



LEADER GUIDE
PED Diagram
Group Study



LEADER GUIDE

Group Study Overview

The following is a sample schedule for how time is allocated for each session. If your group members don't know each other, then set up a time before Session 1 for them to gather for fellowship and getting to know one another. This will help the discussion and prayer to be more fruitful as you go through the study.

- **Pray Lectio Divina.** The next page has instructions for how to lead a prayerful reflection on the Word of God. (20-30 mins)
- **Introduction/Recap.** Summarize the previous session, allow the participants to share comments or questions, and then introduce the current session. (5 mins)
- **Watch the Video.** The video for each session is on our website, www.MissionaryParish.com, under "Group Study." (4-12 mins)
- **Personal Verification.** These questions are for each participant to consider privately, instead of discussing with the group, to see how the Scripture passage and the video content connect with their personal faith journey. (10-15 mins)
- **Emmaus Walk.** A time for 1-on-1 discussion and prayer. Have the participants pair up with someone, go for a walk, and share what's stirring in their mind and heart. Make sure they conclude by praying for each other. (15-20 mins)
- **Large Group Discussion.** Discuss these questions with everyone together. (20-30 mins)
- **Practical Application.** These questions will help each participant, at least initially, to consider how they might apply what they're learning to their ministry context. (5-10 mins)
- **Closing Prayer.** Pray the Beacons of Light prayer, or some other prayer. (2 mins)
- **Going Deeper.** A reading assignment from the "PED Diagram Info Packet" that gives a more in-depth explanation of the content covered in the video and discussion, to be completed before the next session.

Total Running Time: 90 mins - 2 hours

Here are some additional suggestions to help make each session as fruitful as possible:

- Consider the space and environment where you are gathered. Is it comfortable? Is it void of outside distractions? Can you provide a meal, or at least snacks and drinks?
- Make sure the meeting space is set up ahead of time and is equipped to stream the videos.
- Review each session ahead of time.
- For the first session, have printed copies of the Participant Guide and the PED Info Packet for each participant.





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Lectio Divina

Use the following format to lead your group in praying Lectio Divina at the start of every session.

Begin in prayer. (1-2 mins)

You may choose to pray a spontaneous prayer of your own, or you may pray the following prayer:

Come, Holy Spirit. Enlighten our hearts and minds to listen to your Word.

Proclaim the reading. (1-2 mins)

After a short pause, read (or invite a participant to read) the passage out loud for everyone.

Prayerfully reflect on the Word of God. (10-15 mins)

Invite the participants to proceed through the four steps of Lectio Divina by giving them the following instructions (adapted from the Lectio Divina prayer card of Conception Abbey in Conception, Missouri):

1. **Lectio.** As you listen to the passage being read aloud, search for the word that God has prepared for you. Re-read the passage silently to yourself, as many times as is necessary, to quiet your mind and focus on God's voice. Listen and receive the Word that God is speaking to you.
2. **Meditatio.** When a word or phrase strikes you, stop and rest with it. Repeat the word or phrase to yourself. Allow it to speak to you in a personal way by pondering the word in your heart, reflecting on what it means to you. Memorize it and repeat it to yourself, allowing it to interact with your thoughts, hopes, memories, and desires.
3. **Oratio.** Prayer is your response to God's word. It begins your dialogue with God that comes from your heart. Formulate a prayer, as a response to God. What do you want to say to the Lord in response to the Word spoken to you? Enter into this loving conversation with God.
4. **Contemplatio.** Rest in God's presence and receive His transforming embrace. Sit still with God, realizing that in this deep and profound relationship, words are not necessary. Be content and at peace with a wordless, quiet rest in God, which brings joy to the heart. Remember that contemplation is not your action or doing, rather it is allowing God to act in you.

Share what you heard. (7-9 min)

Invite the participants to share any questions, comments, or revelations that came from their time of reflection and prayer.

Close in prayer. (1-2 mins)

Thank God for speaking to you and to the group. Pray an Our Father.



LEADER GUIDE

Session 1: The Adventure Begins

—An Introduction to the Process—

Lectio Divina (20-30 mins)

*Pray Lectio Divina with **Luke 24:13-35**. See the Lectio Divina guide on page 2 for how to lead. The group can write down notes on the reading in the space provided in the Participant Guide.*

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

Introduction (5 mins)

Take some time to discuss the following:

1. What are you hoping to learn, personally or professionally, as we begin this six-week journey together?
2. What fears or concerns do you have?

