

Theory 1a

OBJECTIVES

A. The Sacramental Life in general

The candidate is to understand and articulate the place, value and fruit of the **liturgy** and the **sacraments** as:

- Primary instruments of grace.
- A vital connection to daily meditation, and vice versa.
- A necessary part of living a life of virtue and growing in holiness.

B. The Eucharist

The candidate is to teach the mentee

- the importance of the sacrifice of the Mass and going to Sunday Mass.
- how to prepare for and receive Christ in the Eucharist.
- the value of thanksgiving after Mass.
- the value of Eucharistic adoration.

C. The Sacrament of Reconciliation

The candidate is to teach the mentee

- the importance of going to the sacrament of reconciliation with some frequency (recommended at least once a month, immediately in case of mortal sin).
- how to do an examen to prepare for the sacrament of reconciliation.
- the value of thanksgiving after confession.
- the importance of forgiving others.

D. The Sacraments of Healing

The candidate is to teach and support the mentee in living the Christian meaning of suffering and what it means to unite our sufferings to Jesus, as well as teach about the sacraments of healing the Church avails to us, i.e. reconciliation and anointing of the sick.

E. The Sacrament of Matrimony

The candidate will understand and educate others in the Church's teaching on matrimony, why it's a sacrament, and how all the moral teachings are connected to Christ's relationship to His Bride, the Church.

F. Human Formation

The candidate will further develop skills on how to relate to others, including the following:

- how to invite others to their homes
- grow in hospitality, friendship, and good conversation

In addition, the candidate will learn about the tools School of Faith has to help share the faith with others. Human formation is actually part of every session because learning to relate to others is an integral part of mentoring and evangelizing.