



~29  
minutes

### **Session 1:** **Your Identity**

#### **The Search | Episode 2**

**Key Takeaway:** Your identity is rooted in being a beloved child of God—made in His image, redeemed by Christ, and called to live in freedom and truth.

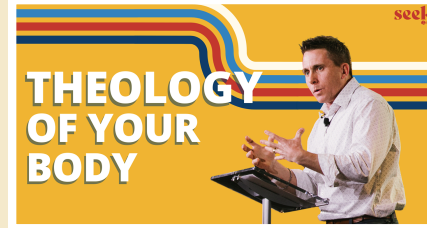


~20  
minutes

### **Session 2:** **Your Dignity Pt. 1**

#### **Summoned to Life and Seeing Reality**

**Key Takeaway:** Every human life is sacred and created with purpose. Our dignity is not earned—it is given by God and demands reverence.

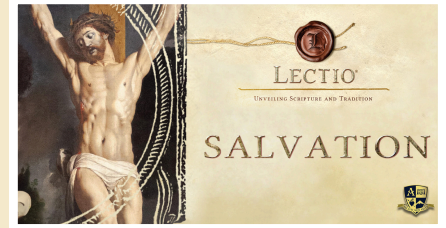


~30  
minutes

### **Session 3:** **Your Dignity Pt. 2**

#### **Gender and the Theology of Your Body**

**Key Takeaway:** Our bodies and souls together reveal God's plan for humanity. Living our masculinity or femininity with virtue reflects the divine image.

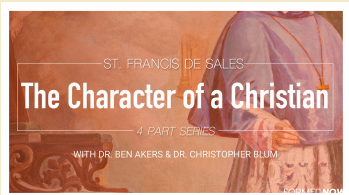


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minutes

### **Session 4:** **Your Salvation**

#### **Lectio: Salvation | Episode 9**

**Key Takeaway:** Salvation is a personal gift offered to each of us through Christ.



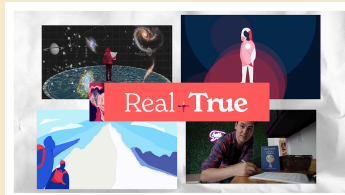
~25  
minutes

### **Session 5: Your Character**

#### **Saint Francis de Sales and the Character of a Christian | Episode 1 and**

#### **Real + True | Unit 26: Episode 1**

**Key Takeaway:** A Christian is formed by virtue. Character is built through daily decisions rooted in Christ and guided by grace and truth.



~30  
minutes

### **Session 6: Your Mission**

#### **Formed for Mission | Episode 1 and Evangelization with Chris Stefanick | Episode 3**

**Key Takeaway:** Every baptized person is called to be a missionary disciple.



~30  
minutes

### **Session 7:** **Your Future**

#### **Eternal Rest | Episode 2**

**Key Takeaway:** Eternal life is not a far-off dream but a present hope. Heaven is our true home, and everything we do now shapes our eternity.