Video (5-6 mins)

Introduce the topic of this session with something like:

Today we are going to introduce the Process of Evangelization and Discipleship by using the metaphor of going on a hike, and we're going to discuss the importance of accompaniment.

*Play the video for **Session 1**. Encourage the group to take notes as they watch.*

Personal Verification (10-15 mins)

Allow for participants to spread out or go to the church as they privately consider the following questions. If people leave the main meeting space, be sure to tell them when to return.

1. When did your faith journey begin?
2. Has anyone accompanied you or played a vital part in your journey of faith? What was that relationship like? How did they help you?
3. Who is someone you are accompanying, or who might benefit from your accompaniment?

Emmaus Walk (15-20 mins)

Invite everyone to pair up and go for a walk. They can walk inside or outside, or if they aren't physically able, they can find a private place to sit and talk. Tell them what time to return to the meeting space for large group discussion. Have them take their Participant Guide with them, so that they have the following questions:

1. What stood out to you from the video or from your personal verification time?
2. Where are you seeing God at work in your life? What are you thankful for?
3. Where are you struggling right now? What do you need prayer for?

Invite them to pray for each other during the walk. They can pray a prayer they know or pray from the heart.

Large Group Discussion (20-30 mins)

With everyone back together, discuss the following questions (suggested responses are provided):

1. What images in the video connect with someone on a spiritual journey?

Adventure, beauty, twists and turns, messiness, a partner on the walk, looking for direction, stopping to rest, movement.

2. What does it mean that "evangelization happens at the pace of relationship"? What does that look like?

Having a personal relationship with someone helps us to know when we can challenge them, when we might need to be gentler in our approach, and when it is appropriate to proclaim the Gospel to them. We have to earn the right to be heard and build trust with them, which we'll talk more about in the next session.

3. "Life with Christ is the greatest adventure." Is this true in your own life? Why or why not? Do you think this is the feeling and experience for most people that we serve? What is their experience of a relationship with Jesus?

The dictionary defines adventure as an unusual or exciting, typically hazardous, experience or activity; an exploration of an unknown territory. When we look at the lives of the saints, we see people who lived adventurous lives, but more often than not, people feel stuck in the everyday and don't see their lives as an adventure. A life with Jesus is in some ways unknown, and thus an adventure, and yet if we know who God is and trust Him, then we are willing to go into the unknown with Him leading us.

4. What experience or knowledge do you have about the Process of Evangelization and Discipleship Diagram?

If the knowledge of the participants is limited, you might use this as an opportunity to look through the Diagram together, pointing out key pieces. See pages 6-7 of the PED Info Packet.

“Process of evangelization” refers to the stages of evangelization and catechesis provided by the Church. “Process of discipleship” refers to the faith journey of the individual from Pre-Trust to Missionary Discipleship. It is a process of *discipleship* because discipleship is the end goal.

5. How might a better understanding of the Process of Evangelization and Discipleship Diagram help you with your ministry? How might it help with Beacons of Light and the Evangelization Principle?

By understanding the PED Diagram, you will have a better knowledge of where people are in their walk of discipleship, what their needs are, how to meet those needs, and how to assist them in moving from one threshold of discipleship to the next. The end goal is to help people grow in their relationship with Jesus Christ and become missionary disciples who make other disciples.

Furthermore, a parish cannot create an effective Discipleship Pathway (a simple, integrated framework for organizing your primary ministries so that they lead people to missionary discipleship) until every ministry leader in the parish has the foundational knowledge that comes from the Diagram. *(For more on how to do this, contact the CNE! Email us here: cne@catholicaoc.org).*

Practical Application (5-10 mins)

1. Are there any conclusions you have come to regarding ministry in your setting?
2. Is there anything you feel called to put into practice, either in your personal life or as a parish staff/team?
3. If so, what and how will you implement it? Who will hold you accountable?

Closing Prayer (2 mins)

Pray the “Beacons of Light” prayer (or some other prayer) together:

Mary, Mother of the Church and our Mother, present our prayer of thanksgiving to your Son. Beg from Him the graces we need to be faithful disciples who follow Him with enthusiasm and joy. May our witness to the love of God bear fruit in our archdiocese, parishes, homes and hearts. Teach us to be God’s joyful witnesses, to radiate Christ in all we do, so that all people might know, love and follow your Son through this life and into the next. Amen.

