



LESSON TITLES AND VIDEO SEGMENT TIMES

Lesson 1 – Why am I here? (An Introduction to *Chosen*)

- Seg. 1 – What Are You Looking For? (2:29)
- Seg. 2 – Beginning the Journey (4:02)

Lesson 2 – What makes me happy? (Discovering God as the Source)

- Seg. 1 – The Goal of Life (3:32)
- Seg. 2 – Is There Something More? (3:23)
- Seg. 3 – Are We on Our Own? (3:20)

Lesson 3 – What’s your story, God? (A Look at Salvation History)

- Seg. 1 – Creation and the Fall (8:25)
- Seg. 2 – Jesus’ Divine Rescue Mission (6:09)
- Seg. 3 – A Kingdom on Earth (6:47)

Lesson 4 – How do I know God is real? (Understanding Divine Revelation)

- Seg. 1 – Evidence for God (7:38)
- Seg. 2 – Scripture and Tradition (7:07)
- Seg. 3 – Our Response to God (7:13)

Lesson 5 – Who is Jesus? (The Person and Mission of Christ)

- Seg. 1 – “Who Do You Say That I Am?” (4:18)
- Seg. 2 – Evidence for Jesus (3:16)
- Seg. 3 – Why Did Jesus Come to Us? (3:49)

Lesson 6 – Why be Catholic? (Discovering the Church Jesus Founded)

- Seg. 1 – The One True Church (7:33)
- Seg. 2 – Apostolic and Catholic (5:55)
- Seg. 3 – The Church Is Holy (3:53)

Lesson 7 – Where am I going? (A Look at the Four Last Things)

- Seg. 1 – Death and Judgment (8:08)
- Seg. 2 – Heaven and Hell (7:42)
- Seg. 3 – Purgatory (4:44)

Lesson 8 – How do I get there? (The Power and Purpose of the Sacraments)

- Seg. 1 – The Gift of Grace (6:35)
 - Seg. 2 – What Is a Sacrament? (5:57)
 - Seg. 3 – The Seven Sacraments (6:05)
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Lesson 9 – When did my journey begin? (Baptism, Your Initiation into God’s Family)

Seg. 1 – Actions Have Consequences (4:18)

Seg. 2 – What Is Baptism? (2:56)

Seg. 3 – The Symbols of Baptism (3:15)

Lesson 10 – Why tell my sins to a priest? (The Healing Power of Confession)

Seg. 1 – Hitting the Goal (5:55)

Seg. 2 – What Is Sin? (5:17)

Seg. 3 – The Power of Confession (7:22)

Lesson 11 – How does God help when it hurts? (Anointing of the Sick and Redemptive Suffering)

Seg. 1 – The Problem of Suffering (7:27)

Seg. 2 – God Is with Us (5:45)

Seg. 3 – The Anointing of the Sick (5:38)

Lesson 12 – Who is the Holy Spirit? (Meeting the Third Person of the Trinity)

Seg. 1 – Symbols of the Holy Spirit (5:54)

Seg. 2 – Our Guide and Map (3:09)

Seg. 3 – The Holy Spirit in Your Life (2:19)

Lesson 13 – What does the Holy Spirit do for me? (Gifts for the Journey)

Seg. 1 – Gifts of the Spirit (Part 1) (6:17)

Seg. 2 – Gifts of the Spirit (Part 2) (4:56)

Seg. 3 – The Twelve Fruits of the Holy Spirit (7:38)

Lesson 14 – Why have I been chosen? (Sealed and Sent in Confirmation)

Seg. 1 – The Power of the Holy Spirit (5:52)

Seg. 2 – The World Needs You (5:48)

Seg. 3 – What Happens at Confirmation? (5:48)

Lesson 15 – Why do I have to go to Mass? (Encountering Jesus in the Eucharist)

Seg. 1 – What Happens at Mass? (11:37)

Seg. 2 – Walter’s Story (9:48)

Seg. 3 – Preparing for Mass (5:40)

Lesson 16 – What does it mean to say “I do”? (Marriage, a Sign of God’s Love)

Seg. 1 – What Is Marriage? (6:33)

Seg. 2 – Tough Questions (4:42)

Seg. 3 – Free. Total. Faithful. Fruitful (5:49)

Lesson 17 – Who’s calling? (Holy Orders and Vocational Discernment)

- Seg. 1 – The Power of the Priesthood (9:00)
- Seg. 2 – Questions About the Priesthood (9:30)
- Seg. 3 – Discerning God’s Plan for Your Life (12:16)

Lesson 18 – Are you talking to me? (Getting to Know God Through Prayer)

- Seg. 1 – What Is Prayer? (7:39)
- Seg. 2 – How to Pray (*Lectio Divina*) (6:48)
- Seg. 3 – What Happens When I Pray? (4:21)

Lesson 19 – Who is Mary? (Meeting the Mother of God – and Your Heavenly Family)

- Seg. 1 – The Communion of Saints (5:27)
- Seg. 2 – The Four Marian Dogmas (8:06)
- Seg. 3 – Marian Devotion (4:11)

Lesson 20 – What would Jesus do? (The Beatitudes as a Path to True Happiness)

- Seg. 1 – The Beatitudes (6:12)
- Seg. 2 – The Beatitudes in Action (5:21)
- Seg. 3 – Living the Beatitudes (4:05)

Lesson 21 – Do I have what it takes? (Building Virtue – Your Spiritual Workout)

- Seg. 1 – How Do I Build Virtue? (5:50)
- Seg. 2 – The Cardinal and Theological Virtues (8:37)
- Seg. 3 – Living a Life of Virtue (5:55)

Lesson 22 – Why wait? (God’s Plan for Love and Sex)

- Seg. 1 – Love versus Lust (5:58)
- Seg. 2 – Chosen and Created for Love (10:18)
- Seg. 3 – Tips for Practicing Chastity (4:57)

Lesson 23 – How do I build the kingdom? (Saying Yes to the Mission of Christ and His Church)

- Seg. 1 – We’re on a Mission (6:09)
- Seg. 2 – Building the Kingdom (3:02)
- Seg. 3 – The Works of Mercy (3:02)

Lesson 24 – Where do I go from here? (The Journey Continues)

- Seg. 1 – Five Disciplines of a Disciple (Part 1) (6:34)
 - Seg. 2 – Five Disciplines of a Disciple (Part 2) (9:43)
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