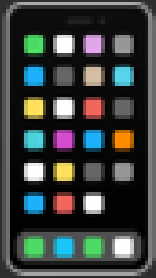


Catholic Culture Toolkit

Saint Ferdinand's Young Adult Ministry




Catholic App Guide for Young Adults

Grow your faith anytime, anywhere.




Prayer & Meditation

- Hallow – #1 Catholic prayer & meditation app. Guided Rosary, daily reflections, Catholic mindfulness.
- **iBreviary** – Daily Mass readings + full Liturgy of the Hours in your pocket.
- **Pray as You Go** – Daily Scripture-based audio meditations for busy lives.



Bible Study & Theology

- **Laudate** – All-in-one app: Bible, Catechism, Rosary, saint of the day.
- **Verbum Bible** – Deep Catholic Bible study with commentaries & Church documents.
- **Ascension App (Bible in a Year / Catechism in a Year)** – With Fr. Mike Schmitz.
- **Truthly.ai** - Discover a world of resources, tools, and features designed to deepen your faith, connect with a vibrant Catholic community, and integrate truth into everyday life through reliable Ai.
- **Magisterium AI** - was built specifically to address this challenge of misinformation and superficial explanations, offering a unique and powerful tool for anyone seeking authentic engagement with the Catholic faith



Faith Formation & Learning

- **Formed** – Catholic streaming with Bible studies, talks, and films (often free through your parish).
- **Word on Fire Digital** – Bishop Barron’s library of courses, films, and homilies.
- **St. Paul Center App (Emmaus Academy)** – Scripture-based theology with Dr. Scott Hahn.
- **Catholic Answers Live** – Apologetics podcasts + resources to defend the faith.



Community & Lifestyle

✓ **Next Step:** Download at least 2 apps this week—one for prayer, one for learning—and share your favorite with our ministry group!

**Scroll Down
for More
Resources!!!**

- **Amen (Augustine Institute)** – Free Catholic prayers, meditations, audio Bible.
- **Catholic Online Communities** – Join young adult discussions via Catholic Reddit groups, Discord servers, and parish app groups.

Catholic Books, Artists, YouTube and Clothing

We're so glad you're here. The lists below are a gentle on-ramp to help you (re)build a daily friendship with Jesus and grow in the Catholic faith—at your pace. Start where you are, pick one book and one artist, and let grace do the rest.



Top Catholic Books

spiritual growth from beginner to advanced

Books for Beginner (Start Here)

- Title: **Rediscover Catholicism**
Author: Matthew Kelly
Brief Description: A warm, practical re-introduction to living the faith with actionable next steps.
Key Themes: Conversion, habits, prayer
Recommended Audience: Returning/curious young adults
- Title: **The Case for Jesus**
Author: Brant Pitre
Brief Description: Clear, accessible reasons to trust the Gospels and Jesus' claims.
Key Themes: Scripture reliability, Christology
Recommended Audience: Seekers, skeptics
- Title: **Bible Basics for Catholics**
Author: John Bergsma
Brief Description: A fun, visual map of the Bible's big story through covenants.
Key Themes: Salvation history, typology
Recommended Audience: Scripture beginners
- Title: **Searching for and Maintaining Peace**
Author: Fr. Jacques Philippe
Brief Description: Practical guidance to guard interior peace amid stress.
Key Themes: Trust, surrender, prayer
Recommended Audience: Busy students/professionals
- Title: **A Biblical Walk Through the Mass**
Author: Edward Sri
Brief Description: Scripture behind every part of the Mass explained simply.
Key Themes: Liturgy, Eucharist, Bible
Recommended Audience: Sunday-Mass returners

Books for Growing / Intermediate

- Title: **Forming Intentional Disciples**
Author: Sherry A. Weddell
Brief Description: A roadmap from belief to missionary discipleship in parish life.
Key Themes: Evangelization, thresholds, charisms
Recommended Audience: Core teams, small groups
- Title: **A Father Who Keeps His Promises**
Author: Scott Hahn
Brief Description: The Bible's covenant story told vividly and coherently.
Key Themes: Typology, family of God
Recommended Audience: Readers ready to go deeper
- Title: **Into His Likeness**
Author: Bishop Robert Barron
Brief Description: Apprenticeship to Jesus as a concrete plan for life.
Key Themes: Discipleship, sanctification
Recommended Audience: Groups moving beyond basics
- Title: **Men, Women, and the Mystery of Love**
Author: Edward Sri
Brief Description: JP II's *Love & Responsibility* translated into practical relationship advice.
Key Themes: Virtue, chastity, authentic love
Recommended Audience: Dating/engaged young adults
- Title: **The Lamb's Supper**
Author: Scott Hahn
Brief Description: Revelation understood as the heavenly liturgy fulfilled in the Mass.
Key Themes: Liturgy, Eucharist, worship
Recommended Audience: Bible-and-Mass bridge readers

Books for Advanced (Go Deep)

