

The Faith-Filled Catholic Women's Bible Study Program

Program Overview

The Faith-Filled Catholic Women's Bible Study Program consists of twenty-two 90-minute sessions designed to enable Catholic women to explore in a small group setting the relevance of Scripture to the daily practice of their faith.

Based on the themes of the Faith-Filled Catholic Women's Bible, each session features a creative warm-up activity, interesting questions for group discussion, insightful application of Scripture and inspirational opportunities for both individual and group prayer. The flexible session schedule is designed to avoid the busiest months for families to enhance participation while still complementing the seasons of the liturgical year.

Session Plan Features:

Thematic Approach - Each session is dedicated to addressing one of the twenty-two themes of the Faith-Filled Catholic Women's Bible. Themes include Acceptance, Compassion, Diligence, Faith, Forgiveness, Generosity, Goodness, Holiness, Hope, Humility, Joy, Justice, Kindness, Love, Loyalty, Patience, Peace, Sacrifice, Suffering, Triumph, Understanding and Wisdom.

Faith-Filled Catholic Women's Bible Music CD - Each session features the inclusion of a song appropriate for the theme. Produced in cooperation with GIA, Inc., the accompanying Faith-Filled Catholic Woman's Bible Music CD is a collection of twenty-two songs all composed (or arranged) by women.

Opening and Closing Prayers – Each session includes inspirational texts designed to open and close the sessions in prayer. Some sessions include traditional Catholic settings as well as formats for spontaneous prayer.

Spiritual Awakening – The participants are led through a variety of opportunities as a group and as individuals to Recognize, Reflect and Respond to the Word of God. Additional Scripture for personal reading and reflection is also included.

Discussion Questions – Through the creative articles or related Scripture, the participants are drawn into the subject of each lesson with a series of thought-provoking questions designed to foster lively discussion and/or contemplation.

Group Prayer – As a cornerstone of each session, participants are encouraged to pray together. A structured approach is complemented by an opportunity for each participant to offer personal prayers, praises, thanksgivings and petitions.

Participant's Worksheet – Designed to increase the comfort level and to give every member of the group time to pray and reflect on the themes in advance of the sessions, this handy worksheet includes every question that will be asked at the upcoming session. A personal challenge to respond to Scripture in a practical way, as well as additional verses that any woman can turn to in personal Bible reading, will allow each participant the opportunity to make what started as a group experience truly her own.

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