

## 8th Confirmation

### Session 1

The first session we really talked about choices and how as a toddler we didn't get many - maybe red cup vs blue cup. And then how as a middle schooler we get more - maybe study hall vs music or soccer vs baseball. But as we grow we will get many many more and in 5 short years, we will have all the independence and freedom we desire! What will we do with that freedom? Right now most choices we have will not do any major harm to us but as we grow the choices will impact our safety and well being. Do all roads lead to heaven? We talked about how this is a **Big Lie** and how the world's view of Live for the Day and do what you want now will bring you happiness is a Big Lie. So who are we and does it matter? — Hopefully we came to the conclusion at the end of the class that **we are children of God and it Really Matters!** God loves us and created us in His Image and Likeness and has a beautiful plan for our life if we turn to Him. The number one concept we really focused on was **“The more freedom you have....the more Your Happiness depends on the choices You Make!”** We also talked about the difference between pleasure and happiness and how they are not the same. Pleasure is eating a cupcake or winning a game but it is not sustainable and therefore is not real happiness. Real happiness does not change depending on what has happened in the last few minutes...that is moodiness. Real Happiness comes from within and knowing you are special and very much valued as person and **we are all very valuable** to our families, friends and especially God. We asked for homework that they look for people who are really happy and what traits do they all share?