

# **FAITH FORMATION/SACRAMENTAL PREPARATION PROGRAM**

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## **1. Introduction to Catholicism and the Catholic Church.**

- a. Why be Catholic?
- b. What is the Catholic Church and why do we need it?

## **2. What We Believe.**

- a. Divine Revelation:
  - i. Why are we able to believe?
  - ii. How does God reveal himself to us?
  - iii. Sacred Tradition: The Deposit of Faith
  - iv. Sacred Scripture (The Bible)
    - What is the Bible, How is it true?
    - How to read the Bible.
    - The Books of the Bible.
- b. The Christian Profession of Faith.
  - i. What are creeds and where did they come from?
    - What is faith?
    - The Apostles' Creed.
    - The Nicene Creed.
  - ii. God as a Trinity.
    - God the Father, Creator of heaven and earth.
    - God the Son – Who is Jesus Christ?
    - God the Holy Spirit.
  - iii. The Church.
    - What is the Church?
    - The four marks of the Church.
    - What is the Catholic Church and its relationship to the Church of Jesus Christ? What about other churches?
  - iv. One baptism and the resurrection of the dead.
    - Why only one baptism?
    - What happens when we die? Particular and general judgement.
    - What is heaven, purgatory, and hell?

### 3. Celebrating the Christian Mysteries.

#### a. The Sacred Liturgy:

- i. What is “liturgy”?
- ii. What is the Mass and why is it so important?
- iii. The parts of the Mass.
- iv. The Lord’s Supper.
- v. Jesus Christ in the Eucharist, Holy Communion. The Body of Christ.

#### b. The Sacraments.

- i. What is a sacrament?
- ii. The Sacraments of Initiation:
  - Baptism
  - Confirmation.
  - Eucharist, the Real Presence.
- iii. The Sacraments of Healing:
  - Penance/Reconciliation.
  - Anointing of the sick.
- iv. The Sacraments of Service (Vocation):
  - Matrimony (marriage)
  - Holy Orders

#### c. Other Liturgical celebrations.

- i. Sacramentals.
- ii. Christian marriage, funerals,
- iii. Stations of the Cross.
- iv. Marian devotion.
  - Who is Mary and why do Catholics honor her?
  - Veneration vs. worship.
  - Immaculate Conception.
  - The Magnificat.
  - The Hail Mary.
  - The Rosary.

#### **4. Life in Christ, Christian Morality.**

- a. The need for faith.
- b. The dignity of the human person.
  - i. The Beatitudes – What are they and why important?
  - ii. What is freedom, free will, conscience?
  - iii. The Christian virtues – faith, hope, and charity.
  - iv. The gifts and fruits of the Holy Spirit.
  - v. What is sin and what types of sin are there?
- c. Grace and salvation.
  - i. What is grace?
  - ii. What is meant by salvation and how are we saved?
- d. The Ten Commandments.
  - i. What are they and how do they apply to our lives today?
  - ii. The two great commandments – Love of God and neighbor.
  - iii. Moral teachings.
  - iv. The Ten Commandments as a basis for an examination of conscience.

#### **5. Christian Prayer.**

- a. What is prayer, why pray?
  - b. The Sign of the Cross.
  - c. The Lord's Prayer.
  - d. The Communion of Saints, praying to the saints.
  - e. Types of Prayer:
    - i. Blessing, praise and adoration, e.g., adoration of the Blessed Sacrament.
    - ii. Prayers of Petition.
    - iii. Prayers of Intercession.
    - iv. Prayers of Thanksgiving.
  - f. Sacramentals and Devotions.
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## WEEKLY SESSIONS

