



## 'Chosen'

*This is your Catholic Faith*  
Ascension Press, USA, 2014

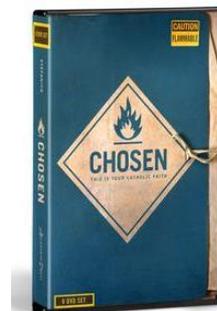
### **CHOSEN**

*Chosen* is a catechetical journey for teenagers preparing for the Sacrament of Confirmation, or who wish to enter into the Sacramental life of the Church. (There are two versions, the content difference is minimal)

The materials are designed to provide the essential intellectual and spiritual catechesis necessary for the journey to discipleship.

The goal of catechesis is to bring about a *personal encounter with Jesus Christ*. It is teaching for conversion. The result of effective catechesis is not a room full of smart students, but a community full of disciples. Each session of *Chosen* has been carefully laid out with this aim in mind.

The name *Chosen*, is meant to convey the understanding that rather than us choosing God, God has chosen *us* (see CCC 1). The process invites participants to hear, then to respond with faith, to the voice of God who has called each individual to become his son or daughter; simply because “he first loved us” (1 John 4:19).



### **The Chosen Catechetical Approach**

*Chosen* follows the same three-phase catechumenal model used to prepare adults through RCIA (Rite of Christian Initiation of Adults). These stages are intended to facilitate conversion in the time leading up to the reception of the Sacraments of Initiation.

The three phases are expressed in the organisation and structure of the catechetical presentation, which follows the classic Scripture passage in which Christ reveals his identity to Thomas and the other apostles: “Jesus said to him, ‘I am the way, and the truth, and the life; no one comes to the Father, except by me’” (John 14:6). In *Chosen*, we discover that Jesus is:

- 1. The Way** - *The Pre-catechumenate*, a time to remove obstacles to belief (pre-evangelisation, sessions 1 and 2) and present the basic gospel message (evangelisation, sessions 3 to 6). The goal of this phase is conversion of heart and to provide the “framework” or context for rest of the journey.
- 2. The Truth** - *The Catechumenate*, the time of formation (sessions 7 to 17). When the heart discovers who Jesus is and is trained to follow him, the seeds of faith, which may have been planted at Baptism and strengthened through Confirmation, will flourish in new life.
- 3. The Life** - *Purification and enlightenment* is a phase of more intense, interior formation in final preparation for completion of the sacraments of initiation and for a life of discipleship. (Sessions 18 to 24). \* General Directory for Catechesis (GDC), 59.

Following the celebration of the Sacraments the young people engage in a period of *mystagogia*. This is the phase in which the newly initiated Christian becomes fully immersed in the mysteries received and in the life of the Christian community.

## Session Focus – the titles given to each session are:

1 Introduction	7 The Four last things	13 The Gifts of the Spirit	19 Mary & the Saints
2 God / Happiness	8 The Sacramental life	14 Confirmation	20 The Beatitudes
3 Salvation History	9 Baptism	15 The Eucharist	21 Virtue
4 Divine Revelation	10 Reconciliation	16 Marriage	22 Human Sexuality
5 Jesus Christ	11 Anointing of the Sick	17 Priesthood / Vocation	23 Mission
6 The Church	12 The Holy Spirit	18 Prayer	24 Discipleship

**Session Overview** designed for a 90-minute session – *adapt to suit your own needs.*

(1) Review of the previous session and opening prayer, (2) video presentation, (3) small-group discussion, (4) group discussion and closing remarks, followed by a closing prayer, and (5) homework, which reinforces the material learned that week.

**Chosen Session Format** 90 minutes

**1. Welcome & “Review Game”** (5 minutes, from Session 3)

A DVD-based review of the previous week’s material. Questions are drawn from the “Watch It!” section and the “Hero of the Week,” “Wrap-Up,” and “What’s That Word?” from the previous session. The game can be made competitive and adapted for use in a variety of ways.

**2. Challenge of the Week Review** (5 minutes)

Share experiences of the “challenge” they chose to take on the previous week. In pairs or small groups and one or two with the wider group.

**3. Opening Prayer** (3 minutes)

The prayer is based on the topic for the week and / or the liturgical season.

**4. Dive In** (5 minutes)

A thought-provoking story to draw candidates into the topic for the week. Various methods can be used to present the story, which leads into the video.

**5. Watch It! - Small-Group Discussion** – Video Presentations and conversations (50 minutes)

The video lessons are divided into three segments of four to eight minutes each.\* At the end of each segment, the video is paused and candidates respond to fill two or three questions in their notebooks. Sharing in small groups also takes place before viewing the next segment. Recommended questions are printed in the Leader’s Guide; these can be adapted or modified to meet the needs of your group. Many questions are “open ended” or could have several possible responses, not just a simple answer key. Other questions have *Catechism* references or other printed responses to assist in facilitating the discussion.

