



SMALL GROUPS

BIBLE & FAITH STUDIES

[FOCUS \(Fellowship of Catholic University Students\)](#) - Small group Bible study resources for college students and young adults! FOCUS Equip, a smartphone app, and their website contain free resources for how to run small group Bible studies and discipleship groups. They have free Bible and faith studies for people at different stages on the discipleship journey.

[Evangelical Catholic](#) - Simple, easy to use Bible studies that also include excellent appendices for specific guidance on how to lead and how to participate in small groups. Some studies are in Spanish as well.

[Catholic Christian Outreach](#) - The CCO Faith Study Series has been designed in order to proclaim the Gospel, equip the faithful and commission them to become missionary disciples. These materials are used in a small group setting and allow for a relatable and dynamic proclamation of the Catholic Faith. They are easy to lead and have proven effective in bringing about personal conversions.

[Word on Fire](#) – Word on Fire offers dynamic content from Bishop Robert Barron aimed to help your parishioners encounter Jesus Christ in the Scriptures!

[Ascension Press Group Studies](#) - Many different small group-based resources (including video content, leader guides, participant workbooks, parent guides) on topics to help parishioners of all ages experience the richness of the Catholic faith!

[St. Paul Center for Biblical Theology](#) – This is a non-profit research and educational institute that promotes life-transforming Scripture study in the Catholic tradition. The Center serves clergy and laity, students and scholars, with research and study tools— from books and publications to multimedia and on-line programming.

[Theology of the Body Institute](#) - Studies are available on various aspects of the Theology of the Body.

[Little Rock Scripture Study](#) - Designed for small groups, these studies provide structure, commentary, questions, and prayers.

[Alpha](#) - Alpha is a series of interactive sessions that freely explore the basics of the Christian faith. No pressure. No follow up. No charge.

[FORMED On Demand](#) – FORMED is an online platform providing access to the Catholic video-based studies from trusted sources, including The Wild Goose is Loose, Symbolon, and more. Check with your local parish to see if they have subscription to FORMED for your use.



FOR MEN

Exodus 90 - Exodus 90 is for men who desire to radically unite themselves to their Heavenly Father. A spiritual exercise for the renewal of the Church, it is a challenging 90-day period of prayer and asceticism, supported by a fraternity of like-minded men for greater interior freedom and, eventually, a more purified and selfless love. Exodus 90 is not a program of penance and self-abasement. It is a program for men who seek, together, to strive for a more-perfect freedom.

Heroic Men – Heroic Men is a free Catholic streaming platform designed especially for men who want to discover (or re-discover) the truth, beauty, and goodness of the Catholic faith. Offering more than 100 feature-length films, TV shows, documentaries, courses and short films, Heroic Men seeks to source the best Catholic media available and bring it all to you, all in one place.

FOR WOMEN

Walking with Purpose –They deliver Bible studies for women and present practical Biblical teachings consistent with Church doctrine, with varying lengths, utilizing the Catechism of the Catholic Church.

Endow – Endow brings women into small group communities that transmit the depth of our Catholic faith to awaken each participant’s particular genius and ignite them as luminaries who heal, mother, and prepare families and the world for the love of Christ.

Blessed Is She - This is a Catholic women’s community committed to deepening a life of prayer starting with daily Scripture devotionals and supportive sisterhood. They have several studies for women to grow in their faith together including studies on the mysteries of the rosary, the spiritual and corporal works of mercy, and many topics in the Catechism of the Catholic Church.

FOR ENGAGED & MARRIED COUPLES

Be More: A Marriage Formation Retreat by Witness to Love - provide couples a pathway to grow in community, identity and understanding their mission. This retreat is carefully curated with 14 core lessons including videos and resources from engaging and relatable Marriage Champions from around the country. Together, you will explore Theology topics and Life Skills topics as you grow closer to one another, Christ and his Church.

Be Light: A Marriage Formation Movement by Witness to Love - a five year Marriage Enrichment movement that draws married couples closer together in Christ while being transformed into family missionary disciples within their own communities. This path not only



supports newly married couples during the fundamental first five years of their marriage but also helps all married couples in a community to open their hearts to the powerful way God remains present to them and in the Holy bond of Matrimony.

United in Love United in Christ - a six session marriage enrichment series that explores God's awesome plan and promise for spouses. It provides practical steps in building on what St. John Paul II taught to be the "infallible" and "indispensable" way to a truly united and faithful love. United in Love is intended for married couples, to be used in small or large group gatherings, at home or in a parish. The content of the program will use Sacred Scripture, the Catechism of the Catholic Church, magisterial documents, and quotations by holy men and women, as well as personal stories from couples who are striving to live out their marriage in Christ.

Beloved - In twelve sessions, Beloved explores the essential realities of Marriage, dealing with the deepest spiritual, emotional, and practical aspects of what the sacrament means for those preparing to get married as well as those who yearn for a richer married life. Through Scripture, Tradition, and Church teaching, God's plan for Marriage will come alive. You'll see firsthand how to experience the mystery, happiness, and joy of this sacrament—from that first "I do" through the rest of your lives. Informative and inspirational, Beloved will help you live out the Sacrament of Marriage more profoundly, so that your love story is drawn ever more into the greatest love story of all: God's own love for us.

Choice Wine - Integrating the latest findings from modern science with the timeless teaching of the faith and the wisdom of the saints, *The Choice Wine: 7 Steps to a Superabundant Marriage* places authentic marital happiness within every couple's reach. By opening to couples the interior life of the Holy Family at Nazareth, *The Choice Wine* helps couples to experience a foretaste of Paradise, in their marriage and family.

Witness to Love Marriage Enrichment Book Study - If you are looking for a Marriage Enrichment Book Study with a group of couples for small group discussion, we encourage you to use our Mentor's Journey booklet paired with our Witness to Love Trade Book. The questions presented in this booklet, correspond with the chapters of the trade book. These materials include a wide array of tips and resources for enriching existing marriages and changing the culture of marriage in church parishes and our communities.

Three Secrets to Holiness in Marriage: A 33 Day Self-Guided Retreat for Catholic Couples – this will unlock the keys to marital happiness and saintly holiness by guiding you on a thirty-three-day, at-home study for couples that will not only strengthen your marriage but also reenergize your relationship with God and improve your entire family's walk with Jesus. The retreat will help you incorporate the virtues of poverty, chastity, and obedience into your marriage so you can become the spouse, parent, and Catholic you've always wanted to be.

For Your Marriage – encouragement and enrichment resources for married life

Six Dates for Catholic Couples - This easy-to-use program is a marriage-building resource that



includes six videos, handouts, a Program Coordinator's Guide, and the book *Happy Together*, the Catholic Blueprint for a Loving Marriage.

The VIRTUES: A Program for Couples - A marriage enrichment program that uses a variety of media to share a positive message about marriage and help couples master the good habits we call cardinal virtues: prudence, justice, temperance, and fortitude. Developed by the creators of *SIX DATES* for Catholic Couples and *The BEATITUDES: A Couple's Path to Greater Joy*.

The Beatitudes: A Couple's Path to Greater Joy - This marriage enrichment program explores the Beatitudes as the path to holiness in Christian marriage. Holiness is the source of joy in marriage. The program invites couples to reflect on their relationship and guides them to understand marriage as their vocation. The videos and the book provide the input for each of the six sessions, and the handouts provide conversation starters to help couples reflect privately on their marriage.