

**Session 7: Adult Faith Formation**

**Proposition Definition:** Create or strengthen an intentional formation plan at every parish to help adults and families in all stages of life to live and witness to the faith in our culture today.

- Teach the fundamentals and fullness of the faith – i.e., Scripture, Mass and Sacraments, prayer, and the moral life.
- Nurture the faith journey from encounter and conversion to missionary discipleship.
- Make helpful resources available, especially greater promotion and access to the Archdiocesan and national formation resources (e.g., Catechetical Institute, Latino Ministry Institutes, Called and Gifted program, university courses/certificates).

**Other Key Points:**

- The General Directory for Catechesis states: "The maturation of the Christian life requires that it be cultivated in all its dimensions: knowledge of the faith, liturgical life, moral formation, prayer, belonging to community, missionary spirit."
- "Knowledge of faith," or understanding our Christian tradition and salvation history, comes about through catechesis, or teaching.
- Adult faith formation means providing opportunities for the person to gain greater knowledge of Sacred Scripture and Sacred Tradition, as well as the meaning of the Creed.
- The Directory of Catechesis states: "Catechesis is so central to the Church's mission of evangelization that, if evangelization were to fail to integrate catechesis, initial faith ignited by the original proclamation of the Gospel would not mature, education in the faith through a deeper knowledge of the person and message of Jesus Christ would not transpire, and discipleship in Christ through genuine witness would not be fostered."
- People come to know Jesus through an active, conscious and genuine participation in the liturgy of the Church. Therefore, enriching formation should precede AND follow the sacraments.
- "Moral formation" provides the content of what Christ taught us as the moral implications of our actions, helping us to live as Christians.
- "Prayer" should be a regular and ordinary environment for all catechesis. A life of prayer, of daily communication with God, should be encouraged among all the faithful.
- By participating in the liturgy, joining a small group, and engaging in the social aspects of the parish community, adults feel connected and a true sense of belonging.
- Disciples need to see that spreading the Gospel is essential to being a follower of Christ.
- It is only when adults in our parishes are formed in the faith, when they are active disciples, that they can effectively transmit the faith to our children and young people.

**Reflection Questions:**

1. Referencing the six areas defining maturation in the Christian life (General Directory of Catechesis), in which area do you believe you are most mature?
2. In which area(s) have you experienced growth recently? How was this achieved?
3. Where is the Lord calling you to expand next?