**6. To the Heart** (10 minutes)

The group come back together to read the “To the Heart” story, either silently, aloud by the leader or a candidate. A thought-provoking question is included in the Leader’s Guide for discussion.

*In the first session “To the Heart” feature is omitted to give time to make clear the expectations for the process.*

### 7. **Hero of the Week** (5 minutes)

Each lesson highlights a saint whose life and work embodies that week's topic. This piece can be read either silently or aloud by the leader or by a candidate.

### 8. **Challenge of the Week** (2 minutes)

Each week, candidates will be asked to choose from one of three personal challenges to help them apply that learning from the session. During the week, they complete the challenge, reflect and make a written response to share at the next session.

### 9. **Take away ... & Notices** (2 minutes)

Before the closing prayer, remind candidates to read the "Wrap-Up" and the "What's That Word?" vocabulary section in the "Take away", review the "Watch It!" questions and the "Memory Verse" ready for the next "Review Game." Remind participants of the "Challenge of the Week."

### 10. **"Closing Prayer"** (3 minutes)

A short prayer, linked to the session topic and /or liturgical year. Invite the group to mention any prayer intentions they wish to include.

## **Chosen - Breakdown of Session Content and video Segments: 1-11**

<b>Session Title and Focus</b>	<b>Video clips</b>	<b>Mins</b>
1 - <b>"Why am I here"</b> An Introduction to chosen	<ul style="list-style-type: none"><li>• What are you looking for</li><li>• Beginning the journey</li></ul>	2:32 5:02
2 - <b>"What makes me happy?"</b> Discovering God as the Source	<ul style="list-style-type: none"><li>• What makes me happy?</li><li>• Is there something more?</li><li>• Are we on our own?</li></ul>	4:08 4:47 3:47
3 - <b>"What's your story God?"</b> A Look at Salvation History	<ul style="list-style-type: none"><li>• What's your story God?</li><li>• Jesus' Divine Rescue Mission</li><li>• A Kingdom on Earth</li></ul>	9:30 7:20 9:16
4 - <b>"How do I know God is real?"</b> Understanding Divine Revelation	<ul style="list-style-type: none"><li>• How do I know God is Real?</li><li>• Scripture and Tradition</li><li>• Our Response to God</li></ul>	9:22 8:27 9:03
5 - <b>"Who is Jesus?"</b> The Person and Mission of Christ	<ul style="list-style-type: none"><li>• Who is Jesus?</li><li>• Evidence for Jesus</li><li>• Why did Jesus come to us?</li></ul>	4:36 3:48 3:44
6 - <b>"Why be Catholic"</b> Discovering the Church Jesus Founded	<ul style="list-style-type: none"><li>• Why be Catholic?</li><li>• Apostolic and Catholic</li><li>• The Church is Holy</li></ul>	9:24 4:15 4:03
7 - <b>"Where am I going?"</b> A Look at the Four Last Things	<ul style="list-style-type: none"><li>• Where am I going?</li><li>• Heaven and Hell</li><li>• Purgatory</li></ul>	15:09 9:56 5:09
8 - <b>"How do I get there?"</b> The Power and Purpose of the Sacraments	<ul style="list-style-type: none"><li>• How do I get there?</li><li>• What is a sacrament?</li><li>• The seven sacraments</li></ul>	8:16 6:01 9:06
9 - <b>"When did my journey begin?"</b> Baptism, Your Initiation into God's Family	<ul style="list-style-type: none"><li>• When did my journey begin?</li><li>• What is Baptism</li><li>• The Symbols of Baptism</li></ul>	4:19 2:46 3:40
10 - <b>"Why tell my sins to a priest?"</b> The Healing Power of Confession	<ul style="list-style-type: none"><li>• Why tell my sins to a priest?</li><li>• What is sin?</li><li>• The power of Confession</li></ul>	6:04 5:17 7:51
11 - <b>"How does God help when it hurts?"</b> Anointing of the Sick and Redemptive Suffering	<ul style="list-style-type: none"><li>• How does God help when it hurts?</li><li>• God is with us</li><li>• The Anointing of the Sick</li></ul>	8:15 6:02 6:21