- Session 1. Introduction to Catholicism: Why be Catholic? (1.a)
  - Session 2. Introduction to Catholicism: What is and why do we need the Church? (1.b)
  - Session 3. Divine Revelation: Sacred Tradition, Sacred Scripture (2.a.)
  - Session 4. The Christian Profession of Faith: The Creeds, God the Father (2.b.i.-ii)
  - Session 5. The Christian Profession of Faith: God the Son, Who is Jesus? (2.b.ii.)
  - Session 6. The Christian Profession of Faith: God the Son, Who is Jesus? (cont.)
  - Session 7. The Christian Profession of Faith: The Holy Spirit (2.b.ii.)
  - Session 8. The Christian Profession of Faith: The Church (2.b.iii.)
  - Session 9. The Christian Profession of Faith: What happens when we die? (2.b.iv.)
  - Session 10. The Sacred Liturgy (3.a.)
  - Session 11. The Sacraments: What is a sacrament? Baptism & Confirmation (3.b.i.-ii.)
  - Session 12. The Sacraments: The Eucharist (3.b.ii.)
  - Session 13. The Sacraments: The Eucharist (3.b.ii.) (cont.)
  - Session 14. The Sacraments: Penance (3.b.iii.)
  - Session 15. The Sacraments: Penance (cont.)
  - Session 16. The Sacraments: Anointing of the Sick, Marriage and Holy Orders (3.b.iii.-iv.)
  - Session 17. Other Liturgical Celebrations: Sacramentals and Marian Devotion (3.c.)
  - Session 18. Life in Christ, Christian Morality: Faith, Human Dignity and Salvation (4.a-c).
  - Session 19. Life in Christ, Christian Morality: The Ten Commandments (4.d.).
  - Session 20. Christian Prayer: What is prayer? The Lord's Prayer (5.a.-c.).
  - Session 21. Christian Prayer: The Lord's Prayer (cont.), Communion of Saints (5.c.-f.).
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## RESOURCES:

1. *Catechism of the Catholic Church, U.S. Catholic Catechism for Adults, and/or YOUCAT (Youth Catechism of the Catholic Church).*
  2. *Our Catholic Identity: Catechism Workbook:* An excellent workbook published by RCL Benziger that concisely presents the beliefs of the Catholic Church as contained in the *Catechism of the Catholic Church*.
  3. *Forgiven* (Excellent DVD program by Augustine Institute on the Sacrament of Penance).
  4. *Decision Point* (Matthew Kelley's faith formation program for teens. Very upbeat, appeals to adults as well).
  5. *Symbolon: The Catholic Faith Explained* (Augustine Institute)  
Part I: The core teachings of the Catholic Church traced out in the Creed and Catechism with the goal of knowing the faith.  
Part II: Encountering God in the sacraments and the moral life with the goal of fully living the Faith.
  6. *I Believe* (Four-part video series on the Nicene Creed by Dr. Marcellino D'Ambrosio).
  7. *Catholicism:* A 10-episode (50-60 minutes per episode) DVD study program produced by *Word on Fire Catholic Ministries* and narrated by Bishop Robert Barron on what Catholics believe and why.
  8. *Eucharist:* A 3-part (20-30 minutes each) DVD study program produced by *Word on Fire Catholic Ministries* and narrated by Bishop Robert Barron on the Eucharist as a sacred meal, the sacrifice necessary for communion with God, and the real presence of Christ. (Note, this program duplicates much of what is contained in episode 7 of the *Catholicism* series – *Word Made Flesh, True Bread of Heaven: The Mystery of The Liturgy and The Eucharist*).
  9. *Touching Jesus through the Church:* (Eight-part video series by Dr. Marcellino D'Ambrosio that covers the most prominent Catholic distinctives most commonly misunderstood by non-Catholics and Catholics alike).
  10. *Catholic Prayers:* A 29-page collection of Catholic prayers published by the Diocese of Austin (available in English and Spanish).
  11. *Pray in the Spirit: Catholic Prayers for Inmates:* A pocket-size prayer book that contains a collection of Catholic prayers for prisoners. It also features art and prayers by prisoners, as well as the lives of saints who have been in prison. Published by Dismas Ministry of Milwaukee, it is available free-of-charge for use in correctional facilities.
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