

Episode I

TOPICS COVERED:

- Distinctions in Discipleship
- The Cost of Discipleship
- A Funnel

QUESTIONS FOR REFLECTION & PRAYER:

- Have I been following Jesus and seeking to know HIM in a personal way or simply following His teachings?
- Have I been an intentional disciple of Jesus Christ? Are there any areas in my life as an intentional disciple that I could improve?
- What, if anything, holds me back (i.e. fear, cost, laziness, lack of intentionality) from being a full and intentional disciple?

ADDITIONAL RESOURCES:

Sacred Scripture:

Story of the Rich Young Man - Mark 10:17-22

The Great Commission - Matthew 28: 19-20

The Cost of Discipleship - Luke 14: 25-33; Mark 8:34-38

Book:

Forming Intentional Disciples by Sherry A. Weddell

YouTube Videos:

[Fr. Mike Schmitz on How to be a Good Discipleship of Christ](#)

[Fr. Mike Schmitz on How to Pick Up Your Cross](#)

[Bishop Barron on Intentional Discipleship](#)

GUIDELINES FOR ACTIVE & REFLECTIVE LISTENING SKILLS

- Repeat back what you think the speaker said and how they feel.
- Let the speaker determine the pace of the conversation: don't rush them along or sidetrack them.
- Refrain from making judgments about the speaker and what they are saying.
- Speak with the same feeling as the speaker, unless they are upset and angry, at which time you should remain calm.
- Eliminate things (i.e., cell phones, computers, etc.) that may distract you from giving the speaker undivided attention.
- Consider your own body language and what it's telling the speaker (i.e., leaning in to listen vs. turned away/arms crossed, etc.).
- Sympathize and Empathize with the person as much as possible (i.e., walking in their shoes)

Use Active or Reflective Listening when the “other person”...

- Talks about or expresses feelings (including non-verbal feelings).
- Has a problem.
- Is sharing ideas which are important to him/her.
- Is happy or excited about something in their life.
- Is angry, assaultive, or resistant.

Use Active or Reflective Listening when “you”...

- Are unsure of what the other person means.
- Think you understand, but want to be sure.
- When you have a history of misunderstanding this particular person.
- When you want to “share” or be with another person (building a deeper relationship).

Listening DO's:

- Listen with openness, acceptance, and positive interest.
- Listen with expectancy so the speaker really wants to tell you what they have to say.
- Involve yourself in feeling the feelings of the speaker; feel the feeling with them but don't get carried away by it.
- Listen with care and concern. In all cases treat the person with respect.

Holy Listening is Never Cheap and must be worked at!
Holy Listening tells the speaker that they are important and they matter.
Holy Listening tells the speaker that they are important to you.

Summary

This Discipleship Series is obviously not exhaustive, and there is far more that could be said and covered. It's desired that this series, coupled with this reflection guide, act as a catalyst for reflection and developing a hunger to grow as intentional disciples of Jesus Christ.

Episode I

We are invited to become disciples of more than just another spiritual teacher or sage. We are also called to more than just following teachings and axioms. Intentional disciples seek to personally know and follow Christ so as to BECOME “Christ” (anointed) for this hurting world.

Episode II

We begin our path of intentional discipleship by communing with God and allowing ourselves to be filled with His grace. We do this most especially through the reception of the Sacraments, prayer, study and regularly reading Sacred Scripture to know Christ.

Episode III

Our intentional discipleship continues to develop as we make ourselves docile to the promptings of the Holy Spirit through discerning His will in our lives and by cultivating active lives of virtue.

Episode IV

Intentional discipleship is never just for the sake of the disciple but rather so that the love and grace of God may be poured out to others through that disciple’s words and actions. This “pouring out” begins through active and Spirit-led listening to others and accompanying them in their own journey of faith.

Episode V

Intentional disciples are ready and guided to verbally share the hope that is within them. They are prepared to invite others to know the same Christ whom they know and follow. Sharing their hope is most powerful when told in story form. The story to begin with is simply how God has powerfully and personally operated in your own life.

Notes:

Notes: