**1 Year Program 4th Sunday of the Month Independent Sunday**

**Y Disciple Topic List**

ONE session (there are about 90 total options for you to choose from—and the only rules is that you don’t repeat the same exact session, but otherwise, you may pick any that interest you (they may all come from the same overarching topic (listed below) OR from completely different ones, or a mix—it’s all up to you!) video series is to be completed each 4th Sunday listed on schedule for Independent Study. Each session is about 20 minutes total (often divided into short 4 min segments with room for discussion questions in between). When you find the desired on formed.org you will see to the right a participant guide—watch the video segments and use the participant guide to help your discussion with your sponsor and/or parents. Type up 2 paragraphs that summarize the session you watched (sharing at least 3 specific things you learned), and the discussion you had with your sponsor and/or parent(s) (sharing at least 2 specific things you spoke about). Include any additional questions you may have and/or ways that you would like to implement the things you learned into your life and walk with God. Your 2 paragraph summary of your independent Y-Disciple Study will be due on the 1st Sunday of every Month.

**Y Disciple: Follow Me**

<https://formed.org/study/551971b8d58c6d7c01922b75> The YDisciple experience begins with the first invitation from Jesus himself: "Follow Me." This five-week study lays the foundation of what it is to be a disciple of Jesus, including the relevant take-away for personal living and the commitment both the members and leaders of the YDisciplegroup will need for successful times together.**5 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Why are you here? Come and see Real friends Follow Me The Cost**

**Y Disciple: Who is God**

<https://formed.org/study/551c1851927f85200dda7c5a> This study helps young people come to an understanding of their personal identity and lets them know that identity comes from God! This study unpacks the mystery of God, from examining the nuts and bolts of how we can know he is real, to understanding the ways he has revealed himself throughout history.

**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Is God really real? Is God really my Father? Is Jesus really Divine? Is the Holy Spirit really a Person?**

**Y Disciple: Who Am I**

[**https://formed.org/study/551c1837927f85200dda7c59**](https://formed.org/study/551c1837927f85200dda7c59)Every young person asks: Who am I? Every day, at home and at school, alone or with friends, they're trying to determine the answer. This YDisciple course gets to the heart of the question and shows how the discovery of their personal identity is intertwined with their relationship with God, who has created them and loves them more than they love themselves.

**2 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**What I want and how I’m made Image and Likeness**

**Y Disciple: Disciplines of a Disciple**

<https://formed.org/study/553904d67a0ceb24138be0aa> Jesus’s invitation to be his disciple is an invitation to become like him. YDisciple: Disciplines of a Disciple explores the practical things young people can do to effectively be like Christ wherever they are: in their personal lives, at home, school, with their peers, and in the world at large.

**4 Sessions**  (Pick **one**, and complete all segments of that session (total of about 20 min)

**Relationships Grace Habits Mindset**

**Y Discple: Symbolon**

[**https://formed.org/study/55a1378a1abe164c0f85b40f**](https://formed.org/study/55a1378a1abe164c0f85b40f) YDisciple: The Creed is a ten-session study that leads teens and young adults through the “big picture” of the Catholic faith, with the Creed as their guide. Re-purposed from the beautiful and engaging Symbolon series, this study contains activities to build community, along with discussion questions to engage critical thinking, and resolutions that put the Faith into practice.

**10 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**The Creed Divine Revelation The Bible The Story of Salvation Who is Jesus? The Paschal mystery The Holy Spirit Why Do I Need the Church? Mary and the Saints The Last Things**

**Y Disciple: Living the Creed**

<https://formed.org/study/562816e9cac7774c1dd7e89a> YDisciple: Living the Creed is a ten-session study that leads teens and young adults through the big picture of how the Catholic faith is integrated into their daily lives. Re-purposed from the beautiful and engaging Symbolon series, YDisciple: Living the Creed digs deep into the Sacraments and the moral life. Contained within each session are activities to build community, discussion questions to engage critical thinking, and resolutions that put the Faith into practice.