Going Deeper

*Before the next session, have the group learn more about the PED Diagram as a whole by reading **pages 5-8** in the PED Info Packet. Encourage them to take notes or mark any questions they have and bring these to the next session.*





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Session 2: Building Bridges of Trust

— Pre-Trust, Trust, and Curiosity —

Lectio Divina (20-30 mins)

*Pray Lectio Divina with **John 1:35-42**. The group can write down notes on the reading in the space provided.*

The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon. Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus. He first found his own brother Simon and told him, "We have found the Messiah" (which is translated Anointed). Then he brought him to Jesus. Jesus looked at him and said, "You are Simon the son of John; you will be called Cephas" (which is translated Peter).

Recap (5 mins)

Provide the following or a similar summary of the previous session:

- Evangelization happens at the pace of relationship.
- Accompaniment is vital to the task of evangelization and disciple-making.
- Hiking provides an apt metaphor for the journey of faith.
- The hope is that, through this study, we can better understand the work of Jesus and the Holy Spirit in our lives as disciples; we can grow together as a team; and we can better serve people by understanding where they are in their walk of discipleship and providing what they need to help facilitate movement to the next threshold or Decision Point.

Ask if there are any questions or comments on the last session or on the reading from the PED Info Packet.

Video (6-7 mins)

Introduce the topic of this session with something like:

Today we are going to unpack the first three thresholds of discipleship -- Pre-Trust, Trust, and Curiosity -- by looking at what it means to "build bridges of trust."

*Play the video for **Session 2**. Encourage the group to take notes as they watch.*

Personal Verification (10-15 mins)

Allow for participants to spread out or go to the church as they privately consider the following questions. If people leave the main meeting space, be sure to tell them when to return.

1. Reflect on the people in your life and experiences you've had that have built bridges of trust to Christianity, Jesus, and the Church. Who or what are they?
2. Have you had an experience that has hindered your trust in Jesus or the Church? Reflect on what happened.
3. Who or what helped you to rebuild trust?

Emmaus Walk (15-20 mins)

Invite everyone to pair up and go for a walk. They can walk inside or outside, or if they aren't physically able, they can find a private place to sit and talk. Tell them what time to return to the meeting space for large group discussion. Have them take their Participant Guide with them, so that they have the following questions:

1. What stood out to you from the video or from your personal verification time?
2. Where are you seeing God at work in your life? What are you thankful for?
3. Where are you struggling right now? What do you need prayer for?

Invite them to pray for each other during the walk. They can pray a prayer they know or pray from the heart.

Large Group Discussion (20-30 mins)

With everyone back together, discuss the following questions (suggested responses are provided):

1. What images in the video connect with building bridges of trust?

Walking across bridges; emphasis on relationships and friendships; joy and beauty.

2. What about Andy's testimony was striking to you? Who or what played a role in Andy's progression through these early thresholds of discipleship?

Andy shares about growing up in a Christian household and his family's love of music, particularly spiritual negro hymns. Friendships and relationships were key. He had Christian-Catholic friends who were willing to talk openly with him; they lived with joy and purpose.

3. What does Andy say was a struggle for him in his journey? How can we learn from this to avoid making similar mistakes in our work with others?

A new "discipler" was given to him in college, someone who didn't know him or know where he was and what he needed. His experience of this reminds us that relationships and truly knowing people are key in our ability to walk with them and challenge them to grow. It's also important to note that we may not be called to accompany every person, nor are we necessarily called to accompany them through every stage of discipleship.

4. What motivates you to share the Gospel with others?

The ideal is that we share the Gospel with a pure heart (Matthew 5: 8), that we desire to love others because of the love we have first experienced (1 John 4: 19), and we want others to encounter the love of God through us. But, of course, there can be many valid reasons.

5. How does the Gospel story we prayed with earlier relate to building bridges of trust and the early thresholds of discipleship?

John's disciples trusted him and his direction to follow Jesus. Even then, they approached Jesus with caution and Jesus invited them to simply "come and see." There wasn't initially a requirement to commit, but simply an invitation to something more.

Practical Application (5-10 mins)

1. Are there any conclusions you have come to regarding ministry in your setting?
2. Is there anything you feel called to put into practice, either in your personal life or as a parish staff/team?
3. If so, what and how will you implement it? Who will hold you accountable?

Closing Prayer (2 mins)

Pray the "Beacons of Light" prayer (or some other prayer) together:

Mary, Mother of the Church and our Mother, present our prayer of thanksgiving to your Son. Beg from Him the graces we need to be faithful disciples who follow Him with enthusiasm and joy. May our witness to the love of God bear fruit in our archdiocese, parishes, homes and hearts. Teach us to be God's joyful witnesses, to radiate Christ in all we do, so that all people might know, love and follow your Son through this life and into the next. Amen.

