

## Beginning a Lifetime Discipleship Plan

This discipleship booklet serves as a guide for helping individuals to develop new, life-giving habits in their spiritual lives. It draws from the wisdom of Scripture, Church teaching, and the lives of the saints. It employs the best practices of Catholic organizations and movements from around the world that are successfully facilitating vibrant discipleship, and it is uniquely adaptable to each person and his or her state in life. It is meant to accompany the faithful reception and living out of the sacraments in each of our lives. The ultimate goal is holiness, and the hope is that through this genuine "training in holiness," our hearts will burn with desire to share the Gospel with the whole world.

This first section, Lifetime Discipleship Plan, outlines the basic format and process for your discipleship group.

The second section, Lifetime Discipleship Journal, provides space for personal records of your periodic discipleship goals and assessments (refills are available).

## A Group Process for Lifelong Discipleship

Being part of a small group that meets regularly is key to the process of growing in discipleship and is particularly essential in a predominantly non-Christian culture for providing Christian fellowship and personal accountability.

It is recommended that small groups consist of either all males or all females, but it is not necessary. They should meet in members' homes and consist of people you trust and consider to be friends. The utmost respect and confidentiality should always be observed.

There are two predominant models for small groups in the Christian tradition.

**Content based:** This is where groups come together and talk about particulars of the Faith. (These can be mixed gender.)

**Spirit based:** Here people share about their journey with the Lord on a more personal level and lean on one another for encouragement and prayer support. (Strongly recommended to be single gender.)

(We encourage using the 2nd model, which is why we strongly recommend single-gender groups.)

If the 2nd model is not something you're ready for, please adapt this booklet to a content based model.

## My Discipleship Group

(4 to 8 total members is ideal)

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**Name**

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Contact Information

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## The Four Disciplines

Discipleship is all about following Jesus and growing in closeness to Him. Our lives are supposed to be a kind of apprenticeship under Jesus where we learn to follow Him, imitate Him and fall deeply in love with Him. This requires training. The Lifetime Discipleship Plan is merely a tool to help you form new habits that will aid you in living out your faith to its fullest potential.

We have named 4 major disciplines that every disciple needs to pay close attention to in their lives if they are serious about growing in holiness. These disciplines are inspired by Scripture passages such as Acts 2:42, Mt 6:6, Mt 25:35-36; 28:19, the lives of the saints and the rich traditions of the Church.

This plan is intended to help you advance at your own pace by making reasonable commitments for yourself in each of the four disciplines. (But it also presupposes your commitment to continual growth.)

**Prayer**  
**Parish Involvement**  
**Study**  
**Service & Evangelization**

## I. Prayer

**Daily prayer** is essential to the life of a disciple. Please commit to a given amount of time each day that you will dedicate to quiet personal prayer. (for example, 5 mins., 15 mins. 30 mins, 1 hr. or more.)

**Pray with Scripture**, anywhere from a few verses to a few chapters every day. Begin with the New Testament.

### **Other recommended devotionals:**

*Rosary*  
*Divine Mercy Chaplet*  
*Liturgy of the Hours*

Other:

### **Suggested prayer process:** (Find a quiet place)

- 1. Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
- 2. Forgiveness:** Ask the Father for forgiveness for any sins you've committed in the last 24 hours (against Him, others or yourself).
- 3. Petition:** Ask God for any needs you have and pray for other people that come to mind.
- 4. Listen** to what God is saying in your heart.

### **Helpful resources/devotionals:**

*My Daily Bread*  
*Magnificat*  
*The Word Among Us*

## II. Parish Involvement

(Acts 2:42)

**Tithing** is vitally important to the life of a disciple. The word literally means "10%" and comes from the tradition started by Abraham of giving 10% of his belongings to the priest Melchizedek. Please choose a tithe amount between 1% and 10% (or more), keeping in mind the general goal is to work toward 10% or more of your pre-taxed income.

**Ministry in your parish:** Please choose one or more of the following ...

Greeter  
Extraordinary Minister  
Lector  
Server  
Choir  
Usher  
Parish group (ex. K of C, Christian Mothers etc.)  
Other:

## III. Study

(Acts 2:42)

### Recommended Books

*Rediscovering Catholicism*  
*The Four Signs of a Dynamic Catholic*  
*Catechism of the Catholic Church*

Other:

### Recommended Audio

*Lighthouse Catholic Media*

Other:

### Recommended Video

*Catholicism series*

Other:

#### IV. Service and Evangelization

(Mt 25:35-36; 28:19)

Christian Service and Evangelization are essential to the life of a disciple. It is important to keep in mind that the ultimate goal of ALL Christian service is to evangelize (Bring souls to Christ).

*Soup kitchen*

*Clothes pantry*

Other:

AD MAJOREM DEI GLORIAM!  
(FOR THE GREATER GLORY OF GOD!)

Example of a Weekly Plan  
for the Life of Discipleship

Commitment Date:

11/19/14

**Prayer**

10 mins

1 Chapter N. T. daily

Fulfilled

Partially Fulfilled

Not Fulfilled

**Parish Involvement**

Greeter

5% tithe

Fulfilled

Partially Fulfilled

Not Fulfilled

**Study**

5 pages a day of The Four

Signs of a Dynamic Catholic

Fulfilled

Partially Fulfilled

Not Fulfilled

**Service & Evangelization**

Serve at local soup kitchen

Fulfilled

Partially Fulfilled

Not Fulfilled

Assessment Date:

12/1/14

**Plan of Life**

I, \_\_\_\_\_ commit to:

Faithfully attending Sunday Mass

Going to the sacrament of reconciliation  
(ex. Once a month or as needed)

Prayer before meals

Meet with my Discipleship group  
(ex. Once every 2 wks)

Signature

Date

*“The time has come to re-propose wholeheartedly to everyone this high standard of ordinary Christian living: the whole life of the Christian community and of Christian families must lead in this direction. It is also clear however that the paths to holiness are personal and call for a genuine “training in holiness”, adapted to people’s needs. This training must integrate the resources offered to everyone with both the traditional forms of individual and group assistance, as well as the more recent forms of support offered in associations and movements recognized by the Church.”*

(Novo Millennio Ineunte #31, Bl. John Paul II)