

Theory 1a

OBJECTIVES

The Goal of Life is Holiness

- Participants will understand:
 - holiness is the essence of happiness.
 - the goal of life is holiness.
 - holiness is to be conformed to Jesus Christ.
- Participants will know that we are conformed to Jesus by
 - sacraments.
 - mental prayer.
 - living a well-ordered life of love of God, love of self, and love of neighbor.

Powers of the Soul and How the Soul Works

- Participants will gain a beginner's level comprehension of the virtues and vices.
- Participants will learn to help mentee identify his/her predominant fault and the conquering virtue.

Spiritual Mentoring

- Participants will be capable of:
 - a. conducting a spiritual mentoring session.
 - b. teaching another person how to do mental prayer.
 - c. helping another person create a Rule of Life.