



## Lifelong Individual Faith Enrichment (LIFE)

*The Lifelong Individual Faith Enrichment (LIFE) Program* is a systematic study of courses offered in theology and scripture presented in four levels. A certificate is awarded upon the completion of each level. In addition to particular courses offered by the diocese, parish classes may be offered that meet similar syllabus requirements. See “Areas of Study - Theology and Scripture” for other possible topics on page 5 of the Handbook for Adult Faith Formation and Ministry Endorsement on the Faith Formation page of the website.

### 1. Foundation LIFE Level: 12 credit hours (general overview of basic Catholic doctrine)

Courses such as: "**Basic Elements of the Christian Message Course.**" This course includes 2-hour sessions on the following topics: Revelation, Trinity, Church, Sacraments, Mary/Saints, and Grace/Moral Life. This series is designed for adults just beginning to learn about their faith. This course is also fruitful for adults beginning the mystagogia period following Christian Initiation.

### 2. Basic LIFE Level: 30 credit hours (15 Theology/15 Scripture)

Courses in **Scripture, Church, and Sacraments** are designed to provide a deeper understanding of doctrine. At this level, the class syllabus includes introduction to reading and comprehending church documents (e.g. Vatican II, Catechism of Catholic Church, and Scripture), scripture exegesis, and systematic presentation of the faith. The sessions at this level typically require some outside reading.

### 3. Intermediate LIFE Level: 30 credit hours (15 Theology/15 Scripture)

Diocesan Courses such as: **Christology, Mary in the New Testament, Morality and the Formation of Conscience, Prayer, the Spiritual Life and the Relationship to Eucharist.** The syllabus includes exposure to papal writings or church documents. Courses at this level require some independent reading and either oral presentations or short written reflection papers.

### 4. Advanced LIFE Level: 40 hours of adult study of Catholic doctrine. Classes should enable the participant to continue progression of growth in one’s personal adult faith enrichment at this level through exposure to secondary sources or in depth reading of papal documents. Some advanced theology classes have been videotaped with handouts, and homework.