



1st Discipleship Series - Session 3: How to be a Good Disciple of Christ

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Opening Prayer:

Begin with a brief moment of silence by shaking off any and all distractions or difficulties of the day and remembering that God is always with us. *Let us join in listening to God's living Word from Luke.*

Read: **Luke 6:40** {Leader: Please read this verse 3 times to allow it to rest on participants minds.}

After the reading conclude with this prayer: *Dear Lord, Thank You for all of the ways You inspire us to become more holy. We wish to submit more fully to You and become the faithful disciples You need us to be. We offer ourselves to You fully and completely. Amen.*

Reflection or Discussion Questions:

1. What do you think/feel that Luke 6:40 is trying to teach us?

YouTube Video: Fr. Mike Schmitz – How to be a Good Disciple of Christ (8:02 Min) -

https://www.youtube.com/watch?v=Fis29rZ2n_4

Reflection or Discussion Questions:

2. The goal of discipleship is to think like, look like, and act like Jesus in the world. Can you share ONE thing that you already do to think like, look like, or act like Jesus?
3. The 1st basic habit of discipleship that Fr. Schmitz talks about is relationship. What does **growing** your relationship with God and others mean to you? How do you feel you are doing in this area?
4. Why do we need to take active steps in growing in relationship with God and others? Have Emmaus Small Groups helped you to grow? Share one way.
5. The 2nd basic habit of discipleship discussed was showing up with your entire self, both interiorly and exteriorly. Do you feel it's more difficult to show up interiorly or exteriorly? Why? Why not?
6. The 3rd basic habit discussed was consistency and how this equals faithfulness. In the video, Fr. Mike says, "If I'm inconsistent with prayer, that means that I'm unfaithful. If I'm inconsistent with telling the truth, that means that I'm unfaithful when it comes to telling the truth." Is he setting the bar too high? Why or why not? Do you feel consistency is important to discipleship?
7. The 4th basic habit of discipleship talked about was keeping commitments to God and others. Why do you think this is or is not a good habit of discipleship? (*hint – trust*)
8. Do you find that at times you do better in one of these but not so well in another? Why do you think that is? How might you be able to improve in one of the habits you find challenging?

Session Challenge:

Choose one person from your group you wish to be accountable to. Decide one way you can improve in one of these 4 discipleship habits. Text it to your accountability partner. Check in with your partner at the end of the week to share how you did. When you next meet with the entire group, if you feel comfortable, share how this experience helped you or didn't help you.

4 Discipleship Habits:

1. Growing in Relationship
2. Showing Up interiorly and exteriorly
3. Consistency
4. Keeping Commitments

Closing Prayer: *Dear Jesus, we thank You for showing us the perfect example of servant discipleship and pray that we have the courage to cheerfully follow your example. As You wish only the best for us, we humbly ask You to accept our petitions.*

(Insert any personal needs that may have come to light this week.) Pause... *We offer all these intentions and those we hold in the silence of our hearts to You. As we live our daily lives, help us to be vulnerable with our accountability partner and share how we can grow in discipleship to become more like You. Give us the fortitude and grace to do what is needed to grow closer to You both exteriorly and interiorly in our relationships, consistency, and commitment. Amen.*