

# **SESSIONS FOR BUILDING THE BODY OF CHRIST**

**Sessions for Building the Body of Christ teach teens practical, concrete, and powerful skills for living Catholic morality in the Land of Other People.**

## **SESSION # 7    Getting Back to the Garden Together**

**Participants will:**

- Recognize the potential graces present in the Mystical Body of Christ.
- Explain the three responsibilities each member has in the Land of Other People (Get In Shape, Do Your Part, and Help Others Succeed).
- Identify the three guiding principles within the Land of Other People.

## **SESSION #8    Building Trust Funds**

**Participants will:**

- Recognize the PATH is safer and most achievable when traveled with like-minded co-travelers.
- Develop strategies for building successful parent/child relationships and healthy friendships.
- Identify potential mentors for their journey on the PATH.

## **SESSION #9    Stormy Weather**

**Participants will:**

- Identify favorable conditions for the spawning of destructive social tornadoes.
- Recognize, avoid, and dismantle social tornadoes of negativity and destruction.
- Acquire concrete tools for building and maintaining calm and respectful environments.

## **SESSION #10    Hits and Road Rage**

**Participant will:**

- Develop a healthy respect for the teaching power of obstacles and difficulties experienced while on the PATH.
- Learn skills for managing life's curve balls with self-confidence and resilience.
- Learn effective methods for resolving conflicts while in the Yoke and on the PATH.

## **Bring an On the PATH Workshop to Your Teens**

**Custom-designed a workshop to meet your school or organization's needs.**

Sessions run 75-90 minutes each.

Choose one, or stack several for a half or full day event.  
Basic PATH cornerstones are woven into every session.

For more information, see [General Session Information](#).

For pricing and to reserve your date, [Contact Peg](#).

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## **CORE SESSIONS: Get in the Yoke**

Core Sessions introduce crucial building blocks needed for cultivating an inner life on the PATH.

**SESSION #1    The Power Within**

Participants will:

- Recognize the power and responsibility resulting from free will.
- Understand that a life on the PATH is inherently powerful, while being LOST involves giving away personal power.
- Realize that excuses and blaming reduce personal power.

## **SESSION #2    The Super Power of the Inside Job**

Participants will:

- Realize that thoughts lead to feelings, choices, and outcomes.
- Understand and use the Frame to improve the outcomes they are experiencing.
- Learn to use the Frame for creating a habit of thinking with the mind of Jesus.

## **SESSION #3    Improve Your Ride**

Participants will:

- Realize that success in life is a function of their Virtue Quotient, not their Intelligence Quotient.
- Identify the Cardinal Virtues and understand their inherent power for transforming negative thinking habits and temptations.

## **SESSION #4    The Line**

Participants will:

- Understand when their thinking is serving them well (Above the Line) and when it is an obstacle to their potential (Below the Line).
- Practice habits of personal awareness.
- Develop strategies for effectively managing their thinking while in the yoke with Jesus.

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