**10 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Baptism and Confirmation The Eucharist Walk through the Mass Penance &Anointing of the Sick Matrimony and Holy Orders A Catholic Moral Visiion A Love that Lasts: Discovering authentic Love A Love that Lasts: God’s Plan for Sexuality Catholic Social Teaching: Buidling a Civilization of Love**

**Catholic Social Teaching: Protecting the Dignity of the Human Person**

**Y Disciple: Prayer**

<https://formed.org/study/551c1bd1927f85200dda7c63> More than just a form of communication, like sending out a text to a friend, prayer is a vital part of our relationship with God. In prayer, we can have the deepest level of intimacy with the One who loves us the most, sharing from our hearts, about our hopes and dreams, while also hearing his heart and desires for us. This YDisciple course takes a meaningful and relevant approach to the essence of prayer, including discussion of how to pray, how to listen, and how to use the wisdom of the Church to help us along.

**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Pray Unceasingly How to Pray Why Pray Practicing Prayer**

**Y Disciple: True Beauty: Becoming the Woman You were Created to Be**

<https://formed.org/study/551c18da927f85200dda7c5c> Girls are bombarded with conflicting messages about what it means to be a true woman. They are told they're empowered to be individuals, but also expected to conform to the prevalent attitudes about sex and feminity. They're told to be free sexually, but no one mentions the physical, emotional, and spiritual consequences of that so-called freedom. God has a better and far more consistent plan for how young girls can become true women, and this YDisciple course will examine what that is. Candid and forthcoming, True Beauty: Womanhood could be the transforming moment that will redirect a girl's life.

**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**The Heart of a Woman Part 1 The Heart of a Woman Part 2 Sisterhood Part 1 Sisterhood Part 2**

**Y Disciple: True Strength: Becoming the Man You were Created to Be**

<https://formed.org/study/551c1916927f85200dda7c5d> What does it mean to be a "real man"? Is it based on power, sexual prowess, wealth, or performance as an athlete or intellectual? This YDisciple course takes on the myths and distortions of true manhood to show how godly principles, authentically applied, will lead boys to become men of true greatness in God.**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**The Heart of a Man Part 1 The Heart of a Man Part 2 Band of Brothers Part 1 Band of Brothers Part**

**Y Disciple: True Beauty—Chastity for Girls**

<https://formed.org/study/551c1950927f85200dda7c5e> In a sex-saturated world, it's difficult for young women to resist peer pressure and media messages to become sexually active as early as they can. With True Beauty: Chastity for Girls, young women are empowered to reclaim the value of chastity and purity in their lives. The necessary information is here—giving sound and clear-headed arguments for a God-inspired view of the gift of sex as a self-giving act of love and creation reserved for marriage. What they learn here will serve them for the rest of their lives. When they eventually say "I do," they can also say without shame "I didn't."

**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Passion and Purity Part 1 Passion and Purity Part 2**

**Broken, Healed and Holy Part 1 Broken, Healed and Holy Part 2**

**Y Disciple: True Strength—Chastity for Guys**

<https://formed.org/study/551c1989927f85200dda7c5f> Young men are overwhelmed by cultural messages and images that suggest true strength in a man is intrinsically bound to sex. This YDisciple course effectively argues that true strength is found in the God-inspired restraint and self-control of chastity, not only preserving a young man's personal integrity as a disciple, but also protecting girls who are meant to be cherished as women of God. This study begins with a ten-point game plan to get them started on the road to living a pure life.

**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Strength and Discipline Part 1 Strength and Discipline Part 2 Every Man’s Battle Part 1**

**Every Man’s Battle Part 2**

**Y Disciple: Human Sexuality**

<https://formed.org/study/551c19e4927f85200dda7c61> Living as a Christian means living a counter-cultural life. This is especially true when it comes to our understanding of human sexuality. Entirely contrary to the trend of "hooking up", sex is an integral part of God's design for humanity to be nurtured in the context of self-giving love. To understand sex, we have to go back to how God "created them male and female," how relationships come together, the covenant of marriage, and how sex is God's truly creative plan for giving life. This YDisciple series tackles the subject in a candid and unflinching way to give a credible alternative to everything young people hear from our world about sex.

