

Using the R.E.A.L. Formation Program for OCIA in One Year

A guide for catechists and parish leaders adapting the two-year R.E.A.L. Formation curriculum into a single year of formation for adults entering the Church.

BOOKS AND APP TOGETHER

The OCIA track uses the **books**, and the **app is highly recommended**. The track teaches you how to use the book: the app guides class time and puts all the material and flow in one place, so a catechist opens one screen and runs the session from it.

WHAT A SESSION DRAWS ON

- Content and discussion portions from the books — the heart of the session
- Short answers and key points
- Glory Stories
- Quizzes
- Q&A videos for students
- Ending prayer and games
- Alpha and Omega video for students
- Retos — optional

WHY THE PROGRAM ADAPTS

The complete R.E.A.L. Formation program was originally designed as a **two-year curriculum** for our traditional Confirmation model — built for younger Gen Z students, who benefit from an extended arc of relationship, identity, and healing before sacramental preparation.

In that two-year map, the lessons in **orange** — Praying With My Catholic Family and The Joy of the Gospel — are formative and highly recommended, but *not strictly necessary for sacramental preparation*. Everything in **blue** is. For OCIA, we keep the blue and build the year around it.

OCIA COVERS:

12**Creed lessons****10****Commandment lessons****8****Sacrament lessons**

Thirty lessons in all, one of which closes the year as an optional session. Lessons are **paired two per class session** through the Creed and the Commandments, then taught one per session through the Sacraments — **eighteen class sessions** across a single year.

PART 2 OF YEAR 1 • THE CREED (12)

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| 1. I Believe in God | 7. He Will Come Again to Judge the Living and the Dead |
| 2. Jesus Christ | 8. I Believe in the Holy Spirit |
| 3. Conceived by the Holy Spirit, Born of the Virgin Mary, and Became Man | 9. The Holy Catholic Church, The Communion of Saints |
| 4. He Suffered Under Pontius Pilate | 10. The Forgiveness of Sins |
| 5. He Descended into Hell | 11. The Resurrection of the Body |
| 6. He Ascended into Heaven | 12. Life Everlasting |

PART 2 OF YEAR 2 • THE TEN COMMANDMENTS (10)

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| 1. 1st Commandment | 5. 5th Commandment | 9. 9th Commandment |
| 2. 2nd Commandment | 6. 6th Commandment | 10. 10th Commandment |
| 3. 3rd Commandment | 7. 7th Commandment | |
| 4. 4th Commandment | 8. 8th Commandment | |

PART 3 OF YEAR 2 • THE SACRAMENTS (8)

1. Palm Sunday — The Sacramental Life, Grace and Justification
2. Holy Monday — The Sacramental Life of Grace
3. Holy Tuesday — Baptism
4. Holy Wednesday — The Sacrament of Confirmation
5. Holy Thursday — Holy Orders and the Eucharist
6. Good Friday — Kerygma and Sacraments of Healing
7. Easter — Our Call to Respond
8. Call to Greatness — Radical Call to Holiness (*optional closing session*)

Optional session 25 — Healing from Parent Wounds: Breaking Chains — may be added at any point in the year, or offered as a retreat evening.

Lessons are paired in their original sequence, two per class session: the Creed fills sessions 1–6, the Commandments 7–11, and the Sacraments run one per session from Palm Sunday through Easter.

SES.	TRACK	LESSON A	LESSON B
1	CREED	I Believe in God	I Believe in Jesus Christ
2	CREED	Conceived by the Holy Spirit, Born of the Virgin Mary, and Became Man	He Suffered under Pontius Pilate
3	CREED	He Descended into Hell	He Ascended into Heaven
4	CREED	He Will Come Again to Judge the Living and the Dead	I Believe in the Holy Spirit
5	CREED	The Holy Catholic Church, the Communion of Saints	The Forgiveness of Sins
6	CREED	The Resurrection of the Body	Life Everlasting
7	COMMANDMENTS	First: I Am the Lord Thy God, Thou Shalt Not Have Any Strange Gods before Me	Second: Thou Shalt Not Take the Name of the Lord Thy God in Vain
8	COMMANDMENTS	Third: Remember to Keep Holy the Sabbath Day	Fourth: Honor Thy Father and Mother
9	COMMANDMENTS	Fifth: Thou Shalt Not Kill	Sixth: Thou Shalt Not Commit Adultery
10	COMMANDMENTS	Seventh: Thou Shalt Not Steal	Eighth: Thou Shalt Not Bear False Witness against Thy Neighbor
11	COMMANDMENTS	Ninth: Thou Shalt Not Covet Thy Neighbor's Wife	Tenth: Thou Shalt Not Covet Thy Neighbor's Goods
12	SACRAMENTS	Palm Sunday: The Sacramental Life, Grace and Justification	—
13	SACRAMENTS	Holy Monday: The Sacramental Life of Grace	—
14	SACRAMENTS	Holy Tuesday: Baptism	—
15	SACRAMENTS	Holy Wednesday: The Sacrament of Confirmation	—
16	SACRAMENTS	Holy Thursday: Holy Orders and the Eucharist	—
17	SACRAMENTS	Good Friday: Kerygma and Sacraments of Healing	—
18	SACRAMENTS	Easter: Our Call to Respond	—
19	OPTIONAL	Call to Greatness: Radical Call to Holiness	—

The Sacrament lessons stand alone rather than paired: each belongs to a day of Holy Week, so sessions 12–18 are taught in that rhythm through Lent and the Triduum. Call to Greatness closes the year as an optional nineteenth session after Easter.

SHAPING THE YEAR

Fall · Creed and Commandments

Sessions 1–11 carry the year's doctrinal weight. Run them weekly from the Rite of Acceptance through Advent and into early Lent.

Lent · Sacraments

Sessions 12–18 are built on the days of Holy Week. Teach them through Lent so the Triduum is a living review, then close with the optional Call to Greatness after Easter.

WHAT THE REST OF THE LESSONS STILL OFFER

The rest of the lessons are set aside for scheduling reasons. They form community, prayer, identity, and healing — the human ground doctrine grows in. Draw from them wherever a parish has retreat days, small groups, or a sponsor program.

MATERIALS

R.E.A.L. Formation's core material is found in the books published through **Our Sunday Visitor**, with the supplemental app experience alongside them. Catechists teach from the books; catechumens use the app between sessions for review, prayer, and reflection. No additional textbook is needed for the one-year track.

Books for the content. App for the flow.

Thirty lessons, eighteen sessions, one year — the same curriculum, paced for adults entering the Church.