A large group of young people, mostly teenagers and young adults, are posing for a group photo in a church hall. They are arranged in several rows, with some sitting on the floor in the front and others standing behind them. Many are making peace signs or other hand gestures. The background shows a church interior with a large crucifix on the wall, a projector screen, and musical equipment like drums on the left. The overall atmosphere is joyful and energetic.

# *YOUNG PEOPLE: YOU ARE THE CHURCH OF TODAY*

Resource 3 – Stepping out as a disciple



“The journey of the disciple of Jesus is to go out, to herald this good news. But there is another pathway for the disciple of Jesus: the inner journey, the path within, the path of the disciple who seeks the Lord every day, through prayer, in meditation.”

- Pope Francis

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### *Scripture Passage: Matthew 22:36-40*

*“Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbour as yourself. The whole law and the prophets depend on these two commandments.”*



### Song - Jesus, My Everything Matt Maher

I've been looking for a reason  
I've been longing for a purpose  
Losing all my meaning  
Run out of excuses  
Lord it's hard to know you  
I don't always see your plan  
But holiness is calling me  
So take me as I am

Cause you are my everything  
You are the song I sing  
I'll do anything for you  
Teach me how to pray  
To live a life of grace  
I'll go anywhere for you  
Jesus be my everything  
Lord I get so tired  
Of the struggle within  
I settle in complacency  
And I'm weighed down in my  
sin

So lead me past emotion  
'Cause they change with the  
wind  
I want to be a true disciple  
To daily choose your hand

'Cause you are my everything  
You are the song I sing  
I'll do anything for you  
Teach me how to pray  
To live a life of grace  
I'll go anywhere for you

### Prayer - Prayer for Transformation

If we had a fraction of the faith in you that you have in us, *then this world would be transformed, Lord.*  
If we showed a fraction of the love that you show to us, *then this world would be transformed, Lord.*  
If we possessed a fraction of the patience that you display with us, *then this world would be transformed, Lord.*  
If we shared just a portion of the blessings that we have received from you, *then this world would be transformed, Lord.*  
If we showed as much trust in others as you have shown in us, *then this world would be transformed, Lord.*  
If we claimed just a fraction of the power you promised to your Church, *then this world would be transformed, Lord.*

Transform us first, Lord, that we might transform this world through your love and your power.  
To go out into the world and transform it, we must be transformed ourselves; we must receive what God offers – His love, patience, blessings, trust, power etc.  
before we can go out and spread these to the world!

Amen.

From: <http://foodgrainsbank.ca/product/if-we-had-a-fraction-of-the-faith-in-you-that-you-have-in-us/>

### Prayer - Lord, What Do You Want Me To Do?

Where should I go? – Lead me there

Who is this I am meeting? –  
Show me the person

What should I speak of, or not  
speak of? – Show me what to do

What do you want to do, my  
God?  
Don't let me stand in your way.

Amen.

From: YouCat, pg 76



# Mirror, Mirror

## CREATIVE PRAYER

### Materials:

- Prayer focus materials; Bible, candle, cloth etc.
  - Mirror with frame, with something to help it stand on the focus
  - Post-it notes and felt pens
  - Group sits in a circle and is given one post-it note and felt pen each.
- Prayer focus can be in the middle or at the top of the circle.

### Opening Prayer:

Lord, You made us in your image and likeness. Open our hearts to see that You also live within us. Amen.

### Scripture Reading: *Galatians 2:19-21*

“For through the law I died to the law, that I might live for God. I have been crucified with Christ, yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me. I do not nullify the grace of God; for if justification comes through the law, then Christ died for nothing.”

### Reflection Activity:

We invite you to think about Jesus and His qualities; His strength, His mercy, His humility. What kind of man is Jesus? Pick a quality that He has and write this on your post-it note.

As we pass the mirror around the circle, place your post-it note on the mirror frame. Once everyone has done this, we invite you to pass the mirror back around the circle, this time, pausing for a moment to look into the mirror. Look at all the qualities Jesus has, and reflect on your own call to live these qualities out.

As people made in the image and likeness of God, we are called to be Christ-like, and that means having these qualities as our own. That is what discipleship is all about, following Jesus and becoming like Him. If this is overwhelming, we shall not fear, for as it says in our Scripture, Christ lives in us and He will help us to follow Him.

