

Sacramental Living & Discipleship

CHANGED:
NEW LIFE
IN CHRIST



A photograph of a brick wall. A cross is formed by light-colored bricks, standing out against the darker, weathered bricks of the wall. The text 'A LOOK AT DISCIPLESHIP' is written in a white, distressed, stencil-like font across the horizontal bar of the cross.

A LOOK AT
DISCIPLESHIP

THE GREAT COMMISSION

19 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, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

- Matthew 28:19-20

The Great Commission



He is the one who has given you the Sacraments you have just received, including giving His very self in the Eucharist that you have received.

He also wants to be the one to teach us in the Christian Life. He certainly uses others to be His instruments, and He will use you to do the same, but He also wants to teach you Himself.

The Great Commission



To be a disciple literally means to be a “**learner**”, and in the Biblical context it means to be one who learns both **information** and a **way of life**.

But even more than this means one who specifically learns these things through the modelling and instruction of a **Master**.

The Great Commission



Just as he disciplined his Apostles and empowered them to do the same for the next generation of Christians, on into the present day, so too is He calling you to be disciplined by **Him, and by His Body the Church**, so that you can grow in holiness, “without which no one will see the Lord”(Heb. 12:14), but also so that you can be disciplers of others.

The Great Commission



Openness to discipleship requires a burning desire for ongoing conversion.

“You cannot be an evangelist, if you are not yet evangelized”- Fr. Tom Forrest

We have to never cease to let ourselves to be renewed in the Gospel message in all ways and on all its levels.

Discipleship Training

Become who God Created You To Be

LIVING AS A DISCIPLE



#1 Child-Like Faith

*“Let the children come to me
...whoever does not receive
the Kingdom of God like a
child shall not enter it”
(Mk 10:14-15)*



LIVING AS A DISCIPLE



#1 Child-Like Faith

When Jesus says this, he means to be “child-like”, **not** childish. We are called to *humility, simplicity, generosity, purity of heart, and a gleeful awe at the world around us.*

We are not called to be immature or irrational in our faith (childish), but be like children.

LIVING AS A DISCIPLE



#2 Obedience

“The One who send me it with me. He has not left me alone, because I always do what is pleasing to Him”

(Jn. 8:28-29)

LIVING AS A DISCIPLE



#2 Obedience

We often think of obedience as the antithesis of adulthood. (Just ask any teenager who can't wait to get out of the house).

The truth is that it is one of the most **selfless** acts we can commit in training ourselves in holiness, and one of the most **explicit signs of humility** we can give to the world.

LIVING AS A DISCIPLE



#2 Obedience

Jesus himself, the one to whom we model our lives as disciples, was obedient in all things, including His daily life and home (cf. Luke 2:51) and his religious practice (cf. Matt. 5:17-18).

LIVING AS A DISCIPLE



#2 Obedience

Indeed it was precisely because of the disobedience of our First Parents that Christ died. He undid the obedience by being obedient himself, event to “the point of death, even death on a Cross” (Phil. 2:8)
This is how important obedience is to the Father.

LIVING AS A DISCIPLE



#3 Persecution and Suffering

“If the world hates you, realize it hated me first... remember the word I spoke to you. No slave is greater than his master. If they persecuted me, they will persecute you”
(Jn. 15:18, 20)

LIVING AS A DISCIPLE



#3 Persecution and Suffering

While few want to run to suffering, the reality is that because of sin it is part of the whole of the human experience.

Every religion has tried to answer the question of
“why is their evil in the world?”

LIVING AS A DISCIPLE



#3 Persecution and Suffering

Only Christianity offers us the Truth that God Himself took on suffering to be close to us and to offer a means to which we could elevate our suffering to the level of something divine.

LIVING AS A DISCIPLE



#3 Persecution and Suffering

Jesus' entire life was one immersed in personal and societal suffering to which he entered it and brought love, hope, and joy.

By uniting our sufferings to His, we make them redemptive for ourselves and for others.

LIVING AS A DISCIPLE



#3 Persecution and Suffering

Jesus' life was also prominently full of persecution, even in his own hometown.

This is the reality of the Christian life. We will be persecuted, sometimes even in our own families.

Some even go so far as to say *“if you're not being persecuted, you're not living the Christian life”*

LIVING AS A DISCIPLE



#3 Persecution and Suffering

Again though, we are invited to find hope in the fact that God Himself would endure persecution for our sake.

Millions of martyrs (both red and white) have found the strength to be agents of incredible peace and joy to the world in the face of their suffering by uniting it to Christ's.

