Lesson 15: “Why Do I Have to Go to Mass?”

The Eucharist – In Mass, we worship God and thank him for all he has done. Receiving Jesus in the Eucharist is our greatest gift. We should prepare for and live the Mass all week long.

Lesson 16: “What Does It Mean to Say, ‘I Do’?”

Holy Matrimony – Marriage is free, total, faithful, and fruitful. It is a sacramental union that can never be broken. How to discern a vocation to marriage.

Lesson 17: “Who’s Calling?”

The Priesthood/Vocational Discernment – Jesus established the priesthood to share in his ministry for the Church. The meaning and value of celibacy. God calls us to various vocations.

Lesson 18: “Are You Talking to Me?”

Prayer – God calls us first. There is a treasury of formal and personal prayer traditions in the Church. A commitment to prayer can change your life.

Lesson 19: “Who Is Mary?”

Mary and the Saints – Catholics worship God alone but honor the angels and saints. The four Marian dogmas: Mary is the Mother of God, the Immaculate Conception, her perpetual virginity, and the Assumption. Mary is our mother in the order of grace.

Lesson 20: “What Would Jesus Do?”

The Beatitudes – They show us the way to the true happiness for which we were created. The saints are signposts pointing us to heaven. The moral life or a life of virtue is what we were created to do.

Lesson 21: “Do I Have What It Takes?”

Virtue – Practicing virtue is a way to happiness. The four cardinal virtues and the three theological virtues.

Lesson 22: “Why Wait?”

Christian Sexuality – Chastity is a path to authentic love. The difference between love and lust. The Church’s teachings on sexuality. Forgiveness through the Sacrament of Reconciliation.

Lesson 23: “How Do I Build the Kingdom?”

Mission – The kingdom of heaven is both now and yet to come. The Church is missionary. We are called to help build up the kingdom and to help those in need.

Lesson 24: “Where Do I Go from Here?”

Discipleship – A Christian is a follower of Christ. This is a choice that we make daily. God gives us all that we need for the journey. We have been chosen to become saints.

4. How are the lessons structured?

The Leader’s Guide breaks each lesson down into an easy-to-use, ten-step format. *Chosen* allows for flexible class times ranging from sixty minutes to two hours, with a ninety-minute class the recommended length. Outlines for these suggested times are available [here](#).

Additional content—including vocabulary words, Scripture references, and lesson summaries—is also included and, depending on the needs of your group, can be used either in class or as homework.

Components of the ten-step lesson format include:

Step 1: Welcome/“Review Game/ Kickoff Question.” The Review Game is a video-based review of the previous lesson’s material and a Kickoff Question appears at the beginning of each lesson in the Student Workbook. This step is designed to get the lesson started in a fun and engaging manner.

Step 2: “Challenge of the Week Review.” Students share their experiences of the “challenge” they chose to do the previous week. (See description of Step 8.)

Step 3: Opening Prayer. This prayer is based on the lesson topic for the week.

Step 4: “Dive In.” This is a thought-provoking story to draw candidates into the topic for the week.

Step 5: “Watch It!”/Small-Group Discussion – Video Presentation. The video presentations are divided into three segments of four to eight minutes each. At the end of each segment, the video is paused and students fill in the questions in their workbooks. The facilitator then leads students through the small-group discussion questions before viewing the next video segment.

Step 6: “To the Heart.” The class reads the “To the Heart” story. A thought-provoking question is included in the Leader’s Guide to foster a brief class discussion.

Step 7: “Hero of the Week.” Each lesson highlights a saint whose life and work embodies that week’s topic.

Step 8: “Challenge of the Week.” Students are asked to choose from one of three personal challenges to help them apply that week’s lesson. During the week, they will complete the challenge and write about it in the Student Workbook.

Step 9: “Homework Instructions and Updates.” Remind students to read the “Wrap-Up” and the “What’s That Word?” vocabulary section in the “Taking It Home” part of the workbook. They should also review the “Watch It!” questions and “Memory Verse” to prepare for the next week’s “Review Game.”

Step 10: “Closing Prayer.” The short prayer reflections on the lesson’s topic.