### Closing Prayer:

Loving Christ, live and dwell in us so that we may become like You. Mould us so that we reflect You in all that we do. We pray this in Your name, Amen.





# *Practice Makes Perfect*

## ICEBREAKER

### Dynamics:

1. Everyone stands in a circle, except one person who will be the leader and time-keeper of the game.
2. Each participant in the circle must think of a gift they bring to ministry. Around the circle, let everyone say their name and their gift, making sure that everyone has a different gift.
3. The leader will then point to each person in a random order, and as they are pointed to, each person will say their name and gift.
4. Now the challenge begins: as a group, the participants must say everyone's name and gift in the random order the leader chose, as fast as they can. The leader will time this.
5. Once this is done, the group will have another chance to do this, aiming to be faster than their first go (again, the leader will time this).
6. The group can have one more go, trying to beat their previous time.

### DEBRIEF:

- How did you find the game? Was it difficult to remember everyone's names and gifts?
- Did it get easier as the game went on? Why/why not?
- What were your times like (did they improve?) Why?
- How does this relate to discipleship? To life in general? (The more you do something, the better you get at it. In the game, the more you went through everyone's names and gifts, the better you remembered them.)
- Being a disciple of Jesus is similar because it takes practice. It may seem overwhelming at first having a relationship with Him and living out our faith, but if we break it down into small steps and practice every day, we can get better at it. What can we do to practice our faith better? (eg. Building up to a rosary – praying a decade a day first, then increasing this every week; setting an alarm to pray the Angelus at 12pm; praying while driving etc.)



# *Follow The Leader*

## ACTIVITY

### Dynamics:

1. Everyone stands in a circle. Pick someone to start the game.
2. The game will be played in 'four beat' rounds. In the first count of four, the starter does an action (eg. Clap their hand four times). As soon as he/she finishes, the second person (on their right) does this action in the second count of four. Then the third person follows suit, and so on.
3. Meanwhile, when the starter has finished their first action, they must do another action in the second count of four (eg. Slap their thighs four times). The second person (and onwards) must follow the first, as per the previous step.
4. Whoever fails to follow the person on their left (breaks the chain) is out of the game. Play until one person is left standing!

### Debrief:

- How was that game? Was it easy or hard, and why?
- Was it hard to follow the person on your left, or distracting? Why?
- How does this game relate to discipleship?
- To do well in the game, we must listen and watch our leaders closely – this is like being a disciple of Jesus. We must listen to Him and watch Him closely.
- We aren't just called to follow Christ, but to be LIKE Him! In our game, we had to imitate the person next to us. That is what we have to do in our walk with God; we must imitate Jesus in His ways. How can we do that?



# Heads Up

## ACTIVITY

### Materials:

- A deck of cards with pictures/symbols on them; see Appendix 1

### Dynamics:

1. Split the group into two teams, with one person keeping time. Each team is given a set of cards faced down (they must not see what are on the cards). Each team also picks one person to be the 'guesser'.
2. When the timekeeper says 'go', each guesser picks a card from the deck and puts it on their forehead with the picture facing the rest of the team. The team must describe the picture to the guesser, without using the specific words for it (eg. If the picture is of a cat, they must not say 'cat'). The team can use actions, sounds etc. The guesser must guess what is on the card.
3. For every card guessed correctly, the team gets one point. The guesser can decide to pass on a card by saying 'pass' and moving on to the next card, and will not be awarded or deducted a point.
4. This will be done in rounds of one minute each (swap guessers for each round).

### DEBRIEF:

- How did the guessers find the game? The rest of the team?
- What was your strategy as a team?
- How does this activity relate to discipleship?
- In the game, the team had to see the picture before describing it to the guessers; as disciples, we must know Jesus and what He wants of us, before letting others know about Him.
- We had to learn how to describe the word to our guessers so they would understand it. In spreading the Gospel, we will encounter many different people who will interpret things differently.
- The guessers had to interpret the actions and words of the team; most of the time, God's instructions aren't as clear or direct to us. As a disciple, we must do our best to interpret what God says, through the Bible, trusted leaders of the Church and Catholic teaching. Then can we step out in faith and let God lead us to where He calls us to be!