Going Deeper

*Before the next session, have the group learn more about the thresholds of Pre-Trust, Trust, and Curiosity by reading **pages 12-15** in the PED Info Packet. Encourage them to take notes or mark any questions they have and bring these to the next session.*





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Session 3: A Personal God

— Curiosity and Openness —

Lectio Divina (20-30 mins)

Pray *Lectio Divina* with **Luke 4:38-44**. The group can write down notes on the reading in the space provided.

After he left the synagogue, he entered the house of Simon. Simon's mother-in-law was afflicted with a severe fever, and they interceded with him about her. He stood over her, rebuked the fever, and it left her. She got up immediately and waited on them. At sunset, all who had people sick with various diseases brought them to him. He laid his hands on each of them and cured them. And demons also came out from many, shouting, "You are the Son of God." But he rebuked them and did not allow them to speak because they knew that he was the Messiah. At daybreak, Jesus left and went to a deserted place. The crowds went looking for him, and when they came to him, they tried to prevent him from leaving them. But he said to them, "To the other towns also I must proclaim the good news of the kingdom of God, because for this purpose I have been sent." And he was preaching in the synagogues of Judea.

Recap (5 mins)

Provide the following or a similar summary of the previous session:

- We are called to uncover hidden bridges of trust, support bridges that already exist, and create new positive associations with Jesus, the Church, or something Christian.
- This most often takes place off of our campuses.
- We need to cultivate genuine relationships with people and earn the right to be heard.

Ask if there are any questions or comments on the last session or on the reading from the PED Info Packet.

Video (4-5 mins)

Introduce the topic of this session with something like:

Today we are going to unpack the movement from Curiosity to Openness. This movement along the path of discipleship is one of the greatest steps a person can make. In order to move into Openness, the person needs to believe that a personal relationship with God is possible.

Play the video for **Session 3**. Encourage the group to take notes as they watch.

Personal Verification (15-20 mins)

Take your group outside the church building. Instruct them to spend five minutes walking around the outside of the church, paying attention to details.

1. What do you notice as you walk around your church? Pay close attention to all of your senses.
2. Consider what a "first-timer" might think as they walk/drive by your church.

Bring the group into the church and do the same activity:

3. Contrast your experience walking around the outside of the church with walking inside the church. What do you notice? Pay close attention to your senses.
4. Consider what a "first timer" would experience when they enter into the space.

Finally, invite them to privately consider the following questions:

5. When did you come to the realization that God was a personal God who wanted a personal relationship with you?
6. How did this realization change your life?

Emmaus Walk (15-20 mins)

Invite everyone to pair up and go for a walk. They can walk inside or outside, or if they aren't physically able, they can find a private place to sit and talk. Tell them what time to return to the meeting space for large group discussion. Have them take their Participant Guide with them, so that they have the following questions:

1. What stood out to you from the video or from your personal verification time?
2. Where are you seeing God at work in your life? What are you thankful for?
3. Where are you struggling right now? What do you need prayer for?

Invite them to pray for each other during the walk. They can pray a prayer they know or pray from the heart.

Large Group Discussion (15-25 mins)

With everyone back together, discuss the following questions (suggested responses are provided):

- 1. What was surprising (or not surprising) about the street interviews? What types of responses do you think you would get if you wandered around your church neighborhoods asking people the question, "Do you believe a personal relationship with God is possible?"**
Answers may vary.
- 2. Share about a time you were a new visitor at a church. What was the experience like? How do you think people feel when they arrive on your campus for the first time (Catholic or not)?**
Answers may vary.
- 3. What is the fundamental question?**
Do you believe that a personal relationship with God is possible?
- 4. How can we help "outsiders" feel as though they belong?**
Welcome them with radical hospitality; give them an experience of something beautiful; share your personal testimony with them; get to know them; create a safe space for them to tell their story; invite them into genuine friendship.
- 5. What's the biggest sign that someone is in the Openness threshold of discipleship?**
They are ready to admit to God and to themselves that they are open to the possibility of personal and spiritual change. Conversion is a potential option now.

Practical Application (5-10 mins)

1. Are there any conclusions you have come to regarding ministry in your setting?
2. Is there anything you feel called to put into practice, either in your personal life or as a parish staff/team?
3. If so, what and how will you implement it? Who will hold you accountable?