5. What are the purchase options for online versions of *Chosen*?

For Candidates

Candidates may purchase the *Chosen* Online Course, the Student Workbook, or the *Chosen* Student Pack. All three options provide online access to the digital Student Workbook and online videos, quizzes, and reflection questions.

Purchase of the Online Course provides only online access—it does not provide any physical components—but it is useful for candidates if you are planning a fully remote learning environment.

Purchase of the physical Student Workbook includes the Online Course; and purchase of the Student Pack provides, in addition to the Online Course, both physical and digital copies (one each) of the Student Workbook, Parent’s Guide, and Sponsor’s Guide.

For Leaders

Leaders may purchase Online Leader’s Access, the Leader’s Guide, or the *Chosen* Starter Pack. All three options provide online access to the digital Leader’s Guide, the online videos, quizzes, and reflection questions, and the digital Parent’s Guide, Sponsor’s Guide, and Director’s Manual. All three options also come with the ability to monitor your group’s online progress.

Please contact Ascension Customer Support at 1-800-376-0520 to learn more and to set up group monitoring.

Purchase of Online Leader's Access provides only the online access—it does not provide any physical components.

Purchase of the physical Leader's Guide includes Online Leader's Access. And purchase of the Starter Pack provides, in addition to Online Leader's Access, the DVD set and physical copies (one each) of the Student Workbook, Leader's Guide, Parent's Guide, Sponsor's Guide, and Director's Manual.

6. Who would benefit from *Chosen*?

Chosen was developed as a Confirmation preparation program for teens and is appropriate for seventh grade and above. Based on the overwhelmingly positive reaction of adults who have viewed the program, however, we believe Catholics of all ages would also benefit from *Chosen*.

Featuring amazing videos and engaging written materials, *Chosen* can be effectively used in a variety of settings. The program can fit into virtually every corner of school, parish, and family life including Confirmation prep, youth groups, school and parish religious education, whole-family catechesis, RCIA, home use, or any setting that calls for engaging and inspirational catechetical teaching.

If you are considering using *Chosen* for younger audiences, we recommend that you first review the program—specifically Lessons 16 and 22, which contain age-sensitive material concerning God's plan for love and marriage.

7. Is *Chosen* on the USCCB's Conformity List?

Yes, *Chosen* is on the USCCB's Conformity List. As per their policy, the USCCB will review the revised written material. When that review is complete, the copyright date on the Conformity List will include both the original review year (2014) and the revision year (2022).

In addition, *Chosen* has been granted the *imprimatur* by the Most Reverend Charles J. Chaput, O.F.M. Cap., Archbishop of Philadelphia.

8. How does *Chosen* engage parents and families?

No matter how gifted a teacher is or how great a particular resource may be, nothing and no one can take the place of a parent. The *Chosen* program offers a Parent's Guide with tips and suggestions for parents about how to talk to and engage their child throughout their journey.

Recognizing the primary role that parents are called to play in their children's faith formation, *Chosen* offers a Parent Information Session. This session gives leaders an opportunity to engage

parents at the very beginning of the program, and it gives parents an opportunity to show their children the importance of preparing for the sacrament. It centers on a powerful 20-minute video presentation with Chris Stefanick and Fr. Mike Schmitz. A five-minute Invitation to Parents video from Chris Stefanick encourages parents to be actively engaged and attend the session. Other planning materials include an outline for the 60-minute session, sample letters to parents, and a checklist of things to consider before, during, and after the session.

9. How and when should a candidate choose a sponsor? How does *Chosen* engage sponsors?

A Confirmation sponsor plays a vital role in his or her candidate's journey—both in preparing for the sacrament and beyond. Candidates should be encouraged to consider someone with a vibrant faith life who would serve as a good role model in the Faith. Because of the deep connection between the sacraments of Baptism and Confirmation, the Church highly recommends that one of the candidate's godparents be considered as a Confirmation sponsor (see *Code of Canon Law* 893.)

Leaders should refer to the guidelines of their particular diocese and parish for choosing and registering sponsors. Given the variety of scheduling models, *Chosen* does not suggest any particular schedule or deadline for choosing sponsors, but it does offer reminders in the Leader's Guide for reaching out to sponsors during the program and invites sponsors to attend the final lesson.

