

Small Group Content Ideas

Alpha

- Discuss life and faith in a safe space
- Video Series

Freedom

- Bible Study and Retreat experience that focuses on healing and interior freedom from anything that keeps us away from Jesus.
- Retreat in the Spring

The Chosen

- Bible study video series on the Gospels

The Rescue Project

- Experience of community, conversation, prayer, and the story that is the Gospel
- 9 session video series

<https://rescueproject.us/>

Catholic Faith

Fulfilled

- Uncovering the Biblical Foundations of Catholicism
- Bible Study
- Part 1: <https://ascensionpress.com/collections/fulfilled>
- Part 2: <https://ascensionpress.com/collections/fulfilled-2>

Mary: A Biblical Walk with the Blessed Mother

- Revealing Mary's unique role in God's Kingdom and in our lives
- Study Program
- <https://ascensionpress.com/collections/mary-a-biblical-walk-with-the-blessed-mother>

Ascension Press Bible Studies

- A variety of Catholic Bible Studies provided by Ascension Press
- <https://ascensionpress.com/pages/bible-studies>

Biblical Walk Through the Mass

- This 6 week course explores the extraordinary biblical roots of the Liturgy and reveals what it all means and why it all matters.

<https://ascensionpress.com/collections/a-biblical-walk-through-the-mass>

Presence: The Mystery of the Eucharist

- This small group will explore the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members.

<https://watch.formed.org/presence>

Sacraments

A Biblical Walk Through the Mass

- Exploring the Biblical Roots of the Mass

- Study Program

- <https://ascensionpress.com/collections/a-biblical-walk-through-the-mass>

Reborn, Forgiven, & Presence

- Discover the beauty within the sacraments of Baptism, Confession, & Eucharist

- Video Series

- Note: 3 separate mini-series, 3 videos each with 9 videos total

- Reborn: <https://watch.formed.org/reborn>

- Forgiven: <https://watch.formed.org/forgiven>

- Presence: <https://watch.formed.org/presence>

Forgiven: The Transforming Power of Confession

- Explore the grace and healing offered in Confession and how this sacrament of mercy reveals the depth and bounty of God's love in this 6 session video study.

<https://watch.formed.org/forgiven>

For Married Couples

Be Light Date Night

- Date Night series focused on marriage enrichment

- Video Series

- <https://witnessstolove.org/belight/>

The Marriage Course

- Designed to help couples invest in their relationship and build a stronger marriage

- Video Series

- <https://alphausa.org/the-marriage-courses>

The Catholic's Divorce Survival Guide

- Bringing healing and hope to divorced Catholics

- Video Series

- <https://ascensionpress.com/collections/the-catholic-divorce-survival-guide>

Love and Responsibility

-St. John Paul II's Theology of the body for Couples

For Parents:

The Catholic Parent on FORMED

-This six-episode series features real Catholic families sharing their daily struggles and victories and aims to encourage you as a mom or dad as you embrace your God-given role to form your family in the richness of the Catholic faith.

-<https://watch.formed.org/the-catholic-parent>

Habits of the Household

-Discover simple habits and easy-to-implement daily rhythms that will help you find meaning beyond the chaos of family life as you create a home where kids and parents alike practice how to love God and each other.

-<https://a.co/d/0MlsXj5>

Prayer

The Prayer Course

- Deepen your prayer life by journeying through the Lord's Prayer

- Video Series

- <https://prayercourse.org/about/>

Oremus

- Learn the essentials of a fruitful, Catholic prayer life

- Lecture Series

- <https://ascensionpress.com/collections/oremus-a-guide-to-catholic-prayer>

Relational Prayer

-<https://cedarhouse.co/relational-prayer-a-small-group-guide/>

For Men

Into the Breach

- A call to battle for Catholic men to embrace masculine virtues in a world of crisis

- Video Series

- <https://www.kofc.org/en/campaigns/into-the-breach.html>

Kapaun's Men

- Practical and pertinent spiritual formation for men
- Video Series
- <https://www.kapaunsmen.com/featured-series>

Exodus 90

- Experience freedom through prayer, asceticism, and brotherhood
- Spiritual exercise
- <https://exodus90.com>

For Women

Walking with Purpose

- A series of studies aimed at supporting women at all stages of life
- Bible Studies
- <https://walkingwithpurpose.com/bible-study/adult-women/>

Endow

- Intellectual formation and intentional community for women
- Book Studies
- <https://endow-groups.myshopify.com/collections/all-products>

You are Enough

- Learn from the women of the Bible about your mission and worth
- Book Study
- <https://www.amazon.com/You-Are-Enough-Mission-English/dp/1945179481>

Video Series on Formed.org

- The Search
- Metanoia
- The Wild Goose
- Who am I to Judge?
- Into His Likeness with Dr. Edward Sri

Book Studies

- Consoling the Heart of Jesus by Fr Michael Gaitley
- Do you Want to be Healed? by Dr. Bob Schuchts
- Be Transformed by Dr. Bob Schuchts
- Time for God by Jacques Philippe
- Searching for and Maintaining Peace of Heart by Jacques Phillippe
- Interior Freedom by Jacques Phillippe

-When You Pray: Trust, Surrender, the Transformation of Your Soul by Edward Sri.

Book Studies for Women

- Having a Mary Heart in a Martha World by Joanna Weaver
- Heart Made Whole by Christa Black Gifford
- Making Room for God: Decluttering and the Spiritual Life by Mary Elizabeth Sperry
- Theology of Home: Finding the Eternal in the Everyday by Carrie Gress and Noelle Mering
- Undone Book by Carrie Schuchts Daunt
- Saintly Moms by Kelly Ann Guest
- Jesus Over Everything by Lisa Whittle
- Who Does He Say You Are? Women Transformed by Christ in the Gospels by Colleen Mitchell

Book studies for Men

- Holy Grit by Paul George

Finances

Financial Peace University

- Discover how to have confidence with your finances with Dave Ramsey
- Study Program
- <https://www.daveramsey.com/resources/church/?snid=classes.church>

For Lent

Restore

- Take a healing journey with Sr. Miriam James Heidland, SOLT, as she helps you turn away from what wounds you and toward God who heals you and makes you whole.
- <https://www.avemariapress.com/products/restore>

For Advent

Rejoice by Fr Mark Toups

- Learn about the places, people, and events that shaped the story of the very first Advent and shape our own lives today.

<https://ascensionpress.com/collections/rejoice-finding-your-place-in-the-advent-story>

Adore: A Guided Advent Journal for Prayer and Meditation by Fr. John Burns
-Reclaim the sacred sense of longing and joyful hope at the heart of Advent
<https://www.avemariapress.com/products/adore>