



Study Sequence

YDisciple Studies consist of 4-6 sessions. Each session takes around 90 minutes to complete. Within each of the sessions there are usually between two and five scenes. While we are recommending that groups follow the order of studies presented below, flexibility of covering topics that come up within a group is key to meeting the needs of teens. This is a guideline, however, we think it is very important that each group starts with the 5 sessions of Follow Me and the Follow Me Activity. In addition to small group studies, groups will want to engage in discipleship activities that reinforce the H.A.B.I.T.S. they have been learning in their small group. Discipleship activities can be selected from the Discipleship Activities Program and don't need to be done in any specific order. We recommend introducing a Discipleship Activity session every couple of months.

- Study 1: **Follow Me** (5 Sessions) + **Follow Me Activity**
- Study 2a, 2b: **True Beauty: Womanhood/True Strength: Manhood** (4 Sessions)
- Study 3: **Who is God?** (4 Sessions)
- Study 4: **Who Am I?** (2 Sessions)
- Study 5: **Prayer** (4 Sessions)
- Study 6: **The Church** (5 Sessions)
- Study 7: **Sacraments** (5 Sessions)
- Study 8: **Human Sexuality** (4 Sessions)
- Study 9: **Pro-Life** (3 Sessions)
- Study 10: **Hot Topics** (2 Sessions)
- Study 11: **Disciplines of a Disciple** (4 Sessions)
- Study 12a/12b: **True Beauty: Chastity/True Strength: Chastity** (4 Sessions)
- Study 13: **The Creed** (10 Sessions)
- Study 14: **Living the Creed** (10 Sessions)
- Study 15: **Modern Media** (4 Sessions)
- Study 16: **Vocations** (5 Sessions)
- Additional Studies: **Confirmation** (5 Sessions)
Advent (4 Sessions)

