

The Faith of the Church

with *Symbolon*

This pathway, which uses the Augustine Institute's Symbolon, is guided by the Creed and unlocks the profound beauty and depth of the Catholic faith. Journey across America to explore the sacraments, church history, and American saints, and discover the richness of our faith alive and well in the Catholic Church.

AT GLANCE

Sessions	16
Content Runtime	8hr 12min
Liturgical Season	Any
Content	Symbolon
Content Language	English
Offerings	Spanish

WHAT PARTICIPANTS WILL LEARN

- Understand how God seeks us out through the history and life of the Church, and through the Sacraments
- See how living a Sacramental life brings us into union with God
- Witness the beauty of the faith shared through the lives of the Saints and in the Church

WAYS TO RUN THIS PATHWAY

Weekly Sessions	16 weekly sessions
Hybrid - Weekly + Retreat	12 weekly sessions and 1 Saturday retreat

PATHWAYS RESOURCES

Video Content

- Symbolon

ADDITIONAL RESOURCES

- What Catholics Believe About Mary
- Who Is the Holy Spirit?
- Why Do Catholics Call God "Father"?

Pathway Resources



See all pathway information and materials on the Formed Resource Center

- Videos
- Discussion Materials
- Additional Support

Video Content

Episode 1. Seeking the Face of God | Symbolon

35 minutes

Created by God and meant to return to him, our hearts are drawn towards the living God. See why seeking God is more than just thinking about him—it takes humility, perseverance, and deep prayer. Discover your heart's true purpose and connect deeply with the living God.

Episode 2. I Believe in God, the Father Almighty | Symbolon

29 minutes

The greatness of the Lord is on display in the wonders of the created world. Learn why this powerful God wants to connect and invite us into a close relationship with him. Explore this divine connection and feel God's presence in your life.

Episode 3. Creator of Heaven and Earth | Symbolon

34 minutes

Within the whole of the visible creation, only one creature is capable of entering into communion with God: the human being. Learn how Original Sin affected this gift and its consequences for everyone. Understand this vital relationship and its impact on our lives.

Episode 4. I Believe in Jesus | Symbolon

30 minutes

Merciful and wise, God's chose us to be his own. Through the Law and the prophets, he prepared us for the coming of his Son, Jesus Christ, who would save us from our sins and fulfill all that God had taught and promised.

Video Content (Continued)

Episode 5. His Only Son, Our Lord | Symbolon

30 minutes

God's chosen Messiah far surpasses expectations: God didn't just send a leader. He sent his Son. Jesus Christ reveals something that had once been hidden—God is a Trinity. As one of the three divine persons, Jesus shows us the depth of God's Love and his plan for salvation.

Episode 6. Born of the Virgin Mary | Symbolon

30 minutes

Jesus is truly God, one person of the blessed Trinity, and he is truly man. He shares in our human nature and experiences, yet remains free from all sin. By becoming man, Jesus enables us to share in God's life through grace, fulfilling the divine plan for humanity.

Episode 7. He Suffered Under Pontius Pilate | Symbolon

30 minutes

Experience the transformative Paschal Mystery of Jesus Christ, who through his suffering, death, and resurrection, gave his life to free us from sin. These central and salvific events offer the gift of new life, making us adopted sons and daughters of God!

Episode 8. I Believe in the Holy Spirit | Symbolon

30 minutes

After his Ascension, Christ sent his Church the gift of the Holy Spirit at Pentecost. The Holy Spirit constitutes the Church and empowers her to bring salvation to the world. Through the Holy Spirit, every soul is united to the Body of Christ, including yours.

Video Content (Continued)

Episode 9. Mary, the Mother of God | Symbolon

28 minutes

Witness how the radical faith, hope, and love of our Blessed Mother Mary, helped form our Church. By saying "yes" to God's plan for her life, his plan for the salvation of the world was set in motion—a work that continues today in every Catholic Church worldwide.

Episode 10. The Sacraments | Symbolon

29 minutes

Why does the Church have sacraments? Christ came down to our level through the Incarnation. He continues to do so through his sacraments—visible signs instituted by Christ to give grace. Allowing the Church to participate in God's saving work, the sacraments offer us concrete experiences of God's presence and action in our lives.

