

Bible Studies and Faith Building Resources

Listed below are some of the Small Group Resources and Bible Studies successfully being used in parishes throughout the Diocese. Many of them are available for free rental from the Office of Catechesis and Evangelization. For information, contact Ann at alankford@diolc.org

Faith Study Resources

Well Received in Parishes

Blessed Are You: Living the Beatitudes by Christopher Ruff

6 sessions with inspiring real-life stories that illustrate each Beatitude, making them come alive with meaning and relevance. Stimulating questions take participants into a shared experience of following Jesus and building His Kingdom in the world today. To preview the book, visit www.diolc.org/faith-alive. To order at the diocesan price of \$10 each, contact the Office for Ministries and Social Concerns by emailing ministries@diolc.org or calling 608-791-0161

New: *How God Offers Us Guidance*, by Ann and Carol Lankford

How does somebody go about seeking guidance from God? How can we tell if it's just us talking to ourselves or if we're listening to God? These questions are answered through 8 sessions which will provide principles for knowing that God guides us as well as understanding how this guidance from God is given. The focus of the sessions includes such topics as how God offers us guidance in answer to our personal prayer, through the Scriptures and through other people. The materials for the 8 sessions may be downloaded from the Diocesan website: <http://diolc.org/catechesis/going-deeper-in-prayer/>

New: *The Mass*, by Bishop Robert Barron

7 sessions to Walk through the Liturgy with Bishop Barron and be transformed through insights on this most privileged and intimate encounter with our Lord Jesus Christ. See how the Mass brings us out of the fallen world and into the Heavenly realm, how it resonates with a call from God and a response from His people, the Church, and most importantly, how we are intimately joined with the Body, Blood, Soul and Divinity of Jesus through the Holy Eucharist. *The Mass* will help you understand how to fully, consciously, and actively participate in the source and summit of the Christian life. \$110 for the bundle. Go to Word on

Fire: <https://store.wordonfire.org/collections/the-mass>

***WHO AM I TO JUDGE? Responding to Relativism with Logic and Love* by Edward Sri**

How do we talk about morality in a world that no longer believes in truth? When we're bombarded with messages of "Be tolerant!" and "Don't judge!" many people feel afraid to say anything is right or wrong. 8-part study program. Available for free rental and on FORMED

Prayer

OREMUS (Latin for Let Us Pray) by Father Mark Toups

8 sessions, each including 30 minute DVD presentation and discussion.

This is a Catholic prayer study program in which Fr. Toups teaches the essentials of a fruitful prayer life including compelling personal stories. Available for free rental from Office of C & E



Participant booklet is necessary. Cost of workbooks is \$15 each.

Living the Discerning Life: The Spiritual Teaching of St. Ignatius of Loyola by Fr. Timothy Gallagher, O.M.V.

10 sessions for fall; 10 sessions for spring. DVD set with discussion questions available from the Office for Catechesis and Evangelization. Each person faces discouragement in the spiritual life which is the greatest obstacle to deepening our relationship with Jesus Christ. St. Ignatius provides us with practical assistance in understanding the times of joy and struggle in the spiritual life and above all, spiritual tools for overcoming the pitfalls of discouragement and darkness. Fr. Gallagher presents the wisdom of St. Ignatius in a clear and accessible manner. This Program is for all who desire greater awareness of God's action in their daily spiritual lives. DVD's available for free rental or to purchase from <http://www.frthomtygallagher.org/on-disc>

New: *Fulfilled: Uncovering the Biblical Foundations of Catholicism* by Sonja Corbitt.

Have you ever been unable to explain why Catholics believe what they do? Have you ever wondered why the Old Testament sounds so different from the New Testament? God began building a plan and laying a foundation for the beautiful traditions of the Catholic Faith in the Old Testament. It was fulfilled by Jesus in the New Testament. [Ascension Press](#)

Sacramental Prep

New: *FORGIVEN, The Transforming Power of Confession* by Augustine Institute

5 Sessions and a separate session for children, parents, catechists and parish staff. FORGIVEN explores the grace and healing offered in Confession and shows how this Sacrament of Mercy reveals the depth and bounty of God's love. Available from Lighthouse Catholic Media and on FORMED.

New: *REBORN: You, Your Child and the Heart of Baptism* by Edward Sri

6-part DVD series with workbook on the Sacrament of Baptism. DVD's available for free rental and on FORMED.

Beloved: Mystery and Meaning of Marriage. Finding Happiness in Marriage by Augustine

Institute 6 part DVD series with workbook. More than a union based on romantic love or mutual fulfillment, marriage goes back to the very essence of what it is to be human – and reflects a design placed in our hearts by God Himself. BELOVED speaks to the very heart of every husband and wife, bringing Sacramental truth and God-infused love into the everyday challenges of married life. Available from Lighthouse Catholic Media and on FORMED.

