

## How Do I Get Started?

It's very simple:

1. Once you have chosen which part of the program you plan to study, **print out the lessons** for that series. Look to see how many lessons you will be covering and the work that will be required, **then decide on a reasonable study plan**, schedule or pace for yourself. Would you like to proceed at the pace of one lesson per week, for example? or one lesson every other week? or one lesson each month? This program is designed so that people can do its work on an individual basis or as part of a study group.
2. **Before beginning each lesson: stop and pray**, asking the Holy Spirit to give you the gifts you need to do the lesson well. You might simply ask for an increase in the seven gifts of the Holy Spirit: understanding, knowledge, wisdom, fortitude, counsel, piety, and a holy fear of the Lord. Pray for an increase in faith, hope and charity, and for the healing, strength, guidance, and purity of heart *you need right now in your life*. God will be generous with you. As Jesus says: "Ask and you shall receive; seek and you shall find; knock and it shall be opened to you" (Mt 7:7; Lk 11:9). After your prayer, **read through the questions so that you have some idea as to the themes and subject matter** of that particular lesson. Knowing the questions ahead of time will help you be a more attentive reader.
3. **Read the assigned text** that is listed at the top of the lesson, **then work through the questions and their readings**. It might be helpful to keep a notebook.
4. When you are finished with the lesson (or even while you are still working on it), you can **listen to a lecture** (in video or audio format) and hear a summary review of the lesson, **and/or read summary answers to the questions in a book** that covers the lessons for that part of the program. We are currently working to make these books or study guides available through our online bookstore. (See also: [How Do I Find the Answers to the Questions?](#))