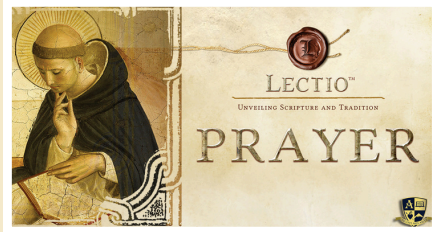


~30 minutes

Session 1: **Catholic Life**

What Is a Catholic Lifestyle? | Formed Now

Key Takeaway: A Catholic life is one immersed in Christ—shaped by the sacraments, ordered by virtue, and sustained by community and mission.



~30 minutes

Session 2: Catholic Prayer (Pt. 1)

Lectio: Prayer: Finding Intimacy with God | Episode 1

Key Takeaway: In lifting our hearts to God, we come to know Him intimately and are transformed by His presence.



~30 minutes

Session 3: Catholic Prayer (Pt. 2)

Be Not Afraid Family Hour | Episode 5 (first 30 minutes)

Key Takeaway: Prayer is both a conversation and a communion. Through prayer, we grow in friendship with the Lord.

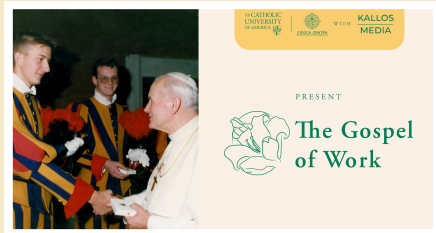


~30 minutes

Session 4: Catholic Family

The Catholic Parent | Episode 4 and Episode 6

Key Takeaway: The family is the domestic Church, where faith is nurtured, love is practiced, and holiness begins. It's the foundation of both Church and society.



~30 minutes

Session 5: Catholic Work

The Gospel of Work | Episode 3 and Episode 6

Key Takeaway: Work is a path to holiness. Whether in the home or the world, we participate in God's creative action when we labor with love and humility.

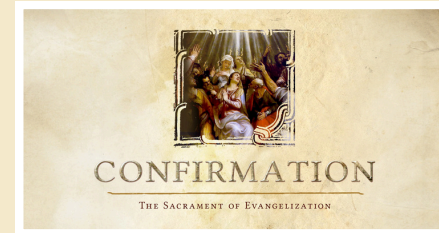


~40 minutes

Session 6: Catholic Service

Homeless but Human | Christ in the City

Key Takeaway: We encounter Christ in the poor and forgotten. Serving others with dignity and compassion allows us to live out the Gospel.



~30 minutes

Session 7: Catholic Evangelization

Lectio: Confirmation | Episode 3

Key Takeaway: We are called to evangelize. We share Christ not only with our words but by the joyful witness of a life transformed by grace.