

“Living Your Discipleship” Small Group Facilitator Aide

Week 1: Follower and Worshiper – Week of October 9th

Pre-work:

- **Read** Chapters 1-3 (Introduction, Follower & Worshiper) in “Living Your Discipleship”
- **Watch** Angela and Sherice’s videos (all videos available at www.lives-explored.com)
 - **Follower:** Angela speaks about looking for God’s road signs as she follows her calling to creativity from professional work to parenting.
 - Angela’s video (watch time 7:34) - <https://youtu.be/MNsFT33Ji-E>
 - **Worshiper:** Sherice speaks about praising God with prayer and song both in church and in her workplace.
 - Sherice’s video (watch time 7:11) - <https://youtu.be/B6DIJhBgv34>

TOPIC	TIME
OPEN & CHECK-IN	5 MINUTES
<p>Open with something like, <i>“As we gather together, I am going to...(light a candle, ring chime or bowl, etc.) as a way to mark the beginning of our time together and to call our presence to this moment, to this room and with each other.”</i></p> <p>Check in. <i>“I invite us to each take one minute to tell the group (share one word/one sentence) about “How do you come tonight?”</i></p>	
PRAYER	10 MINUTES
<p>Begin with a prayer of lectio divina using one of the scripture passages from the beginning of the week’s chapters</p> <p>Follower scripture reading (pg.11) – Matthew 4:18 – 5:2 Worshiper scripture reading (pg.21) – Matthew 8:1 – 13</p> <p><u>Intro to Lectio Divina:</u> Your group will begin your meeting in prayer in order to ground your time together in sacred listening to God. <u>We invite you to learn more about the prayer practice of lectio divina by reading the introduction below.</u></p> <p>Prayerful discernment is the central Christian practice for discovering and deepening an awareness of vocation. Discernment means sifting through all the voices and choices facing us in order to hear and follow the voice of God. To introduce you to one practice of discernment, we invite you to pray with lectio divina before and after each small group meeting of Called to Life.</p> <p>Lectio divina, or “holy reading,” is a slow, quiet and thoughtful encounter with Scripture. This prayer practice has been used by Christians since Saint Benedict described lectio divina in his “Rule of Saint Benedict” around the year 500. Lectio divina aims to help us discern what God is calling us to be and to do, as we listen for God’s voice through the stories of Scripture.</p> <p>But lectio divina is different from Bible study. We let the Scripture passage stand alone, without additional explanation or commentary, because lectio divina is an encounter between God’s Word and our lives. Slowly</p>	

reading and reflecting on the biblical passage three times provides time and space for God's Word to move from our lips, into our minds, and finally into our hearts.

We invite you to try this prayer practice as a way of deepening your dialogue with God as you go through Called to Life. Over time, lectio divina can become a prayer that opens your heart to hear how God is speaking in your everyday life. As you become comfortable with this form of prayer, you might try taking the word or phrase that spoke to you from the week's Scripture and holding it in mind as you go about your day, praying with the word or phrase at the start and end of each day

Lectio Divina Instructions:

1. Find a quiet place for your reflection.

Begin in prayer: Lord, open my heart to reflect on your call in my life and for your world. Amen.

2. Read the Scripture passage aloud. Spend a few moments in silence reflecting on the passage.

What word or phrase strikes you? Hold that word or phrase in your mind as you spend a few moments in quiet reflection.

3. Read the Scripture passage aloud a second time, holding in mind the word or phrase that struck you when you first read it.

What might God be saying to you through this word or phrase? Spend a few moments in quiet reflection.

4. Read the Scripture passage aloud a third and final time.

How might God be calling you to act through the word or phrase that first struck you? How might you respond to this call?

5. Sit with the Scripture passage for another minute in quiet reflection and thanksgiving.

Close with a final prayer: Lord, open my heart to reflect on your call in my life and for your world. Amen

REFLECTING

50 MINUTES

- Start with a brief summary of the chapter's main points to review what participants read in preparation
- Show a brief clip of each of the videos for the week
 - **Follower Angela's video** – Recommended segment: 5:35-7:01
 - **Worshiper Sherice's video** - Recommended segment: 1:15-2:15; 6:01-6:28 (potentially queuing up the song "I Give Myself Away" by William McDowell found at [I Give Myself Away - YouTube](#))
- Discuss reflection questions. You may not have enough time to cover all questions but these should offer enough prompts to get participants thinking and sharing about how they live this aspect of discipleship.

Follower Reflection Questions (pg. 20):

1. Recall your baptism. If you can, ask someone who attended it – what do they remember? What is significant to you know about being baptized on that that day? What is the meaning of your name?
2. How have you heard God call your name? For example, was it through another person, a situation at work or church, or a realization about your gifts?
3. How is Christ calling you to follow at this point in your life?
4. **Call to action – pray St. Patrick's Breastplate (pg. 18) every day for one week. What does it say to you? What would be the prayer written on your breastplate?**

Worshiper Reflection Questions (pg. 30-31):

1. When you pray, do you start by praising God, or immediately jump into your requests? What happens when you being with adoration instead of asking?
2. How do you invite God into your practices of confessing your sins?

3. What gifts has the sacrament of the Eucharist brought to your life?
4. What intercessions are at the top of your prayer list these days? Do you pray for others you know? For global concerns? For your own questions related to your callings?
5. **Call to action – If interested, research the Liturgy of the Hours. Try praying Morning Prayer or Evening prayer over the next week and notice what starts to emerge as you commit to the practice.**

SENDING FORTH

15 MINUTES

- Ask participants where they might be called to live out the aspects of Follower and Worshiper in the next week
- Offer each person to name how they plan to focus on this feature of discipleship – whether through concrete action, change in attitude, or a commitment to prayer

BLESSING

Closing Prayer:

*May God bless you with ears to listen to the still, small voice
May you have strength to follow Christ's call to be his disciple
May you discern the Spirit's bountiful gifts showered upon you
And may you live a life of service for others, in joy and gratitude*