



# Resources for Returning Catholics

## Sample 8 Week Curriculum

**Overview:** This sample curriculum would be used for Parents of RE Children and other adults who want to learn more about their faith.

**Goals:** To help Catholics learn more about their faith and how to make it an active and conscious part of their lives.

**Session Format:** Each session should be well executed and lovingly presented. Sessions should be formed by the team following the outline below or something similar.

- I) **Opening Prayer:**
  - a. The opening prayer should include the participants. (Use an abbreviated Liturgy of the Hours, or another prayer form from the Catholic tradition can include the group)
  - b. The opening prayer when possible should be lead by someone else other than the session leader.
- II) **Scripture Reading:**
  - a. A Gospel verse that is easily understood (e.g. Beatitudes, Parable of Sower) and coordinates with the session theme should be joyfully proclaimed.
  - b. Participants should be directed where to find the verse in the scriptures.
- III) **Small Faith Sharing**
  - a. Questions pertinent to the scripture that inspire deep discussion should be developed.
  - b. Active Catholics and volunteer catechists may be placed in each small group to help facilitate dialog.
- IV) **Catechesis**
  - a. An individual from the parish should present the catechetical content of the session. It is helpful to have a different presenter at each session.
  - b. The presenter should consider the “Keys of Catholic Doctrine” when designing their presentation (see attached).
  - c. Time for Questions and Answers
- V) **Discussion/Closing Prayer**

### Some topics and quick references to help form your sessions

**Prayer in the Catholic Tradition** *Scripture:* Mt: 6:9-13, Mk 11:24 *Catechism:* 2559-2567, 2607-2619, 2761

*Other Resources:* RENEW Why Catholic Book #4, OSV Pamphlet “How to Pray as a Catholic,”

**Understanding the Mass** *Scripture:* Mt: 26:26-30, John 6:34-59, Luke 24:13-35, 1 Cor 11:23-34

*Catechism:* 1406-1419 *Other Resources:* RENEW Why Catholic Book #3, OSV Pamphlet “How to Get more out of the Mass”

**How to read and understand the Bible** *Scripture:* Luke 1:1-4, Matt 5:17-20, Deut 8:3, 2 Tim 3:16

*Catechism:* 134-141 *Other Resources:* Ascension Press “The Great Adventure” Series, OSV Pamphlet “The Bible & You”

**Mary and the saints** *Scripture:* Gen 3:15, Luke 1:26-56, Luke 2:19, John 2:1-11, John 19:26-27,

*Catechism:* 148,149, 721-726, 2673-2677, saints 946-953, 2683 *Other Resources:* [www.newadvent.org](http://www.newadvent.org) (cf saints)

**Sin and Confession** *Scripture:* Matthew 16:15-19, John 20:21-23, James 5:14-15.

*Catechism:* 1846-1869, 1456, 1485-1496 *Other Resources:* OSV Pamphlet “How to Make a Good Confession”

**Heaven, Hell and Purgatory** *Scripture:* John 3:16, John 14:2-7, 2 Pet 3:9, 1 Cor 3:15, 1 Pet 1:7, 1 Cor 15,

*Catechism:* 1051-1060, 1030, 1033, *Other Resources:* [www.newadvent.org](http://www.newadvent.org) (cf eschatology), OSV Pamphlets

**Marriage & Family Life** *Scripture:* Gen 2:18-25, Matt 19:1-15, Eph 5:21-33

*Catechism:* 1659-1666, 2247-2257, *Other Resources:* [www.diocesephoenix.org/mfrl/jp2.html](http://www.diocesephoenix.org/mfrl/jp2.html), OSV Pamphlets

**The Dignity of Human Life** *Scripture:* Gen 1:26-28, Matt 19:13-15, Matt 6:25-34, Matt 10:29-31

*Catechism:* 2318-2330, 2270 *Other Resources:* [www.diocesephoenix.org/mfl/](http://www.diocesephoenix.org/mfl/)



## Goal of Catechesis

*The goal of catechesis is knowledge and conversion for insertion into the mystery of Christ with the ultimate goal of communion with Him.*

## Keys of Catholic Doctrine

1. **Teach the PREMISE:** This is the underlying truth upon which the doctrine is based. It is not necessarily the definition but always God doing something.
2. **Teach the ESSENTIALS:** These are those aspects of a doctrine that cannot be taken for granted when teaching it. **\*(Always provide 1 reference to the Catechism of the Catholic Church)**
3. **Teach what is COMMONLY MISUNDERSTOOD:** There are many misconceptions about what the Church teaches. Most inquirers will come with false understandings of doctrines of the Faith.
4. **Teach the SCRIPTURAL BASIS:** Many people fail to recognize that Catholic doctrine is grounded in Sacred Scripture. **\*(Provide at least 1 and no more than 3 Scripture references for each teaching)**
5. **Teach the RELATED DOCTRINES:** The doctrines of the Faith form a certain organic unity. They are not independent. Often, the teaching of a related doctrine will reveal what was previously hidden.