Divine Mercy

Divine Mercy in the Second Greatest Story Ever Told by Fr. Michael Gaitley

10 sessions, including 25 minute DVD presentations

The Program interweaves the dramatic history of Poland, the transformative message of St. Faustina, the miraculous appearance of Mary at Fatima, the witness of St. Maximillian Kolbe, and the world-changing papacy of St. John Paul II into a tapestry of wonder and beauty centered around God's mercy.



Foundational

Symbolon: The Catholic Faith Explained with Dr. Edward Sri along with other compelling Catholic teachers. This new DVD series systematically presents the BIG picture of the Catholic Faith. Programs 1-10 focus on the foundational teachings of the Creed and Programs 11-20 focus on the Sacraments and Life in Christ. Filmed on location in Rome, the Holy Land, Calcutta, the beauty and brilliance of Catholicism is explained in a way that helps us know it, live it, and articulate it to others.

Evangelization

Catholicism: The New Evangelization by Father Robert Barron

The documentary and study program focuses on the cultural obstacles the Church faces today and sends us on mission with a message of joy.

6 – 90 minutes sessions including 15-30 minute DVD segments

Reduced cost of DVDs, Leader's Manual and prayers cards is \$88. Available from the Office of Catechesis and Evangelization.

Retreat

33 Days to Morning Glory – A Do-it Yourself Retreat in Preparation for formal entrustment to Mary according to St. Louis de Montfort, St. Maximilian Kolbe, Blessed Pope John Paul II, and Blessed Mother Teresa.

Individuals may make the 10 minutes-a-day retreat on their own using the book *33 Days to Morning Glory*. Book is available from the Office of C and E for \$3.

6 sessions, 90 minutes each with 35 minutes of teaching on DVD by Fr. Michael Gaitley.

Up to 11 hours of credit. Facilitators Guide/DVDs available from the Office of C & E for free rental. In addition to the book, cost of Participants Packet is \$20, available from Mary Litschauer, 715-539-3800, mlitschauer@gmail.com.

Conversion

Conversion, Following the Call of Christ (Biblical Stories of People Who Changed) by Father Robert Barron. 6 – 90 minute sessions with questions for Understanding and Reflection. Free rental

The Mystery of God: Who God is and Why He Matters by Father Robert Barron

6 – part DVD series with workbook: Atheism is on the rise. Skeptical thinkers vigorously attack belief in God as irrational or, even worse, dangerous. The so-called New Atheism has attracted millions of young people. How should Christians respond? How can we turn the tide of secularism and draw people back to God?

Priest, Prophet, King by Father Robert Barron

6 – part DVD series with workbook: Through this presentation, participants will better understand Jesus, become more familiar with Scripture, and realize their own priestly, prophetic, and kingly mission.

Bible Study Resources for Adults

Lectio: Eucharist by Dr. Brant Pitre - **Outstanding**

Ten-part series with participant workbook. The Biblical roots of the Eucharist, through its



foreshadowing in the miraculous events of the Old Testament, the Gospels, and Apostolic teaching. Materials available for free rental and on FORMED.

Lectio: Evangelization and the Acts of the Apostles by Dr. Mary Healy

Ten-part series with participant workbook. Insightful Biblical study with Church teaching and practical advice to show how modern Catholics can effectively impact their world for Jesus Christ. Materials available on FORMED or for purchase.

Lectio: Peter by Dr. Tim Gray

Ten-part Series with workbook. A fresh perspective on Simon Peter that is immediately informative and relevant to our lives. After all, if Jesus could bring out the very best in someone like Peter, then there is hope for the rest of us. Materials available on FORMED or for purchase.

Follow Me: Meeting Jesus in the Gospel of John by Edward Sri

An 8-part DVD series with workbook is your guide to a personal encounter with Christ. Jesus calls us to be His disciples, to trust Him, to open ourselves to His merciful love, and to love others as He has loved us. Follow Me invites us to experience the joy of a renewed friendship with Christ. DVDs available for free rental

A Biblical Walk through the Mass Study Program by Edward Sri

A 5-part study (DVDs) that explores the biblical roots of the words and gestures we experience in Mass and explains their profound significance. Booklet and book sold as set for \$16 from Office for Cat. and Evan. DVDs available for free rental or purchase of entire packet for \$100.

