

What is faith formation?

Faith formation includes ministries designed to support disciples as they grow in the knowledge and habits of the Christian life. Small groups provide an essential space for adults to discuss ideas and apply them to their lives.

Faith formation typically serves individuals at thresholds of decision and beginning disciple.

What makes faith formation successful?

- Success is measured by the degree of personal transformation, not merely the transfer of information.
- Formation should articulate the content of the Catholic faith and at the same time foster habits of personal prayer, living as witnesses to the faith, following the teachings of Christ, and practicing love of neighbor.
- Ultimately, formation happens best through mentors who befriend and accompany people as they try to model their lives after the life of Christ. No programmatic option is adequate without personal accompaniment.

The Creed (Part I of the Catechism)

| Option | Description | Access |
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| Symbolon Part I | This video series from the Augustine Institute systematically unpacks the professions of the creed over 10 sessions. | Visit: formed.org |
| Seeking Truth Bible Studies | A series of lecture-based Bible study curriculums typically presented to a large group at the parish. The studies were developed locally in Omaha by Sharon Doran. | Visit: seekingtruth.net |
| The Bible Timeline | This video series offers a guided journey through salvation history, following the narrative thread of the Bible through twelve defined time periods. | Visit: ascensionpress.com |
| Salvation History Study | Designed for small groups, this free 13-session series follows God's covenantal plan throughout Scripture to foster a Biblical worldview. | Visit: focusquip.org/salvation-history/ |

The Sacraments (Part II of the Catechism)

| Option | Description | Access |
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| A Biblical Walk through the Mass | This 5-session video series from Ascension Press explores the biblical roots of the words, gestures, and rituals of the liturgy. | Visit: ascensionpress.com |
| Symbolon Part II | This video series from the Augustine Institute systematically presents Catholic teachings on the sacraments over 5 sessions. | Visit: formed.org |

Christian Living (Part III of the Catechism)

| Option | Description | Access |
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| CCO Faith Study Series | These small group resources (especially “Growth” and “Trust”) focus on living the habits of prayer, sacramental life, fellowship, and trusting the Lord in all aspects of life. | Visit: cedarhouse.co/catholic-christian-outreach/ |
| Following Christ | Part II of the ChristLife series focuses on living the habits of prayer, sacramental life, forgiveness, and calling upon the Holy Spirit. Its duration is seven sessions plus a retreat. | Visit: christlife.org/ |
| Women of Grace | This women’s study program focuses on both holiness of life and woman’s purpose and mission in the world today. | Visit: womenofgrace.com/ |
| That Man is You | This study series helps men to live virtuously in the face of the pressures of modern culture, especially in their roles as husbands and fathers. | Visit: paradisusdei.org/that-man-is-you/ |

Christian Prayer (Part IV of the Catechism)

| Option | Description | Access |
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| Relational Prayer Study | Designed for small groups, this guide offers a way to start or move forward in having a closer, more personal encounter with God in prayer. | Visit: ipfpublications.org/products/relational-prayer |
| The Lampstand Initiative | This small group program guides individuals in exploring several forms of Catholic prayer, building habits of prayer, and sharing the fruits of their prayer with others. | Visit: sacredheartnorfolk.com/lampstand-initiative |
| Live Lent Together | Focusing on the experience of shared lectio divina, Live Lent Together offers multiple 6-week prayer and discussion guides for small groups. | Visit: archomaha.org/lent |
| Oremus | An eight-week video series for small groups, Oremus teaches the essentials of an effective and fruitful prayer life. | Visit: ascensionpress.com |

Please ask the Parish Support Team for a recommendation tailored to your parish.