



TOP 10 CATHOLIC RESOURCES EVERY YOUNG ADULT SHOULD KNOW

Simple tools to grow your faith, find clarity, and take your next step with God

✝ Where Do You Start?

You don't need to have everything figured out to grow in your faith.

Whether you've been Catholic your whole life, are coming back, or are just exploring—most young adults struggle with one thing:



“Where do I even start?”

There's so much content out there...and it can feel overwhelming fast. That's why we created this guide.

Inside, you'll find **10 simple, trusted Catholic resources** that will help you:

- Understand your faith
- Build a real relationship with God
- Stay consistent during the week
- Take your next step with confidence

👉 **Don't try to do everything. Just pick ONE and start there.**

10 THE RESOURCES

1. Word on Fire

Best for: Understanding the faith in real life

If you've ever had questions about God, suffering, or the Church—this is one of the best places to start.

👉 **Start here:** Watch short YouTube videos or Bishop Barron's homilies.

Best for: Building consistency

2. Ascension Press

If you want structure in your faith life, this is it.

👉 **Start here:** "Bible in a Year" or "Catechism in a Year" (10–15 minutes a day).

3. St. Paul Center for Biblical Theology

Best for: Understanding Scripture

If the Bible has ever felt confusing, this will change that.

👉 **Start here:** Teachings from Scott Hahn or beginner Bible studies.

4. Hallow

Best for: Daily prayer

Struggling to pray consistently? This makes it simple.

👉 **Start here:** 5–10 minute guided prayer or meditation.

5. Formed

Best for: Learning through video

Think of this as Catholic Netflix—movies, talks, and studies.

👉 **Start here:** Watch a short documentary or talk.

6. Magisterium AI

Best for: Getting clear answers about the Catholic faith

Have questions about Church teaching? This tool helps you explore answers rooted in Scripture and Tradition.

👉 **Start here:** Ask a question you've always had about the faith.

7. iBreviary

Best for: Traditional prayer

Want to pray like the Church?

👉 **Start here:** Daily readings or Liturgy of the Hours.

8. The Augustine Institute

Best for: Solid teaching

A trusted source for faithful Catholic formation.

👉 **Start here:** Beginner-friendly theology resources.

9. Amen

Best for: Simple daily prayer

If you want something peaceful and easy to begin with, this is a great place to start.

👉 **Start here:** Try a short daily reflection or guided prayer.

10. Truly AI

Best for: Living your faith daily

This helps you stay intentional about your habits, growth, and spiritual life.

👉 **Start here:** Set one small daily goal and track your consistency.



YOUR NEXT STEP

Don't overthink this.

👉 Pick ****ONE resource**** 👉 Try it for ****7 days**** 👉 Stay consistent
That's how real growth happens.



Want to Go Deeper?

If you're local, come join us:

- Weekly gatherings
- Real conversations
- Community + faith

👉 www.igniscordisya.org



Not Local?

No problem.

We'll help you continue your journey by sending:

- Simple steps to grow your faith
- Book recommendations
- Practical guidance for real life

👉 Stay connected through email



Final Note

You don't need to be perfect to begin.

You just need to take the first step.