

Walking in the *Foot Prints* of Jesus

A Discipleship Journey



Discipleship **Where is Jesus Leading You Now?**

Week 28

It's a Matter of the Heart

This weekly material is offered to support our Discipleship Journey as we walk in the foot prints of Jesus.

We encourage you to use this material as a part of your daily prayer practice as follows:

- ❖ Begin with the Opening Prayer.
- ❖ Study the Call to Intentional Discipleship.
- ❖ Write Your Own Discipleship Plan.
- ❖ Close with the Closing Prayer.

Let us pray for each other that we are transformed, as individuals and as community, by this Discipleship Journey.

Opening Prayer

Lord Jesus, we praise You, for You are generous. Forgive us for those times that we have strayed from Your plan for our lives. In Your Scripture You tell us, "The harvest is abundant, but the laborers are few; so, ask the Master of the harvest to send out laborers for His harvest." (Luke 10:2) Thank You for coming to us through ordinary people and inviting us to join You in Your great work of love. Please send out laborers to help everyone experience the freedom, peace, and joy You intend for us. Show us what part You wish us to take in this mission. Please make our next steps toward Your mission clear and give us every grace we need to take them in faith. Jesus, we trust in You. We make this prayer in the name of the Father and of the Son and of the Holy Spirit.

AMEN

Reflection: The Call to Intentional Discipleship

How then do we become Intentional Disciples? By acting like Simon Peter:

Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed Him.
(Luke 5:10 – 11)

Simon's experience was not exceptional, either in human terms or in the tradition of the Church. No one voluntarily sheds his or her job, home, and whole way of life accidentally or unconsciously. Simon Peter's "drop the net" decision is what we mean by "intentional". From the moment he dropped the nets to follow Jesus, he was a disciple.

Intentional Discipleship is not accidental or merely cultural. It is not just a matter of "following the rules". A disciple's primary motivation comes from within, out of a Holy Spirit-given "hunger and thirst for righteousness". All things serve and flow from the central thing: the worship and love of the Blessed Trinity with one's whole heart, soul, mind, and strength, and therefore the love of one's neighbor as oneself.

Discipleship begins when "adult persons at last have the occasion to hear the kerygma, renew their own baptism, *consciously choose Christ* as their own personal Lord and Savior, and *commit themselves* actively in the life of their Church."

What is the kerygma? Briefly, kerygma is the Greek term referring to the preaching or proclamation of the basic outline of the life, passion, death, and resurrection of Jesus Christ. The kerygma is the essential nucleus of the Gospel that awakens initial Christian faith. It leads a person to be able to say, "Jesus is Lord!" Kerygma is what Pope John Paul II described as "the initial ardent proclamation by which a person is one day overwhelmed and brought to the decision to entrust himself [herself] to Jesus Christ by faith."

(Excerpted from *Forming Intentional Disciples: The Path to Knowing and Following Jesus*, Sherry A. Weddell; p. 65-67; Our Sunday Visitor Publishing Division; Huntington, IN; 2006)

Write Your Own Discipleship Plan

Daily Prayer

What time?

How many minutes?

Where?

What will I need? (Bible, Journal, Pen, etc.)

What will my prayer time look like for now? (Daily Readings, Ignatian Contemplation of Scripture, Lectio Divina, Rosary, mix it up?)

Scripture

If Scripture is not a part of my daily prayer routine, when and where will I incorporate it?

For how long?

Where will I start?

Do I need a study guide or concordance?

Mass

Which Sunday Mass will I participate in?

Will I incorporate daily Mass or adoration into my life? When? Where?

Reconciliation

Where?

When?

How Often?

Service to the Least

How will I serve the least in my community?

Where and how often?

Parish Community

How will I serve my parish community?

How often?

Ongoing Formation & Mission

What area might I be called to grow in right now?

What gifts has God given me to develop and use?

Where might God want to use those gifts to meet the needs of others?

What resources do I need?

Who might be interested in joining me or supporting me?

Closing Prayer

God of Love,
in Baptism, You freed me from sin
and brought me to new life through water and the Holy Spirit.

You anointed me with the chrism of salvation,
so that, united with His people
I may remain forever a member of Christ,
who is Priest, Prophet, and King.

You made me a new creation
and clothed me in Christ.
You gave me a garment to receive
and to bring unstained to the judgment seat
of our Lord Jesus Christ
so that I may have everlasting life.

You enlightened me with the light of Christ.
May I walk always as a child of that light
and keep the flame of faith alive in my heart.

When the Lord comes, may I go out to meet Him
with all the saints in Your heavenly kingdom.
I ask that You renew me this day, in the graces of my Baptism,
in Jesus' name.

Amen.

Adapted from language of the rites after Baptism from the Easter Vigil