



## The JustFaith Catholic Series Sample Session

### Items needed for this Session:

- Pillar candle and lighter
- Laptop and audio-visual equipment to show video
- A Bible

### Schedule for the Session

*Note: Each session is structured a bit differently, but all sessions begin and end in prayer. This is just one example of how a JustFaith session may be set up.*

Activity	Minutes
Welcome and Opening Meditation	15 minutes
Video and Conversation	40 minutes
Break	5 minutes
Announcements	5 minutes
Discussion of the Readings	40 minutes
Closing Prayer	15 minutes
<b>Total</b>	<b>120 minutes</b>



## Welcome and Opening Meditation (15 minutes)

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Participants join in the opening prayer, meditation, and/or Scripture reading related to the day's topic.

## Video and Conversation (40 minutes)

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In many sessions, the group will watch a video on the day's topic. After the video, discussion questions guide participants in holy conversation around the issue.

Not all sessions contain a video. Some include interactive activities, small group discussions, or meditative components.

## Break (5 minutes)

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Participants share refreshments if available.

## Announcements (5 minutes)

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The facilitator shares information about upcoming events, reading assignments, and instructions for the spiritual practice of the week.

## Conversation around the Readings (40 minutes)

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Participants discuss how the readings connect to their own lives, faith, and communities. This section guides participants in understanding why the day's topic is important, as well as inspires participants to pursue action steps to alleviate poverty.

## Closing Prayer (15 minutes)

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Participants bring their learning before God by joining in a prayer, liturgy, or a creative offering of lament or praise. Then participants share their joys and concerns.