

Episode III

TOPICS COVERED:

- Receptive Discipleship
- Docility to the Holy Spirit
- Discernment of God's Will
- Building Virtue

QUESTIONS FOR REFLECTION & PRAYER:

- Reflect on St. Thomas Aquinas' definition of love, "Love is to will the good of the other, as other."
- Has there been a time you truly felt "moved" by the Holy Spirit to do or say something? Reflect on that moment, how did the Holy Spirit's "voice/prompting" sound/feel? How can you be on the look out for more of that Spirit communication?
- Ask the Holy Spirit to guide you while considering which fruits of the Holy Spirit you have seen evident in your life and which ones might be lacking. Ask for God's help and grace to foster those fruits which are lacking.

Sacred Scripture:

Allowing the Holy Spirit to live and work through you - Galatians 2:20
Fruits of the Holy Spirit - Galatians 5:16-25
The Burning Bush - Exodus 3

Fruits of the Holy Spirit:

Love	Joy	Peace	Patience
Kindness	Goodness	Faithfulness	Gentleness
Self-Control			

Books:

[How to Discern God's Will for your Life By Bishop Robert Barron \(Free eBook\)](#)

Web Resources:

[Discernment of Spirits \(Free 6 Part Audio Course\)](#)

[Best Catholic Books and Resources for Discernment](#)

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.

INTENTIONAL DISCIPLESHIP PERSONAL REFLECTION

Take a moment to prayerfully reflect on your own understanding and lifestyle as an intentional disciple on a scale of 1-5 (1= needs work; 5 = doing well).

I seek to be in a personal and real relationship with Jesus Christ.

1 2 3 4 5

I consistently make use of the Sacrament of Holy Eucharist for continued grace and strength.

1 2 3 4 5

I consistently make use of the Sacrament of Reconciliation for continued grace and strength.

1 2 3 4 5

I consistently study my faith and take time to read Sacred Scripture.

1 2 3 4 5

I have a daily habit of prayer.

1 2 3 4 5

I actively take time to hear God's voice in my life.

1 2 3 4 5

I think/feel I am aware of the movement of the Holy Spirit in my life.

1 2 3 4 5

I think/feel I am docile to the movements of the Holy Spirit in my life.

1 2 3 4 5

I regularly see the fruits of the Holy Spirit evident in my life.

1 2 3 4 5

I am on the look-out to share the faith with others in natural and non-aggressive ways.

1 2 3 4 5

I regularly take the time to actively listen to others and cultivate positive relationships.

1 2 3 4 5

I find ways to put the Corporal & Spiritual works of Mercy into action in my life.

1 2 3 4 5

I am mentally and spiritually prepared to articulate my testimony in a compelling way.

1 2 3 4 5

I feel prepared to explain various aspects of Christ's/Church teachings or know where to find explanations.

1 2 3 4 5

Total Score: _____ **Date:** _____

(Consider using this reflection sheet yearly to track your personal growth as an intentional disciple.)

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