# *Disciple Octopus*

## ACTIVITY

### Materials:

- Cones or rope to mark out the two safe zones on each side of the room (or field if played outside)

### Safety reminders:

- Check if anyone who is participating in this activity has any injuries that can be aggravated further. If yes, they can choose to sit out of the activity or they can be given a role that will allow them to still participate (eg. Linesperson, etc.)
- Make sure that the game is played in an open area, ideally outdoors on the grass.

### Dynamics:

1. The group stand on one side of the room in one of the safe zones. Pick one person from the group to be the tagger, who stands outside the safe zones (in the middle of the room/field).
2. The rest of the group must run to the second safe zone, without getting tagged. If they do get tagged, they become taggers in the next round, but must do so linked to each other. They can do this however they like (eg. holding hands, linking arms etc.), but they must be linked in some way.
3. Repeat the previous step until everyone becomes a tagger!

### Debrief:

- How did you find the game?
- Was it easier when you worked together as taggers? How did you strategise?
- How is this linked to discipleship?
- As disciples, we are called out to go out and spread the Good News. It can be overwhelming if we do this alone, but we are not meant to; even in the Scriptures, Jesus sent out people in pairs.
- Discipleship is not a solitary thing; you are meant to love God and love neighbour, not one without the other. You may find too that following Jesus is easier with your brothers and sisters journeying with you.
- Who are your brothers and sisters? If you can't name any people, who might you connect with? (Either have journal time to dissect this question, or discuss with the group)





# Fruits of the Rosary

TOOL | THERE'S SOMETHING ABOUT MARY

The rosary is a well-loved devotion of our faith, but is also a great tool for our discipleship! Each mystery of the rosary has a 'fruit' or virtue that you can pray for, or examine yourself with. The next time you pray the rosary, try praying for these fruits too!

## ***The Joyful Mysteries***

1. *The Annunciation* – Fruit: Humility – *Have I been humble in all that I do?*
2. *The Visitation* – Fruit: Love of Neighbour – *Do I serve my neighbour before myself?*
3. *The Birth of Jesus* – Fruit: Detachment – *What do I truly need? What can I share with others?*
4. *Presentation of Jesus in the Temple* – Fruit: Obedience – *Do I follow the rules of my leaders?*
5. *Finding of Jesus in the Temple* – Fruit: Piety – *Do I go to Mass every Sunday?*

## ***The Sorrowful Mysteries***

1. *Agony in the Garden* – Fruit: Contrition – *Do I follow God's will, even if it is difficult?*
2. *Scourging at the Pillar* – Fruit: Purity – *Do I seek purity in all I do or say?*
3. *Crowning with Thorns* – Fruit: Courage – *Do I stand up for what I believe in?*
4. *Carrying of the Cross* – Fruit: Patience – *Am I patient with those who I find difficult to be with?*
5. *Crucifixion* – Fruit: Self-Denial – *Do I put my desires aside to follow God wholly and totally?*



# *Fruits of the Rosary*

TOOL | THERE'S SOMETHING ABOUT MARY

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## ***The Luminous Mysteries***

1. Baptism of Jesus – Fruit: Openness to the Holy Spirit – *Do I ask the Holy Spirit for help?*
2. Wedding at Cana – Fruit: Openness to Mary – *Do I ask Mary for her intercession?*
3. Sermon at the Mount – Fruit: Trust in God – *Do I trust God and follow the Beatitudes?*
4. Transfiguration – Fruit: Desire for Holiness – *Is holiness my ultimate goal?*
5. Institution of the Eucharist (Last Supper) – Fruit: Eucharistic Celebration – *When I go to Mass, do I participate fully, or does my mind wander?*

## ***The Glorious Mysteries***

1. The Resurrection – Fruit: Faith – *Do I believe, even when it is hard?*
2. The Ascension – Fruit: Hope – *When challenges arise, am I still hopeful?*
3. Descent of the Holy Spirit – Fruit: Wisdom – *Do I trust in God's wisdom and discern His will in my decisions?*
4. Assumption of Mary – Fruit: Devotion to Mary – *Am I open to loving Mary?*
5. Coronation of Mary – Fruit: Eternal Happiness – *Do I seek true joy in God, and not the things of this world?*