Mary, A Biblical Walk with the Blessed Mother by Edward Sri

8 –part series that provide a uniquely personal encounter with the Blessed Mother, placing you in the midst of the powerful drama of her earthly life, taking you through her joys...and her sorrows. The better we know Mary, the better we will know her Son. Free leader resources available for download at BibleStudyForCatholics.com. Free rental. Workbook for participants

The Footprints of God Series by Stephen Ray. Discussion questions (Free rental)

The Story of Salvation from Abraham to Augustine preview of the Program (11 minutes)

Moses: Signs, Sacraments, Salvation with discussion questions 2 hours

David & Solomon: Expanding the Kingdom with discussion questions 2 hours of credit

Jesus: the Word became Flesh with discussion questions 2 hours of credit

Mary: the Mother of God with discussion questions 2 hours of credit

Peter: Keeper of the Keys with discussion questions 2 hours of credit

Paul: Contending for the Faith with discussion questions 2 hours of credit

Apostolic Fathers with discussion questions 2 hours of credit

A Quick Journey through the Bible by Jeff Cavins

8-Part Study (DVD) with workbook

The Bible Timeline: The Story of Salvation by Jeff Cavins

24-part Bible study with study questions (DVD)



February 2019

Introduction to Psalms, the School of Prayer: by Jeff Cavins, Sarah Christmyer, and Dr. Tim Gray
10 Sessions on the DVD series with discussion questions: The Psalms reveal Israel's response to God's covenant and serve as a model for our response to Him. One could say that the Psalms tell the "inside" story, which comes from the deeply personal perspective of one who is seeking God.
Available for free rental.

Matthew: The King and His Kingdom by Jeff Cavins
24-part study on the Gospel of Matthew with discussion questions (DVD)

Acts: The Spread of the Kingdom by Jeff Cavins
20-part study on the Acts of the Apostles with discussion questions (DVD)

Adventures in 1 Corinthians, the Church and the Christian Community by Dr. Tim Gray
10 Sessions on the DVD series with discussion questions: With divisions, immorality, persecution, and other trials of the faithful, the message of St. Paul to the Corinthians is a much-needed message for our times. St. Paul taught the Corinthians about the nature of grace, the Church as the Body of Christ and the most powerful gift of all, the Eucharist, which along with Christian virtue leads to a life of joy. Available for free rental.

Revelation: The Kingdom Yet to Come by Jeff Cavins
10-part study on the Book of Revelation with discussion questions (DVD)

Exodus: Called to Freedom by Jeff Cavins
10-part study on the Book of Exodus with discussion questions (DVD)

Our Father's Plan by Scott Hahn & Jeff Cavins (VHS)
13-programs with study guide

The Year of Faith, A Bible Study for Catholics, book by Father Mitch Pacwa.
A 6-part study: Belief in Jesus Christ; Ascent to the Creed; Conversion; Witness of Charity; Celebrating Faith; Faith and the New Evangelization \$8 from the Office of Catechesis/Evan.

Bible Study Resources for Teens and Young Adults

T3 – The Teen Timeline (excellent!) by Mark Hart
8-Part Bible Study for Teens and Young Adults (DVD) Worksheets, discussion questions and resources provided by the Office for Catechesis and Evangelization

T3 - Thy Kingdom Come: Matthew by Mark Hart
8-Part Study on the Gospel of Matthew for Teens and Young Adults (DVD). Worksheets, discussion questions and resources provided by the Office for Catechesis and Evangelization

T3: Acts – The Keys and the Sword by Mark Hart
4-Part Bible Study for Teens and Young Adults (DVD). Discussion questions and resources provided by the Office of Catechesis and Evangelization

T3: Revelation – The lion and the Lamb by Mark Hart



February 2019

4-Part Bible Study for Teens and Young Adults (DVD) with Leader and Participant Booklet



Diocese of La Crosse

Office of Catechesis and Evangelization (608) 791-2658

Scripture and Faith Study

Eucharist, A Catholic Spiritual Study presented by Father Robert Barron 3 – 90 minute sessions including 30 minute DVD presentations.
Study guide and workbook include Questions for Understanding and Questions for Reflection
Available for free rental from Office of C & E

Conversion, Following the Call of Christ (Biblical Stories of People Who Changed) by Father Robert Barron
6 – 90 minute sessions with questions for Understanding and Reflection
Available for free rental from the Office of C & E.

CATHOLICISM Study Program by Father Robert Barron (DVD)
20-90 minute sessions with updated discussion questions corresponding to the \$3 book (see below) and resources provided by the Office of Catechesis and Evangelization (Each parish was given the Program by Bishop Callahan) Catholicism (book) by Fr. Barron sold for \$3 each.

