

SIX CONTENT AREAS OF AFF

“The maturation of the Christian life requires that it be cultivated in all its dimensions: knowledge of the faith, liturgical life, moral formation, prayer, belonging to community, missionary spirit. When catechesis omits one of these elements, the Christian faith does not attain full development.” – General Directory for Catechesis

KNOWLEDGE OF THE FAITH

{DOCTRINE, TEACHING, SCRIPTURE}

- Recognize communion with Jesus Christ as the definitive aim of all catechesis.
- Learn the richness of the Church’s tradition; explore the theological and cultural heritage in which faith is expressed, and gain perspective on contemporary events and trends through an understanding of church history.
- Develop the philosophical and theological foundations of the faith and appreciate expressions of Christian thought and culture.

LITURGICAL LIFE

{WORSHIP, SACRAMENTS}

- Understand, live, and bear witness to the paschal mystery, celebrated and communicated through the sacramental life of the Church.
- Learn and embrace in one’s life church doctrine on the Eucharist and the other sacraments.
- Acquire the spirituality, skills, and habits of full conscious and active participation in the liturgy, especially the Eucharistic liturgy.
- Value the dignity of the baptismal priesthood and of the ordained priesthood and their respective roles in liturgical celebration and Christian Mission.

MORAL FORMATION

{MORALITY, JUSTICE, LIFESTYLE}

- Understand how the entire Law of the Gospel is contained in the “new commandment” of Jesus, to “Love one another as he has loves us,” and promote each disciple’s formation in the life of the risen Christ.
- Appreciate the dignity, destiny, freedom, and responsibility of the human person, together with the reality of sin and the power of God’s grace to overcome it.
- Live a lifestyle reflecting scriptural values of holiness, simplicity, and compassion.

PRAYER

{DEVOTION, CONTEMPLATION, RETREATS}

- Become familiar with the diverse forms and expressions of Christian Prayer.
- Experience and appreciate the richness of the Catholic ascetical-mystical tradition as it has taken form across the centuries in diverse historical and cultural settings.
- Develop a regular pattern of personal prayer and spiritual reflection, recognizing vocal prayer, meditation, and contemplative prayer as basic and fruitful practices in the life of a disciple of Jesus.
- Engage in shared prayer with others, especially family prayer, as well as at parish meetings and in small communities of faith.

COMMUNAL LIFE

{STRENGTHENING RELATIONSHIPS}

- Pursue personal and spiritual growth in human and Christian maturity.
- Cultivate the human values and Christian virtues that foster growth in interpersonal relationships and in civic responsibility.
- Nurture marriage and family life to build up the Church of the home.
- Share actively in the life and work of the parish, and foster the potential of small communities to deepen the faith and relationships of members, to strengthen the bonds of communion with the parish, and to serve the Church’s mission in society.

MISSIONARY SPIRIT

{LIVING AND SPREADING THE GOOD NEWS}

- Cultivate and evangelizing spirit among all the faithful as an integral element of their baptismal calling of the Church’s nature and mission, and of a Catholic way of life.
- Respond to God’s call whether as lay, ordained, or religious, and develop a personal apostolate in family, Church, and society.
- Motivate and equip the faithful to speak to others about the Scriptures, the tradition and teachings of the Church, and one’s own experience of faith.
- Understand the importance of serving those in need, promoting the common good, and working for the transformation of society through personal and social action.