

Follow Me

Session 1 Questions: WHY ARE YOU HERE?

Read John 1:35-39

1. What are some arguments for the existence of God?
2. If Jesus claims to have the answers to the questions of our hearts, what do you think prevents people from taking Christianity seriously?
3. Jesus asks his disciples the question, "Who do you say that I am." If you were to survey students at your school, with that question, what do you think would be some responses?
4. CS Lewis claimed that there are only three options for Jesus' identity: Liar, Lunatic, or Lord. What do you think he meant by this?

Once you have answered these questions, make sure to pray the Hail Mary and commit to praying it every day for a week and asking Mary to help you make a commitment to the process of discipleship - opening your heart to her son. Please mark in this journal at the end of the week how many days you were successful.

Session 2 Questions: COME AND SEE

Read Jeremiah 29:11

1. What do you think the value of being part of a discipleship group would be?
2. Do you feel that God has a special plan for your life? If yes, do you know what that plan is yet?
3. How can your mentor help you stay committed to the process of being in this group?

Daily prayer is an important part of discipleship. We ask that you commit to praying, even for just a min or two each day this week. You can use the "Our Father", "Hail Mary", "act of Contrition" or simply talk to God from your heart. Please mark in this journal at the end of the week how many days you were successful.

Session 3 Questions: REAL FRIENDS

Read John 15:12-16

1. What is the fun experience you imagined and who were the friends that were with you?
2. What do you think Steve meant when he said, "Friends tell us who we are now and shape us into who we are going to be"?
3. Read 1 Corinthians 10:13. How does this verse speak to you?
4. If we pursue friendships of virtue in our small groups, what do you think that looks like?
5. After watching scene 3: How did Steve's son, "lay down his life" for his friend? Have you ever done anything like that for your friend?
6. What are the 3 requirements of true friendship according to St. Augustine?

Bring to mind some of your friends and some of the challenges or struggles they may be facing. Take a few minutes each day to pray for them this week. Be sure to watch to see what the power of prayer does in their lives.

Session 4 Questions: FOLLOW ME

Read verse John 3:16 and the verses before and after that we don't usually get to hear.

1. What do you think it means to be created in God's image?
2. What are some of the things that make it difficult to be in a relationship with God?
3. Name one talent that you have. Then name one talent that you WISH you had.
4. What was the spiritual battle that Leah Found herself in?

5. When Leah left the photo shoot, she said she had hope. What do you think she meant by that?
6. What do you think it means to be “saved by grace”?
7. In Leah’s story, how is her father a good representation of our heavenly Father?
8. What has your experience of confession been and why do you think such holy people like saints Mother Teresa and John Paul the Great would go weekly?

Pray this prayer:

Lord Jesus, I consecrate myself today a new and without reserved to Your divine heart. I consecrate to You my body with all its senses, my soul with all its faculties, my entire being. I consecrate to You all my thoughts, words and deeds come up all my sufferings and labors, all my hopes, consolations and joys. In particular, I consecrate to You this poor heart of mine so that it may love only You and may be consumed as a victim in the fire of Your love.

I place my trust in You without reserved and I hope for the remission of my sins through Your infinite mercy. I place within Your hands all my cares and anxieties. I promise to love You and to honor You till the last moments of my life, and to spread, as much as I can, devotion to Your most Sacred Heart.

Do with me what You will, my Jesus. I deserve no other reward except Your greater glory and Your holy love. Take this offering of myself and give me a place within Your divine heart forever. I ask this in Jesus’ name. Amen.

Session 5 Questions: THE COST

Read Mathew 16:24-26

Pray: Heavenly Father, thank you for the gift of our lives and the gift of relationships we are building in this discipleship group. Give us the courage to make you not just the Savior of our lives but also the Lord of our lives. Holy Spirit, be with me now and speak to my heart. Help me to grow in my trust in you. Amen

After watching Video Scene 1:

1. What are some goals or achievements that you personally feel would be worth the cost of 8 years of your life?

Watch Scene 2 and answer the following questions:

1. Why do you think it was the practice of rabbis to only select the best of the best for discipleship?
2. What do you think it means that Jesus did not go by the same standards in selecting His disciples?
3. Is there something you have accomplished that was really difficult and that you are proud to have done?

Watch Scene 3 and answer the following questions

1. Paul calls all his knowledge and accomplishments “human waste” when compared to knowing Jesus. How did his whole outlook on life change?
2. Blessed Pier Giorgio was young and wealthy but chose to give his money and his time to helping others. What did he see that so many other young and wealthy celebrities seem to miss?
3. Blessed Pier Giorgio’s slogan to “aim for the top” suggests that there is nothing greater than being in mission with Jesus. How can you be in mission with Jesus right now in your daily life?

Watch Scene 4, then answer questions and review H.A.B.I.T.S

1. What fears hold you back from giving everything to Jesus, like your time for prayer, the desires of your flesh, your future dreams, and your friendships?

Disciple comes from the word discipline. So to be a disciple is to develop the disciplines of your rabbi. I want our group to focus on growing in the disciplines of a disciple and to really encourage one another. An easy way to remember these disciplines is to call them HABITS — the habits of the saints.

H – Holy hour (start with 10 minutes of daily prayer and watch it grow over time to an hour). Many saints would spend an hour every day in front of Jesus in the Blessed Sacrament.

A – Accountability (be transparent with at least one friend who will hold you accountable to being a disciple). Many saints were part of a religious community or had Christ-centered friendships that held them accountable to being a faithful disciple of Jesus. This is the goal of a discipleship group.

B – Bible prayer and study (God’s Word will transform your mind and connect you to Jesus in prayer). Many saints meditated with scripture, studied scripture, and memorized scripture.

I – Invest in your parish (tithing and serving in the mission of the parish). Many saints gave of their money generously and gave their lives to the mission of the Church.

T – Tell (don’t be afraid to tell others about your faith and invite them to faith in Jesus). The saints were not afraid to tell others about their faith and invite others to have faith in Jesus.

S – Sacraments (as frequently as you need). The saints understood how much they needed the grace in the sacraments. So, most went to Mass daily and confession every couple of weeks.

In this session we talked about making Jesus the Lord of our life. In doing so, we need to commit to growing in the disciplines or HABITS of a disciple. This week I want to challenge you to start praying with Scripture. You can begin with the shortest Gospel, Mark. Try to read a chapter a day. And I really encourage you to journal some of your thoughts that come to mind as you read Mark.

End with a prayer called the Suscipe, which was written by St. Ignatius of Loyola. This is a beautiful prayer of inviting Jesus to be Lord of your life.

Lord Jesus Christ, take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish
You have given me.
I surrender it all to be guided by Your will.
Your grace and Your love
are enough for me.
Give me these, Lord Jesus,
and I ask for nothing more.

AMEN