



# iFollow Session 1: To be a Disciple



## Song – Let Your Kingdom Come by Lomez Brown

Lord I want you, Lord I need you, in my life.  
Lord I feel you, growing stronger, in my heart.  
I will follow, I will follow, you every day.  
Hold me firm, Lord, built on you, Lord, strong in my faith.

### *Pre chorus*

We lift you on high, Lord,  
Oh merciful one.  
We come to your table  
So proud to be

### *Chorus*

In the name of the Father, In the name of the Son,  
Oh Holy Spirit, Let your kingdom come,  
Let your kingdom come.

Take my hand, Lord, lead me closer, to your love.  
I can feel you, moving nearer, take my heart.  
Use my hands, Lord, use my feet, Lord, and use me.  
Hold me firm, Lord, built on you, Lord, strong in my faith.

### *Pre chorus*

### *Chorus*

Alleluia (alleluia) x8  
Hold me firm, Lord, built on you, Lord, strong in my faith.

*Download mp3 and chords here:*

<http://www.akyouth.org.nz/WYD/WYDMadrid/WYDAuckland/tabid/7634/language/en-NZ/Default.aspx>

## Prayer

In our waiting  
in our praying  
in our being  
by our actions  
and our words  
by our choices  
and decisions  
may we make your love known.

In our tears  
and our anger  
by our sharing  
and our sheltering  
through our joy  
and thanksgiving  
may we make your love known. Amen.

*Linda Jones/CAFOD*

## Quote

“Often you can see power lines running alongside the street. Unless current is flowing through them, there is no light. The power line is you and I! The current is God! We have the power to allow the current to flow through us and thus to generate the light of the world: Jesus – or to refuse to be used and, thus, allow the darkness to spread.”

*Blessed Teresa of Calcutta (1910-1997)*

## Scripture – Matthew 28:19

“Therefore go and make disciples of all nations” (baptising them in the name of the Father and of the Son and of the Holy Spirit)

## Activity | Followers of Christ

The word 'disciple' comes from the Latin *discipulus* meaning 'pupil', which in turn comes from the word *discere* which means 'to learn.' So a disciple is someone who learns.

More broadly, we generally understand a 'disciple' to be someone who follows Jesus, and who spreads His Good News. This is what we are called to in the commissioning in Matthew's gospel – to go into the world, spreading the Good News of Jesus.

So how do we follow the teaching and example of Jesus as young people in modern society?

Split your group into pairs and give each pair a blindfold. Challenge the sighted person to guide the blindfolded person, using only their voice. The more distractions, the better (i.e. other pairs, lots of talking, maybe background music).

If you only have little time, just get them to guide each other around the room. If you have more time, you can set up an obstacle course, or a challenge like picking up inflated balloons, hidden lollies or other prizes.

Get them to swap over so that they each have an experience of guiding and being guided.

Debrief: Ask everyone to think about their experience, and share something of it in a small or large group. How easy or hard was it to hear the person guiding them, and stay focused on their instructions? Did they always understand what was being asked of them? Did the experience of being blind influence the way they gave instructions to their partner? What sorts of things made the task hard? What techniques did the guide resort to in order to make themselves heard/understood? Did they work? Why/why not?

Ask the group what parallels exist between the activity and the challenge of discipleship to them as young people in today's society. What are the equivalents of the blindfolds, instructions and distractions in real life? What are the obstacles in our lives that make it hard to live as a disciple? What things help us? If discipleship is about learning, are there any lessons from the blindfold game that can be transferred across to our own lives?

## Tool | Me-God-Others triangle

We can only make disciples of others if we are true disciples ourselves. So, before we try to change anyone else, we need to start with ourselves.

We are able to reach our full potential, to create 'heaven on earth' as St Hildegarde of Bingen called it, when we are filled with love for ourselves, God and others. At different times in our lives, our connectedness to each of these areas varies. If this love, or sense of relationship, is imbalanced, then we are imbalanced.

Draw an equilateral triangle. Label each corner with 'me, 'God' or 'others'. Reflect deeply and honestly about where you are in these relationships, and place a corresponding mark within the triangle. E.g. You may feel really close to God and others, but be neglecting yourself, in which case the mark would be somewhere near the bottom middle of the triangle.

Journal or discuss with others why you have placed yourself there in the triangle, which area you would like to work on, and any specific things that you can do to help make the necessary shifts.

