

Six Dimensions of Adult Faith Formation

1. Knowledge of the Faith (CCC 26-1065; GDC 84-85, 87, OHWB 88-91)

- Recognize communion with Christ
- Explore Sacred Scripture to Hear the Word of God.
- Know and understand the Creed, Hierarchy of Truths, and all its doctrinal teachings. The mystery of Christ, Trinity, Sacraments, moral life, prayer.
- Know and understand Sacred Tradition, the Tradition of the Church exploring the Theological and Cultural Heritage.
- Know and understand the philosophical and theological foundations of the faith.
- Know and understand the relevance of current church teaching as presented by the Pope, Diocesan Bishop, Vatican Congregation and USCCB

2. Liturgical Life (CCC 1066-1690; GDC 84-85, 87; OHWB 91)

- Know, understand, live and bear witness to the paschal mystery, celebrated and communicated through the sacramental life of the Church.
- Learn and embrace in one's life church doctrine on the Eucharist and other sacraments.
- Fully and actively participate in the Liturgy with its centrality in the Holy Eucharist.
- Value the dignity of the Baptism (Common) Priesthood and the ordained (consecrated) priesthood and their respective roles in liturgical celebrations and Christian mission.
- Appreciate the beauty of the Church's prayer life i.e. Liturgy of the Hours etc.

3. Moral Formation (CCC 1691-2557; GDC 84-85, 87; OHWB 93)

- Know and understand the Law of the Gospel as contained in the new law of Christ to love one another as he has loved us.
- Study and understand the Ten Commandments, beatitudes and the moral catechesis of the apostolic teachings and live according to them.
- Know and respect the dignity of the human person along with the reality of sin and the power of God's grace to overcome it.
- Learn how to acquire a well-formed conscience in personal and social life.
- Defend objective moral norms and truths as taught by the Magisterium of the Catholic Church.
- Promote a thorough catechesis on the Gospel of Life.
- Live a lifestyle that reflects truth, beauty and goodness.

4. Prayer (CCC 2558-2865; GDC 84-85, 87; OHWB 94)

- Know the "Our Father" as the prayer that Jesus taught us. Become familiar with other forms and expressions of prayer.

- Experience and appreciate the richness of the Catholic ascetical- mystical tradition of prayer.
- Develop a regular pattern of personal prayer and spiritual reflection recognizing vocal prayer, meditation, and contemplative prayer as basic fruitful practices in the life of a disciple of Jesus.
- Engage in family or shared prayer with family and community.

5. Communal Life (GDC 84, 86-87; OHWB 95)

- Personal and spiritual growth in human and Christian maturity.
- Cultivate Christian virtues that foster growth
- Nurture marriage and family life to build up the Church of the home.
- Share actively in the life and work of the parish, and foster the potential of small communities to deepen the faith and relationships of its members. To strengthen the bonds of communion with the parish, and to serve the Church's mission in society.
- Learn the Church's teaching on the nature and mission of the Church, including an understanding of the Church's authority and structures and of the rights and responsibilities of the Christian faithful. . . .

6. Missionary Spirit (GDC 84, 86-87)

- Cultivate an evangelizing spirit among all the faithful as an integral element of their baptismal calling of the Church's nature and mission, and of a Catholic way of life.
- Respond to God's call whether as a lay, ordained, or religious, and develop a personal apostolate in family, church and society.
- Motivate and equip the faithful to speak to others about the Scriptures, the tradition and teachings of the Church, and one's own experience of faith.
- Explore and promote the applications of the Church's moral and social teaching in personal, family, professional, cultural, and social life.

Methodology behind these six-dimensions

1. Adult Faith formation is for everyone i.e. families, young adults, singles, widowed, married divorced, fallen away, elderly etc.
2. We need to accept the backgrounds of all who walk through those doors and foster an authentic opportunity for conversion and full communion with the Church.
3. We must have a clear witness to the Christian life.
4. All learning styles must be respected e.g. audio, visual, hands-on, etc.
5. Only used Church approved catechisms e.g. Catechism of the Catholic Church, Compendium to the Catholic Church, United States Catholic Catechism for Adults, General Directory for Catechesis.