

Faith Formation Chart: Trust, Identity, and Following

This chart outlines personal and communal practices to cultivate trust in God, claim your identity as a beloved child, and follow Jesus' teachings. It offers options for both in-person and online participation.

Stage: Building Trust

Goal	Personal Practices (In-person)	Personal Practices (Online)	Communal Practices (In-person)	Communal Practices (Online)
Experience God's creation	Take a nature walk, reflect on beauty	Watch nature documentaries	Attend a worship service focused on creation care	Online worship service with creation themes
Practice gratitude	Keep a gratitude journal	Gratitude app with daily prompts	Share thanksgivings during a potluck dinner	Online gratitude group with daily prompts
Explore world religions	Visit places of worship of different faiths	Online documentaries on world religions	Interfaith dialogue events	Online discussions on faith traditions

Stage: Claiming Identity

Goal	Personal Practices (In-person)	Personal Practices (Online)	Communal Practices (In-person)	Communal Practices (Online)
Reflect on personal	Take a personality or values	Online personality	Participate in a values clarification	Online values clarification

Goal	Personal Practices (In-person)	Personal Practices (Online)	Communal Practices (In-person)	Communal Practices (Online)
values	assessment	quizzes	workshop	course
Study scripture	Daily Bible readings with reflection prompts	Online Bible study resources	Bible study group	Online scripture discussion forum
Explore Christian art and music	Visit art galleries with religious themes	Online resources on Christian art and music history	Attend a sacred music concert	Online Christian music concerts

Stage: Following Jesus

Goal	Personal Practices (In-person)	Personal Practices (Online)	Communal Practices (In-person)	Communal Practices (Online)
Deepen prayer life	Practice different prayer methods: meditation, journaling, silence	Online guided prayer meditations	Join a prayer group	Online prayer circles
Serve others	Volunteer at a local charity	Online volunteering platforms	Participate in a community service	Online fundraising campaigns for

Goal	Personal Practices (In-person)	Personal Practices (Online)	Communal Practices (In-person)	Communal Practices (Online)
			project	charities
Witness your faith	Share your faith story with a friend	Online faith-sharing resources	Participate in a mission trip	Online mission trip support groups

Additional Resources

- **Books:** "Mere Christianity" by C.S. Lewis, "The Purpose Driven Life" by Rick Warren
- **Websites:** FORMED: [invalid URL removed], USCCB Adult Faith Formation: <https://www.usccb.org/beliefs-and-teachings/how-we-teach/catechesis/adult-faith-formation>

Remember: This is a flexible framework. Adapt the practices to your personal preferences and stage of faith development.