



Session 10: Rite of Sending, Rite of Election Prep, the Creeds, and the Stations of the Cross

- Begin with prayer.
- Watch the Creed Explained Video
- Use the handouts to discuss the Apostle's Creed and Nicene Creed and compare the Creeds. Speak of the history of the Creeds, ie. How they came into being, how they have been used in liturgy, and the councils who created the Nicene Creed.
- Discuss Lent and Lenten practices (prayer, fasting, almsgiving). Use the handouts as needed.
- Discuss the Stations of the Cross prayer and how it is popular during Lent.
- Discuss the practice of fasting and especially as it applies to Lent.
- Discuss the Holy Days of Obligation in the Catholic Church
- Discuss the Rite of Sending and Rite of Election and give directions accordingly for your parish and diocese.
- Close in prayer.