



CATECHETICAL SESSION OUTLINE

10 min Opening prayer / Group sharing. Share an insight from:

- the Mass, or
- the dismissal session

Catechist: Ask each person to identify something memorable from the Mass or the dismissal session. What stood out for you? Say more about what was memorable about that. Did you learn anything new? How would you explain your insight to someone else? What does your insight teach you about [TOPIC OF THE WEEK]?

10 min Life experience. Name something that happened in your life this week.

Catechist: Ask each person to identify something memorable that happened in their life this week and how their insight from the Mass or dismissal session might apply to that situation. How did you experience God this week? How is that experience like your insight? Did you have any challenges in your life this week? How would your insight be helpful next time you have a challenge like that? How does your insight affirm what happened to you this week?

10 min Topic discussion

Catechist: Ideally, something related to the topic will have come up in the previous segments. If it did, use that as a springboard for discussing the topic. If it didn't, ask the participants to recall something from the Mass that will lead into the topic. For example, if the topic is "Jesus Christ": Do you remember when we prayed the Creed at Mass? Let's look at the section that talks about Jesus.

Why do you think the prayer [song, reading, etc.] says that? Name one thing you think the church is trying to teach in this prayer? Why is that important?

10 min Catholic tradition

Catechist: After each person has contributed, summarize and fill in gaps.

- *Let's look at a place in the Bible that speaks about [TOPIC]*
- *Let's look at a Catholic practice that reflects [TOPIC]*
- *Let's look at a key teaching from the church about [TOPIC]*

10 min Commitment to action

Catechist: Ask each person to summarize their experience of the action they committed to from the previous week. Ask them each to commit to an action in the coming week.

- *What was your experience of doing the faith actions you committed to last week?*
- *Based on our discussion today, what do you think God is calling you to do this coming week?*

Always ask for a commitment to daily prayer and a commitment to reading the upcoming Sunday readings, in addition to whatever the participants commit to for the week.

10 min Summary and questions / closing prayer

Catechist: Ask for questions. State a brief summary. Close with a different, traditional prayer form each week. Ideally, the prayer would be based on the topic of the week.