I Have Loved You by Christopher Ruff ****Spanish version now available**
6 Sessions Book is available through Office of Ministries and Social Concerns – Price \$8

“Who Is My Neighbor?” by Christopher Ruff
6 Sessions Book is available through Office of Ministries and Social Concerns – Price \$8

The Greatest of These is Love – by Christopher Ruff
6 Sessions Book is available through Office of Ministries and Social Concerns - \$8

Catholicism 101: Essentials for the Journey by Jeff Cavins (DVD)
10 part DVD Series with workbook

Feast of Faith – The Eucharist by Marcelino D’Ambrosio, Ph.D.
4 part DVD Series with workbook



In – Parish Retreats

Step One

33 Days to Morning Glory – A Do-it Yourself Retreat in Preparation for formal entrustment to Mary according to St. Louis de Montfort, St. Maximillian Kolbe, Blessed Pope John Paul II, and Blessed Mother Teresa.

Individuals may make the 10 minutes-a-day retreat on their own using the book *33 Days to Morning Glory*. Book is available from the Office of C and E for \$3.

6 sessions, 90 minutes each with 35 minutes of teaching on DVD by Fr. Michael Gaitley.

Up to 11 hours of credit. Facilitators Guide/DVDs available from the Office of C & E for free rental. In addition to the book, cost of Participants Packet is \$20, available from Mary Litschauer, 715-539-3800, mlitschauer@gmail.com.

Step Two

New: *Consoling the Heart of Jesus* – A Do-It-Yourself Retreat

Individuals may make the 10 minutes-a-day retreat on their own using the book *Consoling the Heart of Jesus*. Books are available for \$10.

The purpose of this retreat is to draw closer to the Merciful and Sacred Heart of Jesus by accepting His love and trusting in Him.

The Retreat combines the Spiritual Exercises of St. Ignatius with the teachings of Saints Thérèse of Lisieux, Faustina Kowalska, and Louis de Montfort. The author of these materials is Father Michael Gaitley, MIC.

10 sessions, 90 minutes each with 35 minutes of teaching on DVD by Fr. Michael Gaitley.

Up to 15 hours of credit. Facilitators Guide/DVDs available for free rental.

In addition to the book, cost of Participants Packet is \$20, available from Mary Litschauer, 715-539-3800, mlitschauer@gmail.com.

Faith Study Resources

Formation in the Virtues

Walking Toward Eternity: Daring to Walk the Walk

7-2 hour sessions including DVD's, Leader's Guide and Participant Journal by Jeff & Emily Cavins. This Program is designed to help you live your faith more freely by developing and nurturing the virtues love, forgiveness, humility, prayerfulness, faithfulness, sacrifice, and thankfulness – that are essential to the Christian life.

14 hours of credit

Resources available from the Office of C & E; Journals are \$16

The Catechism of the Catholic Church

Unlocking the Beauty of the Catechism: Part One

8 sessions of a small group study of the Creed by Christopher Ruff. This includes personal reading of 15 pages of the Catechism before group study. The book includes vocabulary aids, summaries of sections, discussion questions and “growth in discipleship” application.

Available for \$8, Facilitator's Guide available for \$4



Unlocking the Beauty of the Catechism: Part Two

8 sessions of a small group study of the Creed by Christopher Ruff. This includes personal reading of 15 pages of the Catechism before group study. The book includes vocabulary aids, summaries of sections, discussion questions and “growth in discipleship” application. Available for \$8,

Human Sexuality

Embrace Parenthood: Step One of the Teaching the Way of Love Series

Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)

Growing in the Way of Love: Step Two of the Teaching the Way of Love Series

Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)

Bodies and Boundaries: Step Three of the Teaching the Way of Love Series

Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)

Live Presentation of any step of the Teaching the Way of Love series

Contact Alice Heinzen at ahenzen@diolc.org

Recognizing God-given Gifts for use in the parish

Discerning Charisms – The Catherine of Siena Institute

The Called and Gifted Workshop – 4 part series (DVD available for \$30 or free rental) with Catholic Spiritual Gifts Inventory (book for \$8 per person) and Discerning Charisms, a workbook for navigating the discernment process – 3 small group sessions (workbook available for \$10)

Church History

EPIC: A Journey through Church History (DVD)

20-part series takes you through the major people, places and events that make up the history of the Catholic Church. Workbook is part of program.

Theology of the Body

An Introduction to the Theology of the Body: Discovering the Master Plan for Your Life by Christopher West (DVD) – 8 sessions with study guide

God's Plan for a Joy-Filled Marriage by Christopher West

(Theology of the Body) DVD - 6 part Series with Study Guide – free rental

The Mass

Mystical Body, Mystical Voice, Encountering Christ in the Words of the Mass

5 - 90 minute sessions including DVD's, Leader Guide and Participant Booklet by Chris Carstens and Father Douglas Martins Includes the book Encountering Christ in the Words of the Mass

