

Typical Topics Covered

1. History of the Orthodox Church

- Apostolic origins
- Ecumenical Councils
- The Great Schism (1054)

2. Core Beliefs

- The Nicene Creed
 - The Trinity
- Christology (understanding Jesus Christ)
- Salvation and Theosis (union with God)

3. Worship and Liturgy

- The Divine Liturgy
- The sacraments (especially Baptism, Chrismation, Eucharist)
 - Icons and their role in worship

4. Scripture and Tradition

- The Orthodox understanding of the Bible
- Holy Tradition as complementary to Scripture

5. The Church Today

- Structure and hierarchy
- Major jurisdictions (Greek, Russian, Antiochian, etc.)
 - Saints and feast days

6. Practical Christian Living

- Fasting and prayer life
- Confession and spiritual growth
- Role of the family and community