Episode 11. The Body and Blood of Christ | Symbolon

32 minutes

The Holy Eucharist: it's the source and summit of the Catholic faith. It's heaven on earth. It's the greatest of the sacraments, and one we can easily receive. In the Eucharist, Christ's redeeming sacrifice is genuinely present before us. Discover how the Mass illuminates the great mystery of our faith and fosters our participation in it.

Episode 12. Made for Communion | Symbolon

30 minutes

Human beings are made for communion. We're born into the communion of family. We grow in communion with friends. The sacraments initiate and nourish our communion with God. Explore what God has revealed about communion and how to build and deepen it in your own life.

Video Content (Continued)

Episode 13. Faith, Hope, and Charity | Symbolon

33 minutes

The whole of the Christian life is fundamentally a living out of the theological virtues. Whether washing the dishes or offering prayers for the Church, every moment is an opportunity for holiness. See how you can increase the theological virtues in your life and grow closer to God.

Episode 14. The Truth will set You Free | Symbolon

26 minutes

Experience true freedom through your identity as a child of God. Freedom rests on the truth, and growth in freedom requires the guidance of wisdom. Before true joy can fill the heart, the splendor of truth must fill the mind. Discover how embracing the truths of the Catholic faith can empower you to find perfect joy in real freedom through Christ.

Episode 15. Prayer, On Earth as It Is in Heaven | Symbolon

33 minutes

Prayer is the lifeblood of the Christian soul and an intimate conversation with God. The heart that responds to Christ's summons, "Follow me," does so with a view towards eternity. Learn what it means to come before God as a child, ready to receive his love and respond to his call to follow him each day.

Episode 16. Discipleship and Mission | Symbolon

32 minutes

You've witnessed the glory of Christ's mission. Now discover yours! After encountering Christ, knowing the truth of his love, and being transformed by it, the Church calls us to proclaim the good news of salvation to the world. Learn how God is calling YOU to reveal his goodness and invite others to experience his love.

Additional Resources

What Catholics Believe About Mary

18 minutes

Join Dr. Edward Sri as he answers some of the internet's most asked questions about Mary. Who is Mary? Why do Catholics pray to Mary? How could she be a virgin if Jesus had brothers and sisters according to the Bible? Find out answers to these and more questions in this episode of What Catholics Believe.

Who Is the Holy Spirit?

8 minutes

Who is the Holy Spirit, and how does he work in the life of the Church? In this episode, Fr. Ken Geraci explains what Catholics believe about the Holy Spirit as the third person of the Most Holy Trinity, the love proceeding from the Father and the Son.

Why Do Catholics Call God “Father”?

8 minutes

Why does Jesus teach us to call God “Father”? And what does this reveal about our identity, dignity, and relationship with him?

Fr. Chris Martin explains how God is Father both as the source of creation and as the one who adopts us as his beloved sons and daughters. He also addresses why Catholics do not rename God as “Mother,” what Jesus meant when he said to call no man father, and why Catholics call priests “Father.”

Use Cases

12 Weekly Sessions + Saturday Retreat

- Weeks 1-3: Use the schedule for weekly sessions for sessions 1-3
- Saturday Retreat
- Weeks 4-12: Use the schedule for weekly sessions for sessions 8-16

9:00 AM	Arrival, coffee, welcome, opening prayer
9:20 AM	Introduction, Session 4
9:25 AM	Session 4 video, I Believe in Jesus Christ
9:55 AM	Small group discussion
10:20 AM	Break
10:35 AM	Introduction, Session 5
10:40 AM	Session 5 video, His Only Son, Our Lord
11:10 AM	Small group discussion
11:35 AM	Lunch
12:25 PM	Introduction, Session 6
12:30 PM	Session 6 video, Born of the Virgin Mary
1:00 PM	Small group discussion
1:25 PM	Break
1:40 PM	Introduction, Session 7
1:45PM	Session 7 video, He Suffered Under Pontius Pilate
2:15 PM	Small group discussion
2:40 PM	Closing reflection across all four sessions and closing prayer

Use Cases (Continued)

16 Weekly Sessions

7:00 PM	Opening prayer
7:05 PM	Introduction to the session
7:12 PM	Video. Participants follow along in the study guide.
7:47 PM	Small group discussion
8:20 PM	Closing reflection and one takeaway for the week
8:27 PM	Closing prayer



See all materials on the **Formed Resource Center**

Discover comprehensive resources and training designed to help your ministry flourish

www.parish.formed.org

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