Closing Prayer (2 mins)

Pray the "Beacons of Light" prayer (or some other prayer) together:

Mary, Mother of the Church and our Mother, present our prayer of thanksgiving to your Son. Beg from Him the graces we need to be faithful disciples who follow Him with enthusiasm and joy. May our witness to the love of God bear fruit in our archdiocese, parishes, homes and hearts. Teach us to be God's joyful witnesses, to radiate Christ in all we do, so that all people might know, love and follow your Son through this life and into the next. Amen.

Going Deeper

*Before the next session, have the group learn more about the threshold of Openness by reading **page 16** in the PED Info Packet. Encourage them to take notes or mark any questions they have and bring these to the next session.*





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Session 4: Encountering Jesus

— Active Seeking and First Conversion —

Lectio Divina (20-30 mins)

Pray *Lectio Divina* with **Luke 5:1-11**. The group can write down notes on the reading in the space provided.

While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, "Put out into deep water and lower your nets for a catch." Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, "Depart from me, Lord, for I am a sinful man." For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, "Do not be afraid; from now on you will be catching men." When they brought their boats to the shore, they left everything and followed him.

Recap (5 mins)

Provide the following or a similar summary of the previous session:

- The movement from Curiosity to Openness is one of the most difficult progressions of the entire journey.
- One must believe that a personal God exists and that a personal relationship with God is possible.
- One enters into the Openness stage once he can admit to God and to himself that he is open to the possibility of personal and spiritual change.

Ask if there are any questions or comments on the last session or on the reading from the PED Info Packet.

Video (11-12 mins)

Introduce the topic of this session with something like:

Today we are going to focus on the threshold of Active Seeking and the first Decision Point, which is First Conversion. Facilitating progression into Active Seeking and to First Conversion involves providing multiple, overlapping opportunities to encounter Jesus.

*Play the video for **Session 4**. Encourage the group to take notes as they watch.*

Personal Verification (10-15 mins)

Allow for participants to spread out or go to the church as they privately consider the following questions. If people leave the main meeting space, be sure to tell them when to return.

1. When in your life have you earnestly sought after God, or the truth? What came from it?
2. Did anyone help you in your search? What role did they play?
3. Have you ever had an encounter with Jesus that changed everything? Or, can you point to a time in your life when your relationship with or understanding of God grew deeper?
4. What was that experience like? What changed for you and in you?

Emmaus Walk (15-20 mins)

Invite everyone to pair up and go for a walk. They can walk inside or outside, or if they aren't physically able, they can find a private place to sit and talk. Tell them what time to return to the meeting space for large group discussion. Have them take their Participant Guide with them, so that they have the following questions:

1. What stood out to you from the video or from your personal verification time?
2. Where are you seeing God at work in your life? What are you thankful for?
3. Where are you struggling right now? What do you need prayer for?

Invite them to pray for each other during the walk. They can pray a prayer they know or pray from the heart.

Large Group Discussion (20-30 mins)

With everyone back together, discuss the following questions (suggested responses are provided):

1. What do you think most people are seeking?

A place to belong; purpose; identity; greater meaning to their life. Some are concerned with worldly things like the best job, money, a family, etc. Some are seeking a higher power.

2. What are some things that Bobby discussed that helped him understand God's love for him?

Invitation from his friend in prison to come to Church; a simple encounter of love and beginning to pray; the realization that he wasn't living for any purpose, which led to a return to prayer; Jeremiah 29:11 on a necklace from his mom, along with the gift of a camera; learning from his friend Jarod about a bible study; discovering the Theology of the Body; the SEEK Conference and the Sacrament of Reconciliation, which was an encounter with Mercy.

3. What do you notice about Bobby's story as it pertains to faith and encountering God, and making a decision to leave his "old life" behind?

He goes back and forth in his commitment to God. His "old life" is in tension with the possibility of a new life offered by Jesus. He goes to Church while in prison, but once out returns to his old way of life. It gets him into trouble again and then his mother gives him a camera and the Jer 29:11 necklace. Then someone new steps in (Jarod) and shares about new ways to live, Theology of the Body, etc. It's in a final moment of encounter during Adoration and the Sacrament of Reconciliation that Bobby surrenders to the new life Jesus is calling him to.

4. What are some ways that we can help someone who is in Openness to move into Active Seeking?

Expose someone in the Openness threshold to the Gospel message by talking honestly about the ups and downs of our own commitment to change, and by gently challenging their neutrality on repentance and discipleship.

5. What are the benefits of providing overlapping opportunities to encounter Jesus? What might those encounters include?

Sometimes people aren't ready yet to fully trust God and need multiple experiences and encounters of His love, as well as hearing the truth of who God is. Such encounters might include Eucharistic adoration, Confession (if the person is Catholic), a Bible study, being prayed with and over by another person, hearing a witness story of how God has changed another person's life, opportunities to serve those in need and meet Jesus in the least of our brethren, etc.

