PERSONAL GROWTH, Part I  
I. Experiences of Growth: Physical, Sexual, Emotional, Intellectual, Social and Spiritual  
II. Challenge to Growth During Adolescence  
   A. Accepting Ourselves  
   B. Self-Direction  
   C. Responsibility  
   D. Our Need for Others  
   E. Our Need for God 

JESUS AND THE GOSPEL MESSAGE  
I. Introduction to Scripture  
   A. Revelation  
   B. Inspiration and Authorship  
   C. Stages of Gospel Formation  
   D. The Literary Aspects of the Gospels  
II. Introduction to Jesus  
   A. Jesus, Son of Mary  
   B. Jesus, Son of God  
III. Introduction to Each of the Gospels  
   A. The Gospel of Matthew  
   B. The Gospel of Mark  
   D. The Gospel of John 

SACRAMENTS  
I. Sacraments  
II. Baptism  
   A. Introduction  
   B. History  
   C. The Sacrament Today  
   D. Celebration of the Sacrament  
   E. Effects  
   F. Living the Sacrament  
II. Confirmation  
   A. Introduction  
   B. History  
   C. The Sacrament Today  
   D. Celebration of the Sacrament  
   E. Effects  
   F. Living the Sacrament  
III. Eucharist  
   A. Introduction  
   B. History  
   C. The Sacrament Today  
   D. Celebration of the Sacrament  
   E. Effects  
   F. Living the Sacrament
IV. Penance
   A. Introduction
   B. History
   C. The Sacrament Today
   D. Celebration of the Sacrament
   E. Effects
   F. Living the Sacrament
V. Anointing of the Sick
   A. Introduction
   B. History
   C. The Sacrament Today
   D. Celebration of the Sacrament
   E. Effects
   F. Living the Sacrament
VI. Matrimony
   A. Introduction
   B. History
   C. The Sacrament Today
   D. Celebration of the Sacrament
   E. Effects
   F. Living the Sacrament
VII. Holy Orders
   A. Introduction
   B. History
   C. The Sacrament Today
   D. Celebration of the Sacrament
   E. Effects
   F. Living the Sacrament

HUMAN SEXUALITY (one sixth)

I. Sexuality in the Plan of God
   A. Gift from God
   B. Adolescence and the Lifelong Process of Becoming Mature Sexual Persons

II. Sexuality and the Dignity of the Human Person

III. Proper Uses of the Gift of Human Sexuality
   A. Sexual Feelings
   B. Relationships
   C. Sexual Union in Marriage

IV. Abuses of the Gift of Sexuality
   A. Lack of Respect for Ourselves and Others
   B. Misuses of Sexual Activity

V. Ways to Foster Sexual Maturity
   A. Sexual Activity and Love
   B. Resisting Temptation
   C. Developing Friendships
   D. Seeking Advice
   E. Responding to God’s Gift