**Pathways Step One: Introductory Course Session Outcomes**

**Session One: Trinity and the Church**

Spiritual Formation Focus

Participants will be invited to engage in the following formational experiences:

* Communal prayer
* Theological reflection
* Personal faith sharing

Catechetical Outcomes

Participants will be able to:

* Articulate an understanding of the Trinity as a community of three Divine Persons.
* Discuss how the Trinity serves as a model for the People of God in relationship and union with one another.

**Session Two: Sacraments and Sacramental Life**

Spiritual Formation Focus

Participants will be invited to engage in the following formational experiences:

* Communal prayer and ritual action
* Reflective process using images in order to capture glimpses of sacramental experiences
* Group faith sharing / stories of participants and how they live out their call to discipleship

Catechetical Outcomes

Participants will be able to:

* Explain that we encounter the presence and love of God in many different ways throughout our lives.
* Articulate that God is always present; therefore, holiness is ever present in all of creation.
* Identify the seven sacraments of the church as graced moments when we enter into the mystery of God’s gift of unconditional love.
* Identify the sacrament of Baptism as our entrance into the life of Christ and our call to discipleship.
* Name the Eucharist as the Source and Summit of the Catholic faith.

**Session Three: Morality and Justice**

Spiritual Formation Focus

Participants will be invited to engage in the following formational experiences:

* Personal journaling in response to several Scripture quotes that will be shared throughout the session
* Participants in groups will look at the Examen and determine how this may be helpful in responding more fully to Jesus call to love
* Personal stories to be shared of how they uphold the dignity of the person in their everyday lives.

Catechetical Outcomes

Participants will be able to:

* Explain that morality is our loving response to Jesus Christ.
* Name the Ten Commandments and the Beatitudes as the guides for moral living and decision making.
* Name the seven principles of Catholic Social Teaching with the principle of Human Dignity as central to all others.

**Session Four: Prayer and Spirituality**

Spiritual Formation Focus

Participants will be invited to engage in the following formational experiences:

* Guided meditation and the Lord’s Prayer
* Reflection on one’s understanding of prayer and the role it plays in their lives
* Experience of Lectio Divina and Liturgy of the Hours

Catechetical Outcomes

Participants will be able to:

* Describe prayer as communication with God, both speaking and listening.
* Speak of Jesus’ prayer life as an ongoing relationship with God the Father.
* Identify various types of prayer within the Catholic Tradition.