Practical Application (5-10 mins)

1. Are there any conclusions you have come to regarding ministry in your setting?
2. Is there anything you feel called to put into practice, either in your personal life or as a parish staff/team?
3. If so, what and how will you implement it? Who will hold you accountable?

Closing Prayer (2 mins)

Pray the "Beacons of Light" prayer (or some other prayer) together:

Mary, Mother of the Church and our Mother, present our prayer of thanksgiving to your Son. Beg from Him the graces we need to be faithful disciples who follow Him with enthusiasm and joy. May our witness to the love of God bear fruit in our archdiocese, parishes, homes and hearts. Teach us to be God's joyful witnesses, to radiate Christ in all we do, so that all people might know, love and follow your Son through this life and into the next. Amen.

Going Deeper

*Before the next session, have the group learn more about the threshold of Active Seeking and the first Decision Point, which is First Conversion, by reading **pages 17-18** in the PED Info Packet. Encourage them to take notes or mark any questions they have and bring these to the next session.*





LEADER GUIDE

Session 5: Into the Deep

— Beginning and Growing Disciple —

Lectio Divina (20-30 mins)

*Pray Lectio Divina with **John 21:1-19**. The group can write down notes on the reading in the space provided.*

After this Jesus revealed himself again to the disciples by the Sea of Tibe'ri-as; and he revealed himself in this way. Simon Peter, Thomas called the Twin, Nathan'a-el of Cana in Galilee, the sons of Zeb'edee, and two others of his disciples were together. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat; but that night they caught nothing.

Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. Jesus said to them, "Children, have you any fish?" They answered him, "No." He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off.

When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." A second time he said to him, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go." (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me."

Recap (5 mins)

Provide the following or a similar summary of the previous session:

- Active seekers need to have their questions answered, they need to come to a decision
- They are on an overt, spiritual quest.
- We can provide overlapping encounters with Jesus as a means to help lead them to First Conversion.

Ask if there are any questions or comments on the last session or on the reading from the PED Info Packet.

Video (5-6 mins)

Introduce the topic of this session with something like:

Today we are going to focus on accompanying someone after their moment of First Conversion, in their walk as a Beginning Disciple and Growing Disciple.

*Play the video for **Session 5**. Encourage the group to take notes as they watch.*

Personal Verification (10-15 mins)

Allow for participants to spread out or go to the church as they privately consider the following questions. If people leave the main meeting space, be sure to tell them when to return.

1. Reflect back on your First Conversion. What were you most excited about? Did you want to jump into serving in a particular ministry, learn more about a particular teaching of the Church, tell everyone what you've been learning, etc.?
2. Who accompanied you after your First Conversion? What resources and support did they provide? In what ways did they model for you what it means to live as a disciple?
3. Maybe you've never experienced a First Conversion. What keeps you from committing your life to Jesus?

Emmaus Walk (15-20 mins)

Invite everyone to pair up and go for a walk. They can walk inside or outside, or if they aren't physically able, they can find a private place to sit and talk. Tell them what time to return to the meeting space for large group discussion. Have them take their Participant Guide with them, so that they have the following questions:

1. What stood out to you from the video or from your personal verification time?
2. Where are you seeing God at work in your life? What are you thankful for?
3. Where are you struggling right now? What do you need prayer for?

Invite them to pray for each other during the walk. They can pray a prayer they know or pray from the heart.

Large Group Discussion (20-30 mins)

With everyone back together, discuss the following questions (suggested responses are provided):

1. In your experience of working with Beginning Disciples, what are they most excited about? What are they looking for next?

Often they are looking for opportunities to learn and a group to connect with, and they have an eagerness to participate more in the life of the Church or in service.

2. Why do you think most parishes are better at meeting the needs of Beginning and Growing Disciples than they are at meeting the needs of people at earlier or later thresholds?

Some possible reasons: Parish staff are typically at the Beginning Disciple stage, so they are more inclined to offer the kind of ministries that would resonate with them; Beginning and Growing Disciples are ready for formal catechesis, and it is easier to provide catechesis than it is to provide the more relational, less catechetical ministry that people need in earlier thresholds, or the bold, risk-taking ministry that people on the verge of missionary discipleship need; catechesis fits easily into a classroom model, and often times that's the only kind of ministry that parish leaders have an imagination for; fear often keeps us from going out to meet people where they are, to witness to our faith, and to admit to ourselves that we haven't embraced the call to be missionary disciples enough to provide the kind of example that Growing Disciples need in order to be "on mission" themselves.