## Chosen Breakdown of Session Content and video Segments: 12-24

12 - <b>“Who is the Holy Spirit?”</b> Meeting the Third Person of the Trinity	<ul style="list-style-type: none"> <li>• Who is the Holy Spirit?</li> <li>• Our guide and map</li> <li>• The Holy Spirit in your life</li> </ul>	6:23 3:09 2:14
13 - <b>“What does the Holy Spirit do for me?”</b> Gifts for the Journey	<ul style="list-style-type: none"> <li>• What does the Holy Spirit do for me?</li> <li>• Gifts of the Holy Spirit (part 2)</li> <li>• The 12 Fruits of the Holy Spirit</li> </ul>	10:04 5:38 6:41
14 - <b>“Why have I been Chosen?”</b> Sealed and Sent in Confirmation	<ul style="list-style-type: none"> <li>• Why have I been Chosen?</li> <li>• The world needs you</li> <li>• What happens at Confirmation?</li> </ul>	7:50 5:47 5:39
15 - <b>“Why do I have to go to Mass?”</b> Encountering Jesus in the Eucharist	<ul style="list-style-type: none"> <li>• Why do I have to go to Mass?</li> <li>• Walter’s Story</li> <li>• Preparing for Mass</li> </ul>	13:32 11:50 6:14
16 - <b>“What does it mean to say, I do?”</b> Marriage, a Sign of God’s Love	<ul style="list-style-type: none"> <li>• What does it mean to say, I do?</li> <li>• Tough questions</li> <li>• Free. Total. Faithful. Fruitful</li> </ul>	8:19 5:57 5:59
17 - <b>“Who’s Calling?”</b> Holy Orders and Vocational Discernment	<ul style="list-style-type: none"> <li>• Who’s Calling?</li> <li>• Questions about the Priesthood</li> <li>• Discerning God’s plan for your life</li> </ul>	11:03 10:53 13:07
18 - <b>“Are you talking to me?”</b> Getting to Know God through Prayer	<ul style="list-style-type: none"> <li>• Are you talking to me?</li> <li>• How to pray (Lectio Divina)</li> <li>• What happens when I pray?</li> </ul>	8:01 8:28 7:41
19 - <b>“Who is Mary?”</b> Meeting the Mother of God-and Your Heavenly Family	<ul style="list-style-type: none"> <li>• Who is Mary?</li> <li>• The Four Marian Dogmas</li> <li>• Marian Devotion</li> </ul>	6:35 8:20 4:26
20 - <b>“What would Jesus do?”</b> The Beatitudes as a Path to True Happiness	<ul style="list-style-type: none"> <li>• What would Jesus do?</li> <li>• The Beatitudes in action</li> <li>• Living the Beatitudes</li> </ul>	5:48 6:49 4:34
21 - <b>“Do I have what it takes?”</b> Building Virtue - Your Spiritual Workout	<ul style="list-style-type: none"> <li>• Do I have what it takes?</li> <li>• The Cardinal and Theological Virtues</li> <li>• Living a life of virtue</li> </ul>	8:06 5:08 7:00
22 - <b>“Why wait?”</b> God’s Plan for Love and Sex	<ul style="list-style-type: none"> <li>• Why wait?</li> <li>• Tough questions about Chastity</li> <li>• Tips for practicing Chastity</li> </ul>	8:41 9:26 8:08
23 - <b>“How do I build the kingdom?”</b> Saying “Yes to the Mission of Christ and His Church	<ul style="list-style-type: none"> <li>• How do I build the Kingdom?</li> <li>• Building the Kingdom</li> <li>• The Works of Mercy</li> </ul>	6:36 3:12 2:42
24 - <b>“Where do I go from here?”</b> The Journey Continues	<ul style="list-style-type: none"> <li>• Five disciplines of a Disciple (1)</li> <li>• Five disciplines of a Disciple (2)</li> </ul>	7:30 12:19

## **Chosen – a word from the production team** - taken from the Ascension Press website

*Chosen* equips leaders and volunteers with a powerful set of tools and resources, allowing them to concentrate on the things that matter most: helping teens fall in love with the truth, beauty and joy of Christ and His Church. Featuring multiple dynamic presenters in visually stunning, fast-paced videos, along with fully integrated written materials for students, parents, sponsors and leaders, as well as a rich offering of free, online resources, *Chosen* is unlike anything available in the Church today.

<https://shop.ascensionpress.com/collections/chosen-this-is-your-catholic-faith>

### **Chosen - Additional resources available:**

- **Student Workbook:** The workbook includes text linked to session input, reflection questions with space to record answers, information on the *Hero of the Week*, and further reflection for homework. The workbooks are OK if the resource is being used with the 13-16 age group, but not necessary for an older group. A journal in which to make notes and record reflections is probably more suitable for older teenagers.
- **Discipleship Commitment:** At the beginning of the journey young people are invited to sign their agreement to take a full and active part in *Chosen*, and uphold the values being promoted. The Commitment form can be downloaded free from the website.
- **Service of Penance:** The resource includes a number of activities for use in preparing young people for the Sacrament of Penance. Detailed information on how to run the activities is included, along with suggestions for readings, prayers and songs.
- **Examination of Conscience:** A separate resource to accompany the Service of Penance. This resource provides reflection questions related to the Ten Commandments and corporal works of mercy. It also states the requirements for the Sacrament of penance.
- Three further resources:  
*Class time outlines, Parent Session Outline, Pre-confirmation Retreat weekend* are included for *Chosen - Confirmation*, but not *Chosen - Your Faith*. Each could be adapted for use with any group of young people. *All are available from the website.*