**Religious Education Session Planning Form**

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| **PRELIMINARIES** |
| **Session Date and Title:**      **Session Theme/“Big Idea” and Chapter:**      **Scripture for this session:**      **Materials Needed:** *

**Notes:***
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| **ENGAGE (10 – 15 MINUTES) –** *“Enter through THEIR door…” In this step, seek to capture the imagination of your participants with an image or idea from their lived experience. Use this to introduce the focus of your session. Also, use this time to establish a prayerful climate.* |
| 1. **Welcome and “housekeeping” details**

     1. **Ritual setting up of prayer table/center** *(procession, Bible enthronement, etc)*
2.
3. **Opening Prayer experience** *(Sign of Cross, ritual greeting, threefold Sign of Cross, intentions, etc.)*
4.
5. **Engage Activity/Introduction of theme/topic/big idea** *(a brief activity that introduces the theme/big idea through the life experience of the learners)*
6.
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| **EXPLORE (30 – 40 MINUTES) –** *In this step, present the content of our faith – the Good News – that “fixes” (repairs, heals, restores, redeems) the problem exposed in the Engage step.* |
| 1. **Moment of silent prayer** *(open minds and hearts to hear God’s Word)*
2. **Scripture reading:** *(invite a participant to come forward, bow before the Bible, and proclaim the Scripture reading for the session)*

     1. **Delivery of Content** *(reading of textbook or other method of delivery)*
2.
3. **Reinforcement Activity** *(discuss or do an activity that further clarifies, fleshes out, or reinforces the content; the “big idea”)*
4.
5. **Prayerful Segue** *(Play a song on CD or sing a hymn that flows from/reinforces the “big idea”*

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| **REFLECT (10 - 15 MINUTES) –** *In this step, invite participants to spend time with Jesus in prayerful reflection related to the theme of the session.* |
| 1. **Invitation to Prayer** *(invite participants to transition to prayer: comfortable posture, quiet, deep breathing, background music)*
2. **Lead a Guided Reflection** *(invite participants to use their imaginations to encounter Jesus and to spend time in conversation with him)*
3.
4. **Allow a minute of silence at the end of the reflection before inviting participants “back”**
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| **RESPOND (10 MINUTES) –** *“….but be sure to leave through YOUR door!” in this step, prepare participants to go forth armed with a new “behavior” – a new way of looking at and living life.* |
| 1. **Assessment** *(whether formally or informally, assess the extent to which participants have grasped the “big idea” and the content of the session)*
2.
3. **Assignment** *(give the participants some “homework” – an assignment; a practice – that invites/challenges them to put into practice what has been learned. Tip: this is most effective when printed and sent home for parents to sign and return the following week)*
4.
5. **Closing Prayer** *(invite participants to a brief closing prayer: tradition prayer, a hymn, a decade of the Rosary, a Mass part, a Sign of Peace)*
6.
7. **Blessing with Holy Water** *(have participants bless themselves with Holy Water as they leave)*
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| **FOLLOW-UP** |
| **Evaluation, Comments, Notes:**      |