Chosen offers a comprehensive and dynamic Sponsor's Guide, which—like the Parent's Guide—is designed to both provide the tools and information needed for sponsors to guide their candidate and to encourage and challenge sponsors to grow in their own faith.

10. What resources and support is available for leaders?

The **Leader's Guide** provides an overview and easy, 10-step structure for every lesson, lesson objectives, and the complete Student Workbook content with wrap-around leader's notes.

The **Director's Manual** includes planning guidelines, 68 optional activities, leader formation and training materials, special sessions for parents, sponsors and service projects, a retreat, a penance service, assessment handouts, and more.

A **Leadership Formation Workshop** includes an outline for a three-hour session and features a four-part video series with author and teacher Colin MacIver. The session introduces the program content and covers team building, fostering a positive culture within the group, tips for small groups, and teaching for discipleship.

These **additional resources** are available in the *Chosen* Director’s Manual and as digital downloads with Online Leader’s Access.

- Candidate Commitment Form
- Completion Certificate
- Examination of Conscience
- Penance Service
- Confirmation Retreat Guide
- Outlines for 45-, 60-, 90- and 120- minute lessons
- *Chosen* Session titles and lengths
- Intercessory Prayers
- Pre-Confirmation Interview

Leaders should also encourage volunteers to view the detailed Frequently Asked Questions on this page. As Chris Stefanick says in the leader video series, “You’re not all alone, we want to be on this mission with you!” So please do not hesitate to contact us with any questions by emailing Support@AscensionPress.com or by calling 1-800-376-0520.

11. Is *Chosen* available in Spanish?

Yes. The original first edition (2014) is available in Spanish. Click here for more information about [*Elegido: Tu camino hacia la confirmación*](#). The newly revised edition is being translated and will be available in Spanish in Spring 2023.

12. How do I preview the *Chosen* materials?

Experience the flexibility of *Chosen*’s all-digital online course for yourself, which allows you to preview a full session including the videos, workbook, and quiz questions. [Click here](#) to access your free preview today!

13. Who are the presenters in the *Chosen* videos?

Chosen brings together twelve of the most talented and inspiring presenters and youth leaders in the Church today.

Chris Stefanick is a coauthor and the host of *Chosen*. He speaks to more than 85,000 teens, young adults, and parents every year. Chris has served at a parish in the East Los Angeles area and as director of youth and young adult ministry for the Archdiocese of Denver. A recipient of the papal Benemerenti Medal in 2019, Chris is the founder and president of Real Life Catholic, a nonprofit organization dedicated to inspiring youth and adults to live a bold, contagious faith. He is a syndicated columnist, the author or coauthor of many books, and a regular on Catholic TV and radio. Chris and his wife, Natalie, live with their children in Denver, Colorado.

Jackie Francois Angel is a Catholic recording artist and speaker who travels both nationally and internationally, leading retreats and conferences for youth and young adults. She has released two albums through OCP (Oregon Catholic Press). Jackie and her husband, Bobby Angel, are regular video contributors on Ascension Presents, and they currently live in Dallas, Texas, with their children.

Deacon Harold Burke-Sivers is a Catholic evangelist, blogger, Benedictine oblate, and author and the founder and director of Servant Enterprises, which is dedicated to the promotion of Catholic values. He makes regular appearances on Catholic media and leads retreats, seminars, and conferences around the world. Deacon Harold and his wife, Colleen, live with their children in Portland, Oregon.

Brian Butler is lead author and presenter of *YOU: Life, Love, and The Theology of the Body* and *Theology of the Body: Middle School Edition*. He is the cofounder and executive director of Dumb Ox Ministries, a nonprofit organization dedicated to chastity and vocation formation for teens and young adults. Brian and his wife, Lisa, live with their children in New Orleans, Louisiana.

Leah Darrow is an international Catholic speaker who brings her experience of reality TV and the fashion world to the masses. She has appeared on America's Next Top Model and was a professional model in New York City. Leah holds a master's degree in theology from the Augustine Institute and is the founder of LUX Catholic, an app offering prayer, community, and formation for Catholic women. Leah lives with her husband, Richard, and their children in Missouri.