# There's something about Mary

## Mary's outer and inner discipleship

Mary exemplifies outer discipleship through her constant 'yes' to God. When the angel tells her she will be the mother of the Christ child, she exclaims "I am the handmaiden of the Lord; let it be to me according to your Word" (Luke 1:38). By humbly emptying herself to follow God's will, God used her in the most amazing way; to become the Mother of God. Mary invites us to say 'yes' to God in all areas of our lives; that is when we become true disciples and become who we were created to be.

When Mary gives birth to Jesus, Scripture tells us that she 'kept all these things, reflecting on them in her heart.' (Luke 2:19). Throughout the highs and lows of her journey, Mary gratefully reflects on all that God has done for her and through her. She shows us inner discipleship in which her 'soul magnifies the Lord (and her) spirit rejoices in God' (Luke 1:46-47). Mary invites us to keep a connection to God through prayer; then we realise that everything in our lives comes from Him.



# Living as a disciple | what can I do?

## Going to the next level



### Learn more:

How would you define a disciple?

The Catechism of the Catholic Church says this:

Disciple: Those who accepted Jesus' message to follow him are called his disciples. Jesus associated his disciples with his own life, revealed the mystery of the Kingdom to the disciples and gave them a share in his mission, his joy, and his sufferings.

What does the Holy Spirit have to do with discipleship?

119. The Holy Spirit builds up the Church and impels her. He reminds her of her mission. He calls people into her service and sends them the necessary gifts. [733-741, 747].

### Going deeper: Go, Be not afraid, serve

Homily of Pope Francis at Closing Mass of WYD Brazil:

[http://w2.vatican.va/content/francesco/en/homilies/2013/documents/papa-francesco\\_20130728\\_celebrazione-xxviii-gmg.html](http://w2.vatican.va/content/francesco/en/homilies/2013/documents/papa-francesco_20130728_celebrazione-xxviii-gmg.html)

[bracket numbers refer to Catechism of the Catholic Church]



### Do more:

For you (or your faith group) to do:

- We are his followers, his disciples. We all share co-responsibility for the mission of the Church.
- As a disciple how can you share faith at work, befriend co-workers, offer to pray for those in trouble, stand out against injustices and volunteer for all kinds of good works?
- How can we take ownership for mission planning and activity that will build trust and allow for more sharing of information leading to better outcomes for Mission?

[Source: *Fit for Mission* Pastoral Plan]









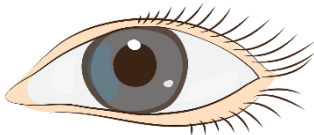







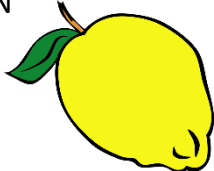
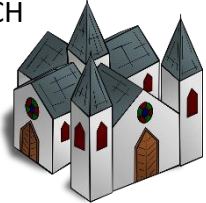

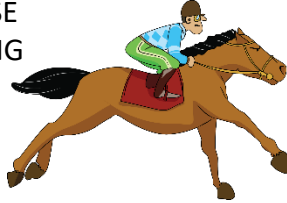






### Live more:

**As a group can you plan and implement one mission activity that speaks to ONE of the following:**

- Mission in pairs or small groups or use new technologies to communicate? The goal is to reach out:
  - Collaborate with other disciples in your faith community to live out mission.
  - Brainstorm ideas that you can share faith in a positive way in your circle of friends/contacts (eg at school, university or work).
- How can you share about this experience with your wider faith community (eg parish, school or ethnic community)?





SUN 	JESUS 	ANCHOR 	BASKETBALL 	CROSS 
SAINT MOTHER TERESA 	EYE 	MUFFIN 	BALLOON 	CYCLING 
TROLLEY 	DRESS 	MARY 	TAP 	LEMON 
CHURCH 	UMBRELLA 	HORSE RIDING 	ROSARY 	PIANO 
POPE FRANCIS 	HEART 	RAINBOW 	BIBLE 	WHALE 