

# Ongoing Adult Faith Formation

Below we have suggested topics and groups of chapters from the *United States Catholic Catechism for Adults* that can be used by adults as the content for an ongoing adult faith formation program. Programs range from 3 to 12 sessions with most in the 6-8 session range.

## Topics

Church

Creed

Devotions

Discipleship

Jesus

Journey of Faith

Marriage and Family Life

Morality

Prayer

Sacraments

## The Creed

Description: An overall reflection on the Creed

Number of Sessions: 13

Chapter 1. My Soul Longs for You, O God (Ps 42:2)

Chapter 2. God Comes to Meet Us

Chapter 3. Proclaim the Gospel to Every Creature (Mk 16:15)

Chapter 4. Bring About the Obedience of Faith

Chapter 5. I Believe in God

Chapter 6. Man and Woman in the Beginning

Chapter 7. The Good News: God Has Sent His Son

Chapter 8. The Saving Death and Resurrection of Christ

Chapter 9. Receive the Holy Spirit (Jn 20:22)

Chapter 10. The Church: Reflecting the Light of Christ

Chapter 11. The Four Marks of the Church

Chapter 12. Mary: The Church's First and Most Perfect Member

Chapter 13. Our Eternal Destiny

## The Sacramental and Devotional Life of the Church

Description: An overall reflection on the sacraments of the Church.

Number of Sessions: 5

Chapter 8. The Saving Death and Resurrection of Christ

Chapter 10. The Church: Reflecting the Light of Christ

Chapter 14. The Celebration of the Paschal Mystery of Christ

Chapter 17. The Eucharist: Source and Summit of the Christian Life

Chapter 27. The Third Commandment: Love the Lord's Day

## Resources for the *United States Catholic Catechism for Adults*

Description: An overview of the sacramental and devotional life of the Church.

Number of Sessions: 6

Chapter 8. The Saving Death and Resurrection of Christ

Chapter 10. The Church: Reflecting the Light of Christ

Chapter 14. The Celebration of the Paschal Mystery of Christ

Chapter 22. Sacramentals and Popular Devotions

Chapter 35. God Calls Us to Pray

Chapter 36. Jesus Taught Us to Pray

Description: An overview of the Sacraments of Initiation.

Number of Sessions: 6

Chapter 8. The Saving Death and Resurrection of Christ

Chapter 10. The Church: Reflecting the Light of Christ

Chapter 14. The Celebration of the Paschal Mystery of Christ

Chapter 15. Baptism: Becoming a Christian

Chapter 16. Confirmation: Consecrated for Mission

Chapter 17. The Eucharist: Source and Summit of the Christian Life

Description: An in-depth look at the seven sacraments of the Church, sacramentals, and popular devotions.

Number of Sessions: 9

Chapter 14. The Celebration of the Paschal Mystery of Christ

Chapter 15. Baptism: Becoming a Christian

Chapter 16. Confirmation: Consecrated for Mission

Chapter 17. The Eucharist: Source and Summit of the Christian Life

Chapter 18. Sacrament of Penance and Reconciliation: God Is Rich in Mercy

Chapter 19. Anointing of the Sick and the Dying

Chapter 20. Holy Orders

Chapter 21. The Sacrament of Marriage

Chapter 22. Sacramentals and Popular Devotions

### **Prayer**

Description: A general overview of prayer.

Number of Sessions: 2

Chapter 35. God Calls Us to Pray

Chapter 36. Jesus Taught Us to Pray

## Resources for the *United States Catholic Catechism for Adults*

### **Fostering Good Marriages and Family Life**

Description: A reflection on marriage and family life

Number of Sessions: 5

Chapter 6. Man and Woman in the Beginning

Chapter 18. Sacrament of Penance and Reconciliation: God Is Rich in Mercy

Chapter 21. The Sacrament of Marriage

Chapter 28. The Fourth Commandment: Strengthen the Family

Chapter 30. The Sixth Commandment: Marital Fidelity

### **Coming to Know Jesus**

Description: An overview of who Jesus is, how we grow in our knowledge and relationship to him, and how we are called to respond to his call to discipleship.

Number of Sessions: 8

Chapter 2. God Comes to Meet Us

Chapter 4. Bring About the Obedience of Faith

Chapter 7. The Good News: God Has Sent His Son

Chapter 8. The Saving Death and Resurrection of Christ

Chapter 14. The Celebration of the Paschal Mystery of Christ

Chapter 23. Life in Christ—Part One

Chapter 24. Life in Christ—Part Two

Chapter 36. Jesus Taught Us to Pray

### **The Church**

Description: An overview of the teachings on the Church

Number of Sessions: 3

Chapter 10. The Church: Reflecting the Light of Christ

Chapter 11. The Four Marks of the Church

Chapter 12. Mary: The Church's First and Most Perfect Member

### **The Call to Discipleship**

Description: An examination of the call to discipleship and our response.

Number of Sessions: 6

Chapter 1. My Soul Longs for You, O God

Chapter 7. The Good News: God Has Sent His Son

Chapter 8. The Saving Death and Resurrection of Christ

Chapter 23. Life in Christ—Part One

Chapter 24. Life in Christ—Part Two

Chapter 34. Tenth Commandment: Embrace Poverty of Spirit

## Resources for the *United States Catholic Catechism for Adults*

### **The Journey of Faith**

Description: A short reflection on faith.

Number of Sessions: 3

Chapter 1. My Soul Longs for You, O God

Chapter 2. God Comes to Meet Us

Chapter 4. Bring About the Obedience of Faith

### **Christian Morality**

Description: An in-depth look at Christian morality

Number of Sessions: 12

Chapter 23. Life in Christ—Part One

Chapter 24. Life in Christ—Part Two

Chapter 25. The First Commandment: Believe in the True God

Chapter 26. The Second Commandment: Reverence God's Name

Chapter 27. The Third Commandment: Love the Lord's Day

Chapter 28. The Fourth Commandment: Strengthen Your Family

Chapter 29. The Fifth Commandment: Promote the Culture of Life

Chapter 30. The Sixth Commandment: Marital Fidelity

Chapter 31. The Seventh Commandment: Do Not Steal—Act Justly

Chapter 32. The Eighth Commandment: Tell the Truth

Chapter 33. The Ninth Commandment: Practice Purity of Heart

Chapter 34. The Tenth Commandment: Embrace Poverty of Spirit