

The following outline is a guide to breaking each *Altaration* session into two, forty-five-minute lessons (i.e., “Class A” and “Class B”). Because of *Altaration’s* emphasis on the video presentations and group discussion, it is recommended that the video segments be divided between the two lessons.

Note: Due to the varying times of the video segments, some classes will include watching one segment and others watching two segments. In addition, the number of segments is not consistent throughout the different “Class A” and “Class B” outlines (e.g., Session 1–Class A includes one video segment while Session 3–Class A has two).

SESSION ONE: More Than Meets the Eye				
STEP #	STEP NAME	45-MINUTE CLASS A	45-MINUTE CLASS B	NOTES
1	Welcome and Opening Activity	5 min.	2 min.	<i>Opening Activity is only done in Class A.</i>
2	Letter from Mark Hart	* See Notes	–	<i>*Have students read the “Letter from Mark Hart” at home</i>
3	Opening Prayer	2 min.	3 min.	
4	Dive-In	5 min.	–	
5	Video Presentation and Journaling	Segment 1, 10 min.	Segments 2 & 3, 20 min.	
6	Small-Group Discussion	10 min.	15 min.	
7	Entering the Mystery	10 min.	–	
8	Challenge of the Week	–	2 min.	
9	Wrap-Up	2 min.	2 min.	
10	Closing Prayer	1 min.	1 min.	

Session One Video Times: *Segment 1: I Was Bored, Too (5:18); Segment 2: I Will Follow (10:43); Segment 3: The Power of the Priesthood (1:16)*

SESSION TWO: Our Father's Plan

STEP #	STEP NAME	45-MINUTE CLASS A	45-MINUTE CLASS B	NOTES
1	Welcome, Prayer & Challenge of the Week	5 min.	5 min.	<i>Challenge of the Week Review is only done in Class A.</i>
2	Dive-In	5 min.	–	
3	Video Presentation and Journaling	Segment 1, 10 min.	Segments 2 & 3, 20 min.	
4	Small-Group Discussion	10 min.	15 min.	
5	Entering the Mystery	10 min.	–	
6	Challenge of the Week	–	2 min.	
7	Wrap-Up	3 min.	2 min.	
8	Closing Prayer	1 min.	1 min.	

Session Two Video Times: *Segment 1: The Incarnation (5:49); Segment 2: A Father Who Loves Us (8:22); Segment 3: Priorities (5:40)*

SESSION THREE: The Mystery Revealed

STEP #	STEP NAME	45-MINUTE CLASS A	45-MINUTE CLASS B	NOTES
1	Welcome, Prayer & Challenge of the Week	4 min.	5 min.	<i>Challenge of the Week Review is only done in Class A.</i>
2	Dive-In	4 min.	–	
3	Video Presentation and Journaling	Segments 1 & 2, 20 min.	Segment 3, 10 min.	
4	Small-Group Discussion	15 min.	15 min.	
5	Entering the Mystery	–	10 min.	
6	Challenge of the Week	–	2 min.	
7	Wrap-Up	1 min.	2 min.	
8	Closing Prayer	1 min.	1 min.	

Session Three Video Times: *Segment 1: Lean In (3:50); Segment 2: The Greatest Gift (9:47); Segment 3: What If? (6:42)*

SESSION FOUR: What Is Our Response?

STEP #	STEP NAME	45-MINUTE CLASS A	45-MINUTE CLASS B	NOTES
1	Welcome, Prayer & Challenge of the Week	4 min.	5 min.	<i>Challenge of the Week Review is only done in Class A.</i>
2	Dive-In	4 min.	–	
3	Video Presentation and Journaling	Segments 1 & 2, 25 min.	Segment 3, 15 min.	
4	Small-Group Discussion	10 min.	10 min.	
5	Entering the Mystery	–	10 min.	
6	Challenge of the Week	–	2 min.	
7	Wrap-Up	1 min.	2 min.	
8	Closing Prayer	1 min.	1 min.	

Session Four Video Times: *Segment 1: I Do (8:07); Segment 2: Sent Forth (8:31); Segment 3: Will You Let Him? (12:01)*

SESSION FIVE: The “Whys” Behind the “Whats”

STEP #	STEP NAME	45-MINUTE CLASS A	45-MINUTE CLASS B	NOTES
1	Welcome, Prayer & Challenge of the Week	4 min.	5 min.	<i>Challenge of the Week Review is only done in Class A.</i>
2	Dive-In	1 min.	–	
3	Video Presentation and Journaling	First 35 min. of video, through “The Offertory.” Stop video when you see “The Blessing” title.	Second half of video, the final 25 minutes, from “The Blessing” until the end.	
4	Entering the Mystery	–	10 min.	
5	Challenge of the Week	–	1 min.	
6	Wrap-Up	3 min.	2 min.	
7	Closing Prayer	2 min.	2 min.	

Session Five Video Times: *Session Five is not divided into separate segments. Total running time = 60:22.*