The Dominican Sisters of St. Cecilia. The four Dominican sisters who participated in the *Chosen* program are from a congregation of nearly 280 religious sisters based in Nashville, Tennessee. The Dominican Sisters of St. Cecilia are committed to Catholic education and serve

more than twelve thousand students from preschool to college throughout the United States as well as in Canada and Australia. (Sr. Amelia Hueller, O.P., Sr. Maris Stella Vaughn, O.P., Sr. Jane Domini Laurel, O.P., Sr. Hannah Barnes, O.P.)

Jason Evert has spoken internationally to more than one million people about the virtue of chastity. He is the best-selling author or coauthor of dozens of books and resources for teens and adults, making the message of the Theology of the Body accessible to all. Jason and his wife, Crystalina, are the founders of The Chastity Project and live with their children in Arizona.

Franciscan Friars of the Renewal. The Community of Franciscan Friars of the Renewal (CFRs) is a religious community whose twofold mission is to serve the poor and to evangelize through preaching, teaching, and witnessing the Catholic Faith. The friars are located worldwide, with communities in New York, New Jersey, New Mexico, and California as well as England, Ireland, Nicaragua, and Honduras. (Br. Crispian Rinaldi and Fr. Richard Roemer)

Fr. Josh Johnson is the director of vocations for the Diocese of Baton Rouge, campus minister at Louisiana State University, and chaplain of Cristo Rey Franciscan High School. He is the author of *Broken and Blessed: An Invitation to My Generation* and the *Pocket Guide to Adoration*. He is also a presenter on *Connected: Catholic Social Teaching for This Generation* and the host of the Ascension Presents podcast *Ask Father Josh*.

Mari Pablo has worked in youth ministry for over fifteen years. She holds a bachelor degree in theology and psychology from the Franciscan University of Steubenville and a master's degree in theology from the Augustine Institute. She has contributed to several Ascension video series and is a main presenter in *Connected: Catholic Social Teaching for This Generation*. She is currently a theology teacher and campus minister at St. Brendan Catholic High School in Miami.

Chris Padgett is a Catholic speaker and recording artist who travels around the world giving talks, missions, and concerts. He is also an author and has served as a professor of theology at Franciscan University of Steubenville. Chris and his wife, Linda, live with their children in Syracuse, New York.

Fr. Mike Schmitz serves as both the director of youth and young adult ministry for the Diocese of Duluth and the chaplain for the Newman Catholic Campus Ministry at the University of Minnesota–Duluth. Fr. Mike is well known for his Ascension Presents videos and The Bible in a Year podcast. He is the author of *Quick Catholic Lessons with Fr. Mike*, volumes 1 and 2, and *Belonging: Baptism in the Family of God*.

Sarah Swafford is the director of special projects for Catholic identity at Benedictine College in Atchison, Kansas. She is the author of *Emotional Virtue, A Guide to Drama-Free Relationships* and speaks internationally on dating and relationships and interior confidence. She graduated

from Benedictine College with degrees in theology and business marketing. Sarah and her husband, Dr. Andrew Swafford, live with their children in Atchison, Kansas.

Fr. Mark Toups is a priest for the Diocese of Houma-Thibodaux, where he serves as vicar general and as pastor of Our Lady of the Isle in Grand Isle, Louisiana. Fr. Toups is also an adjunct faculty member at the Institute for Priestly Formation, specializing in communications, development, and spiritual direction. Fr. Toups is the author of the *Rejoice! Advent Meditations* series, the *Ascension Lenten Companion* series, and *Oremus: A Catholic Guide to Prayer*.

Mary Ann Wiesinger Puig has served as director of evangelization and parish life for the Archdiocese of Miami and as associate director of the Department of Evangelization and Catechesis for the Diocese of Oakland. She has worked with directors of religious education, RCIA leaders, evangelization leaders, and catechists for over twelve years with a focus on raising up leaders and disciples.

More questions? Please contact us, we'd love to hear from you!

support@ascensionpress.com

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