- Title: **A Catholic Introduction to the Bible: Old Testament**
Author: John Bergsma & Brant Pitre
Brief Description: Substantial yet readable survey uniting history, theology, and context.
Key Themes: Canon, covenants, typology
Recommended Audience: Leaders, catechists
- Title: **Jesus of Nazareth, Vol. 1**
Author: Pope Benedict XVI
Brief Description: Penetrating study of Jesus in the Gospels with pastoral depth.
Key Themes: Christology, Scripture
Recommended Audience: Theology-curious, mentors
- Title: **The Spirit of the Liturgy**
Author: Pope Benedict XVI
Brief Description: Why and how the Church worships—beauty, reverence, and meaning.
Key Themes: Liturgy, beauty, theology
Recommended Audience: Liturgy planners, musicians
- Title: **Fire Within**
Author: Fr. Thomas Dubay, SM
Brief Description: Teresa of Ávila and John of the Cross on contemplative prayer.
Key Themes: Prayer stages, purification, union
Recommended Audience: Serious prayer cohorts
- Title: **The Fulfillment of All Desire**
Author: Ralph Martin
Brief Description: A field guide to the spiritual life drawing from the Doctors of the Church.
Key Themes: Holiness, virtue, prayer
Recommended Audience: Advanced small groups



Catholic Music Artists

fresh, inspiring sounds for your faith journey

Catholic Music Artists — 10 to explore

Why this list? Music helps truth land in the heart. These Catholic artists span praise, folk, pop, and prayerful ballads—great for commutes, workouts, or quiet time.

1. **Matt Maher** — Contemporary worship with strong theology; great for praise.
2. **The Hillbilly Thomists** — Bluegrass/folk by Dominican friars; joyful and rooted.
3. **Brother Isaiah, CFR** — Acoustic prayer songs that invite stillness and trust.
4. **Sarah Kroger** — Intimate worship with a gentle, Eucharistic heart.
5. **Ike Ndolo** — Soulful, justice-aware worship with bold faith.
6. **The Vigil Project** — Liturgical-season albums (Advent/Lent/Easter) for prayer.
7. **Fr. Rob Galea** — Priest-artist blending pop and worship; energetic and pastoral.
8. **Thomas Muglia** — Scripture-rich modern worship; thoughtful and singable.
9. **John Michael Talbot** — Classic Catholic contemplative and Scripture settings.
10. **Taylor Tripodi** — Honest, hope-filled Catholic pop worship.



YouTube Channels

engaging Catholic content you'll actually enjoy watching

Catholic YouTube Channels

Why this list? These 10 Catholic YouTube channels offer trustworthy, engaging content—from quick explainers to deep-dive talks—to help you learn, pray, and live the faith in everyday life.

1. **Ascension Presents** — Short, practical catechesis (Fr. Mike Schmitz & team) on Scripture, prayer, and real-life questions.
2. **Word on Fire / Bishop Robert Barron** — Evangelization through beauty and reason; homilies, series, and culture talks.
3. **Catholic Answers** — Live Q&A and explainers tackling tough theology and apologetics with clarity and charity.
4. **Pints With Aquinas** — Long-form conversations and debates on theology, philosophy, culture, and discipleship.
5. **Thomistic Institute (Aquinas 101)** — Clear, bite-sized courses introducing St. Thomas Aquinas and faith–reason topics.
6. **Breaking in the Habit (Fr. Casey Cole, OFM)** — Franciscan reflections, vocation stories, and everyday discipleship.
7. **Institute of Catholic Culture** — Full-length talks and series for adult faith formation faithful to the Magisterium.
8. **Busted Halo** — Accessible, upbeat explainers and pastoral conversations for seekers and returners.
9. **The Catholic Talk Show** — Engaging, entertaining discussions on history, doctrine, and current questions.
10. **EWTN** — Daily Mass, news, documentaries, and devotional programming from a global Catholic network.



Catholic Clothing Lines

faith meets fashion, authentically

Catholic Clothing Lines — 10 to wear & witness

Why this list? What we wear can spark conversations. These Catholic brands blend style with meaning—subtle symbols, saints, and Scripture that point to Christ.

1. **Be A Heart** — Modern, minimalist designs; gentle Marian/saint motifs.
2. **Sock Religious** — Iconic saint socks; fun, conversation-starting accessories.
3. **The Catholic Gentleman (Store)** — Classic menswear basics with Catholic identity.
4. **Brick House in the City** — Women's apparel with bold, joyful Catholic prints.
5. **Pio Prints** — Tees featuring saints/quotes; simple and evangelizing.
6. **Catholic to the Max** — Wide range of tees/hoodies with saint and sacramental art.
7. **Totus Tuus Apparel** — Youth-friendly designs centered on JP II's motto.
8. **Word on Fire (Apparel)** — Iconic, minimalist pieces tied to evangelization.
9. **The Little Catholic** — Reverent jewelry (crosses/Marian pieces) for everyday wear.
10. **Juan Diego Apparel** — Cultural-Catholic tees celebrating Our Lady and the saints.