**4 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**God’s Plan Broken Relationships Safe Sex? Same-Sex Attraction**

**Y Disciple: Confirmation**

<https://formed.org/study/5602d3f82c360d300a30888e> Every year, millions of Catholics receive the Sacrament of Confirmation in their parishes. It is one of the three sacraments of initiation (CCC 1212) that bestows the seven gifts of the Holy Spirit, and empowers Catholics to go and spread the Gospel to all the world. The Holy Spirit is powerful, and many great miracles and mighty works have been accomplished through him. When the Apostles were filled with the Holy Spirit, they became some of the most influential people in the world.

**5 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**The Power of the Holy Spirit The Holy Spirit in Scripture Moved to Mission**

**The Gifts and Fruits of the Holy Spirit The Rite of Confirmation**

**Y Disciple: Sacraments**  
<https://formed.org/study/565dfd8e8d0f20c00f10757a> For Catholics, the word "sacrament" might convey a sense of ritual and religious experience. But for those not familiar with the Church, the idea of a sacrament can be puzzling. What is a sacrament? How do the Sacraments work? Do I really need all of this ritual? Can’t I just have a simple relationship with God? This YDisciple course addresses these questions and investigates how Jesus acts in the world through the liturgy of his Church, and seven very meaningful actions of this liturgy are the sacraments.

**5 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**What is a Sacrament? Baptism Eucharist The Mass Penance and Healing**

**Y Disciple: Called—Discover Your Vocation**

<https://formed.org/study/55a7d4de505d8ba80aa99c0c> God has created each of us uniquely – to play a unique role in our time and our world. But how do we figure out what God is asking us to do? If he is calling us, why can’t we hear him more clearly? What will we have to take on or give up if we follow his call? These are the questions we’ll explore together in *Called: Discover Your Vocation*. With firsthand accounts and insights from presenters who’ve lived out these questions, *Called* walks through the importance of vocation, how to discern vocation as more than just a job, considering the priesthood and consecrated life, and the deeper meaning of marriage.**5 Sessions** (Pick one, and complete all segments of that session (total of about 20 min)**What is a Vocation What is Discernment Called to Holy Orders Called to Consecrated Life Called to holy Matrimony**

**Y Disciple: Hot Topics**

<https://formed.org/study/551c1a08927f85200dda7c62> Hot Topics are one-off opportunities to engage youth and YDisciple groups with the issues that are impacting their lives. Countering the relativism that drives the culture today, Hot Topics helps youth engage their critical thinking without being spoon-fed the answers. Each discussion puts the topic-at-hand within the framework of Catholic teaching, but gives members a chance to own their conclusions and, ultimately, allows them to give a "defense" of the Truth in their world. Or, as the Apostle Paul stated: “Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ” (Ephesians 4:15).

**6 Sessions** (Pick **one**, and complete all segments of that session (total of about 20 min)

**Spreading the Gospel Truth and Tolerance Living Sobriety in a Party Culture**

**The Dark Angels This Present Darkness (spiritual warfare) Christian Dating**

**Y Disciple: Pro Life**

<https://formed.org/study/551c19b9927f85200dda7c60> There is no shortage of controversy related to the topic of life. Reproductive rights, abortion, euthanasia, the death penalty, embryonic stem cell research, defense against terrorism, justifiable war … the list goes on and on. What are followers of Jesus supposed to make of it all? The situations seem complicated, but answers do exist. This YDisciple course untangles the issues in the light of Catholic teaching, which proves to be practical, relevant, and infused with the love and mercy of God.

**2 Sessions** ( Pick one, and complete all segments of that session (total of about 20 min)

**The Dignity of Life Unbound**

**Y Disciple: Modern Media**

<https://formed.org/study/551c1bf1927f85200dda7c64> Now more than ever, media is a pervasive and persuasive reality in the lives of young people. The web, social networks, data plans, Wi-Fi, texting, smartphones, tablets, headphones ... it seems like everyone is connected to one kind of device or another. And it has an unprecedented influence on their lives and thinking. That's why this YDisciple course looks truthfully at media, puts it in a Christian context, and shows how young people can learn to discern what they're seeing and hearing while surfing the tidal wave of constant sensory input.

**5 Sessions** (Pick one, and complete all segments of that session (total of about 20 min)

**Screens Part 1 Screens Part 2 Connections Communication Apps**