3. How does the journey of a Catholic into discipleship differ from the journey of a catechumen who is preparing to become Catholic? How are these two journeys the same?

They both need Initiatory Catechesis, and they both need an intentional guide who can provide an apprenticeship in Christian living. The two journeys differ in that the catechumen is preparing to receive the sacraments of initiation, whereas the Catholic has already been baptized and confirmed, and already has the Eucharist at his disposal. The catechumen is preparing for a new reality in Jesus, whereas the Catholic is reawakening to an already present reality.

4. How do the sacraments "sustain us in our quest for heaven"?

All seven sacraments are instruments of God's grace, and we need grace to get to heaven. Baptism is the sacrament that first makes heaven possible for us. In Baptism we receive graces, anointings, and charisms that equip us to live the Christian life that leads to heaven. In Confirmation, these gifts and graces are stirred up and multiplied so that we are equipped to overcome every obstacle to heaven. The Eucharist is our food for the journey from this life to the next. The Eucharist sustains an intimacy and closeness to Jesus. When we stumble on our quest or lose our way, Reconciliation is how we get up and find the right path again. Anointing of the Sick provides the strength and sometimes even the healing we need in order to make that final push towards our goal and destiny. Matrimony and Holy Orders give us the grace we need to respond to God's Will for our state in life, and we must faithfully respond to His Will in order to be with Him forever.

5. What are some ways that we can compel Beginning Disciples to go deeper in their knowledge of the faith, their commitment to holiness, and in their sense of responsibility to the parish -- essentially, to become Growing Disciples?

Some possibilities: pique their interest and share your excitement about the deeper things, the great mysteries of our faith; use our unique vocabulary, don't be afraid to go there; invite, encourage, and provide opportunities for them to use their gifts; introduce the idea of sharing what they're learning with others; pray intensely for them.

Practical Application (5-10 mins)

1. Are there any conclusions you have come to regarding ministry in your setting?
2. Is there anything you feel called to put into practice, either in your personal life or as a parish staff/team?
3. If so, what and how will you implement it? Who will hold you accountable?

Closing Prayer (2 mins)

Pray the "Beacons of Light" prayer (or some other prayer) together:

Mary, Mother of the Church and our Mother, present our prayer of thanksgiving to your Son. Beg from Him the graces we need to be faithful disciples who follow Him with enthusiasm and joy. May our witness to the love of God bear fruit in our archdiocese, parishes, homes and hearts. Teach us to be God's joyful witnesses, to radiate Christ in all we do, so that all people might know, love and follow your Son through this life and into the next. Amen.

Going Deeper

*Before the next session, have the group learn more about the thresholds of Beginning Disciple and Growing Disciple by reading **pages 19-22** in the PED Info Packet. Encourage them to take notes or mark any questions they have and bring these to the next session.*



LEADER GUIDE



Session 6: Go and Make Disciples

—Commissioning and Missionary Disciple—

Lectio Divina (20-30 mins)

Pray *Lectio Divina* with **Matthew 28:16-20**. The group can take notes on the reading in the space provided.

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw him they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age."

Recap (5 mins)

Provide the following or a similar summary of the previous session:

- Beginning Disciples and Growing Disciples have a lot of questions that we need good answers for.
- They can feel hesitant, afraid, or unready to share their faith with others.
- They are still learning about their faith and developing their prayer life.
- They need intentional accompaniment into the deep.

Ask if there are any questions or comments on the last session or on the reading from the PED Info Packet.

Video (5-6 mins)

Introduce the topic of this session with something like:

In this final video, we will hear a few testimonies from people who have responded to the call to be Missionary Disciples, a call that also comes with the grace to overcome fear and to be the kind of disciple that Jesus made us to be in our Baptism.

Play the video for **Session 6**. Encourage the group to take notes as they watch.

Personal Verification (10-15 mins)

Allow for participants to spread out or go to the church as they privately consider the following questions. If people leave the main meeting space, be sure to tell them when to return.

1. What does (or what would) living the life of a Missionary Disciple look like for you? (It looks different for everyone!) What can you see yourself doing?
2. Have you ever made a decision to live a more mission-minded life? If yes, what prompted that decision? If no, why not?
3. What do you need to learn, experience, or witness in order to live a bold, Christian life?
4. How is God calling you to serve His Church?

