

## **Going Deeper: Exploring Faith for Upperclassmen. Wednesdays 7:30-8:30.**

**Purpose:** Going Deeper is an optional program tailored for upperclassmen, specifically designed to delve deeper into Catholic faith and address questions that teenagers have. The program aims to foster stronger relationships with peers and with Jesus Christ through a deeper understanding of Church teachings and their relevance in daily life.

### **Key Features:**

1. **Small Group Discussions:** Small group settings encourage open dialogue where teens can share insights, questions, and challenges related to their faith journeys. This fosters a supportive environment for personal growth and community building.
2. **Educational Focus:** The conversation includes in-depth exploration of Catholic teachings, scriptures, morality, and the lives of saints. This educational focus helps teens deepen their knowledge and appreciation of the Catholic faith.
3. **Prayer and Reflection:** Each session incorporates time for prayer, meditation, and spiritual reflection. This component encourages teens to deepen their personal relationship with God and explore their spirituality.

### **Benefits:**

- **Personal Growth:** Going Deeper supports upperclassmen in developing a deeper connection with their faith and understanding of Catholic teachings.
- **Community Engagement:** Participation in small groups and discussions fosters meaningful connections with peers who share similar values and beliefs.
- **Faith Exploration:** The program encourages teens to ask questions and seek answers, empowering them to make informed decisions about their faith journey.
- **Optional Participation:** As an optional program, Going Deeper respects individual preferences and allows students to explore their faith at their own pace.

### **Conclusion:**

Going Deeper is designed to provide upperclassmen with a supportive environment to explore and deepen their Catholic faith. Through interactive learning, meaningful discussions, and spiritual reflection, teens can strengthen their relationship with Jesus Christ and prepare for their future as committed members of the Church.