



Resources for Sharing the Faith with your Teenage Children

Whether you are beginning to form small groups for faith sharing with your children and their friends, or are looking for a spiritual practice for your family, please see the below resources to help you learn and grow in faith with your family! These resources are highly recommended and have content designed with the specific goal of being shared with teenagers. We hope you'll take advantage of these resources with your family!

Websites

- **YDisciple**, found on www.FORMED.org, contains free videos for study groups with teens with breakout discussion questions, leader guides and parent resources included. **FORMED** contains plenty of videos and material and is FREE for you as a parishioner. You can create an account using our parish access code, "ed01c4".
- **Ascension Press** provides high-quality video resources, podcast, studies, and more for free on its YouTube Channel, Ascension Presents, and its website, www.ascensionpress.com. Recommended speakers for parents and teens include Fr. Mike Schmitz, Jackie Angel, and Matt Fradd
- **The Fellowship of Catholic University Students (FOCUS)** offers Bible studies and videos for free on their app, www.focusoncampus.org/content/focus-equip-mobile-app
- **Endow** www.endowgroups.org offers small group discussion featuring rich reflection content and leaders' manuals to facilitate a community of young women.
- **St. Andrew Missionaries**, www.standrewmissionaries.org, is a ministry designed to assist parishes and families with creating youth discipleship small groups
- **Real Life Catholic** (www.reallifecatholic.com) shares God's beauty, power, and truth
- www.marathonyouthministry.com and www.ablaze.us/nextlevel share youth ministry tips
- **Alpha** (<https://alphausa.org/catholic>) offers small-group programs teaching the Gospel
- **Word on Fire Institute** www.wordonfire.institute offers an online subscription to lectures and studies on a variety of relevant topics for an intermediate level for adults

Books

- **The Mentor's Handbook** by Peter Michael Henry
- **The Manly Art of Raising a Daughter** by Alan Miglorato