

Below is a sample Syllabus to guide the course

Course Structure: 6 Units (4 Sessions Each)

Unit 1: The Sacramental Life – Living What We Received

1. What Is Mystagogy? Entering the Mystery
2. Baptism & Confirmation: Becoming New in Christ
3. The Eucharist: Source and Summit of Our Lives
4. Living the Liturgy: Participating Fully, Actively, Consciously

Unit 2: The Word of God – Scripture as Living Encounter

5. Listening to God Speak in Scripture
6. Praying with Scripture (Lectio Divina)
7. Jesus in the Gospels – Who Do You Say That I Am?
8. The Early Church and Us – Acts and the Epistles

Unit 3: Life of Prayer – Encountering God Daily

9. What Is Prayer? Why Does It Matter?
10. Forms of Prayer: Adoration, Contrition, Thanksgiving, Supplication
11. Saints as Models of Prayer and Holiness
12. Building a Daily Prayer Life (Including Examen and Rosary)

Unit 4: Moral Living – Making Choices with Christ

13. Freedom & Responsibility: Making Moral Decisions
14. Catholic Social Teaching: Faith in Action
15. Relationships, Media, and Sexuality Through a Catholic Lens

16. Sin, Mercy, and Reconciliation: The Ongoing Conversion

Unit 5: Belonging to the Church – Community and Mission

17. Why the Church? Being Part of the Body of Christ

18. The Holy Spirit in Our Lives and in the Church

19. The Saints and Mary – Our Spiritual Family

20. Living as a Young Catholic in Today's World

Unit 6: Called and Sent – Disciples on Mission

21. Finding and Using Your Gifts (Charisms)

22. Vocations: Listening to God's Call

23. Evangelization and Witness in Everyday Life

24. Commissioning & Final Retreat/Prayer Experience

Additional Features

- Monthly service projects or reflective assignments
- Guest speakers: priests, religious, Catholic professionals
- Small group prayer or spiritual journaling time
- One retreat or day of reflection
- Mass attendance and liturgical ministry opportunities