

Footprints: An Unexpected Gift from God

Chapter Outlines

Week 1: *The Unexpected Gift from God*

We ponder on Mary's life and on her journey from the moment of the Annunciation to Jesus' birth. We see Mary as an example of unplanned motherhood based on faith and trust, especially because she gives her fiat and receives *The Unexpected Gift from God* in her womb.

Week 2: *Who am I? What is my worth?*

The world's standards and opinions of others do not create or detract value from who we are. Our dignity originates in *whose* we are, not what we can or cannot do. Knowing who we are is derived from knowing who God is.

Week 3: *God My Source of Life*

God is the lover of my soul. He is authentic and true love, and *The* source of life, *Eternal Life*. This reality is manifested through Jesus' real presence in the Eucharist. Through this chapter, we also look at the fact that we have been created out of love. God designed each one of us as a unique masterpiece. This session will end by resting in God's love for us during adoration of the Blessed Sacrament.

Week 4: *Replacing the Lies with Truth*

Satan deceives us using different strategies, and we need to identify his tactics. To help equip us for the battle, we will look at the following strategies: prayer life, reestablishing our identity in Christ, and becoming prayer warriors for each other.

Week 5: *Forgiveness: Letting God be God*

We live in a fallen world where all of us have been hurt and wounded. God asks us to forgive, and provides the example of how to do this through Jesus and His willingness to die for us. Forgiveness is the key to real freedom. We learn through this chapter that it is God's way of healing!

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Week 6: Divine Mercy: Pure Love in Action. Healing through the Sacraments

The sacrament of Reconciliation brings light into the darkness and pours life into our hearts. Understanding what sin does to us in our relationship with God helps us to want to be reconciled with Him. Through this chapter, we come to understand that it is always safe to open our hearts to the Lord in this life-giving sacrament. This session includes the opportunity to receive graces from the Sacrament of Reconciliation.

Week 7: Motherhood: A Call and Vocation

God has given the vocation of motherhood to all women. Some are called to spiritual motherhood and others to biological motherhood. Discernment of which kind of motherhood we are called to during different periods of our lives is a process, and a beautiful one. We also explain that motherhood is a privilege, a personal vocation, and a gift of self. This session will include testimonies of young mothers who chose to parent and who placed their child for adoption.

Week 8: Celebration of Life

This is a special night where the participants are celebrated for their courage and faithfulness. Dinner is provided and served by parish volunteers, and gifts from adoptive ministries are given to the participants. Past participants share life-affirming testimonies. Current participants are welcomed by parish ministry leaders and personally invited to participate in ministries within the Church. We recognize that this program is a springboard for the flourishing of the participants. The evening will conclude with clergy praying a special blessing over the mothers and their babies.