Emmaus Walk (15-20 mins)

Invite everyone to pair up and go for a walk. They can walk inside or outside, or if they aren't physically able, they can find a private place to sit and talk. Tell them what time to return to the meeting space for large group discussion. Have them take their Participant Guide with them, so that they have the following questions:

1. What stood out to you from the video or from your personal verification time?
2. Where are you seeing God at work in your life? What are you thankful for?
3. Where are you struggling right now? What do you need prayer for?

Invite them to pray for each other during the walk. They can pray a prayer they know or pray from the heart.

Large Group Discussion (20-30 mins)

With everyone back together, discuss the following questions (suggested responses are provided):

1. What makes a Missionary Disciple different from a Beginning Disciple or Growing Disciple?

A Missionary Disciple is focused primarily on the soul of the other, instead of being primarily focused inward. He is more ready to lead and to take responsibility for the vitality of his parish, but his apostolate is not necessarily confined to the parish. He lives a bold, Catholic life. He knows what Jesus has done in his life and he is not afraid to tell that story. While he is being mentored, he also mentors others in discipleship. He knows how God has equipped him, and he looks for opportunities to use his charisms in response to God's call upon his life.

2. Do you have to work at a parish in order to be a Missionary Disciple? What does missionary discipleship look like outside of a parish setting?

We can and we need to see Missionary Disciples in all walks of life!

A Missionary Disciple is aware of the people around her who are in need, and helps them in her own way. She lives in such a way that, no matter where she is, people know she is a Christian. She patiently answers people's questions about Catholicism. She checks in on her friends and co-workers to see how they are doing and how she can pray for them. She is friendly, helpful, and respectful. She invites people to her house for fellowship and belonging. She has a few people in her life that she is intentionally helping to grow in faith. She takes the faith of her family seriously. She loves them and sacrifices for them.

3. What are some ways that we can "activate" disciples and "send them on mission"?

The video provides some examples: remind disciples of their Baptism; provide skills-based training in missionary action (e.g., how to proclaim the Gospel, how to share your witness story, how to initiate faith conversations, how to pray over someone, etc.); help them discern their charisms; put Missionary Disciples in their life who can show by their example what "being on mission" looks like; invite them to lead and to serve others.

4. How can we help disciples overcome the fear they have of being on mission?

Sometimes fear comes from not knowing what to do, so the skills-based training will help. It also helps to remind disciples that the task of evangelization and salvation is *the Lord's*. It is *His* work, and *He* is responsible for the fruit, *not us*. This reminder helps to eliminate the fear of failure. Our task is simply to say, "Yes," and then leave the rest up to God. Finally, if the fear comes from a sense that "I'm not good enough," we can remind disciples that God has already made us Missionary Disciples by our Baptism and has already given us everything we need to be on mission. If you wait until you're "ready," you'll never go out. At some point, you have to just *go*.

5. What would your parish look like if it had more Missionary Disciples in it?

A parish full of Missionary Disciples is warm and inviting to strangers; it is committed primarily to the task of making Missionary Disciples; it is active both on campus and out in the community; its Masses are full on Sunday and the lines are long for Confession; its budget is robust because tithing is increasing; it initiates a large group of catechumens every year because the parishioners know how to proclaim and invite; its parishioners feel loved, supported, and like they belong; its leadership solves ministry problems creatively; its liturgies facilitate a real encounter with Jesus; Eucharistic adoration is lovingly supported; it feels alive; it feels like a place you would want to be.

Practical Application (5-10 mins)

1. Are there any conclusions you have come to regarding ministry in your setting?
2. Is there anything you feel called to put into practice, either in your personal life or as a parish staff/team?
3. If so, what and how will you implement it? Who will hold you accountable?

Closing Prayer (2 mins)

Pray the "Beacons of Light" prayer (or some other prayer) together:

Mary, Mother of the Church and our Mother, present our prayer of thanksgiving to your Son. Beg from Him the graces we need to be faithful disciples who follow Him with enthusiasm and joy. May our witness to the love of God bear fruit in our archdiocese, parishes, homes and hearts. Teach us to be God's joyful witnesses, to radiate Christ in all we do, so that all people might know, love and follow your Son through this life and into the next. Amen.

Going Deeper

*Invite the group to learn more about the second Decision Point, which is Commissioning, and the last threshold, Missionary Disciple, by reading **pages 22-24** in the PED Info Packet. Encourage them to take notes or mark any questions they have. There are no more sessions, of course, but they can still stay in contact with each other and continue the conversation!*

Ready to implement the PED Diagram in your parish or school?

Contact the Center for the New Evangelization:

cne@catholicaoc.org