LIVING AS A DISCIPLE



#3 Persecution and Suffering

Jesus will “wipe away every tear from [our] eyes” (Rev. 21:4), but until that time comes we find amazing consolation in pondering the mystery that God himself “wept” (Jn. 11:35)

LIVING AS A DISCIPLE



#4 The Spiritual Life of the Disciple

A) Prayer

B) Scripture Reading

C) Christian Fellowship

D) Sacramental Living

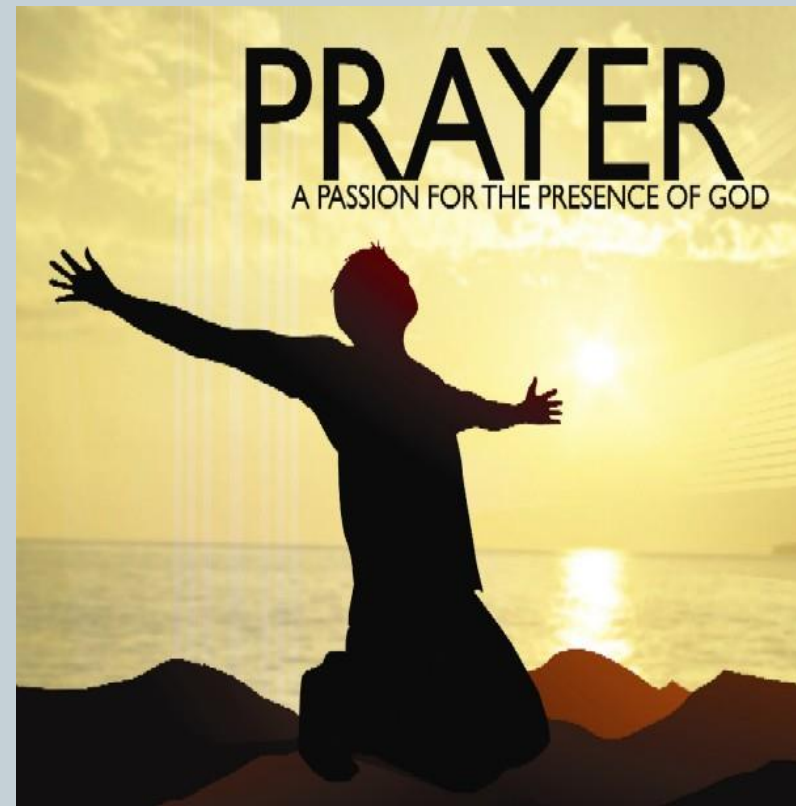
LIVING AS A DISCIPLE



A) Prayer

In prayer, we build the relationship of Intimacy with Christ.

We learn to converse, learn, reflect, beg forgiveness, and eventually to encounter.



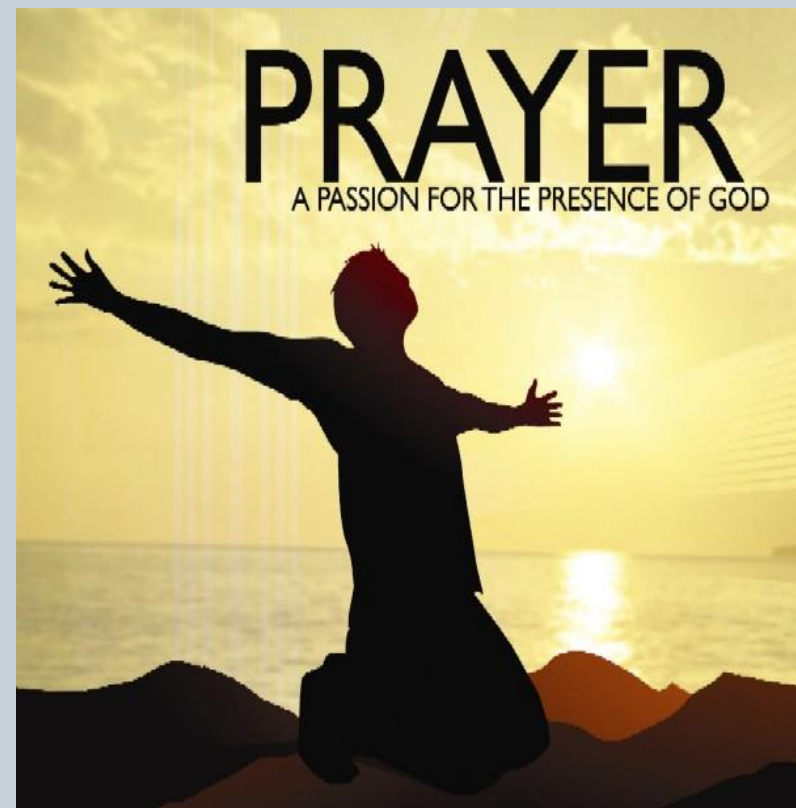
LIVING AS A DISCIPLE



A) Prayer

We have to spend quality time to build a relationship with anyone, and even more so when it comes to God, who speaks in the silence.

Through prayer, we also are drawn into relationship with the saints

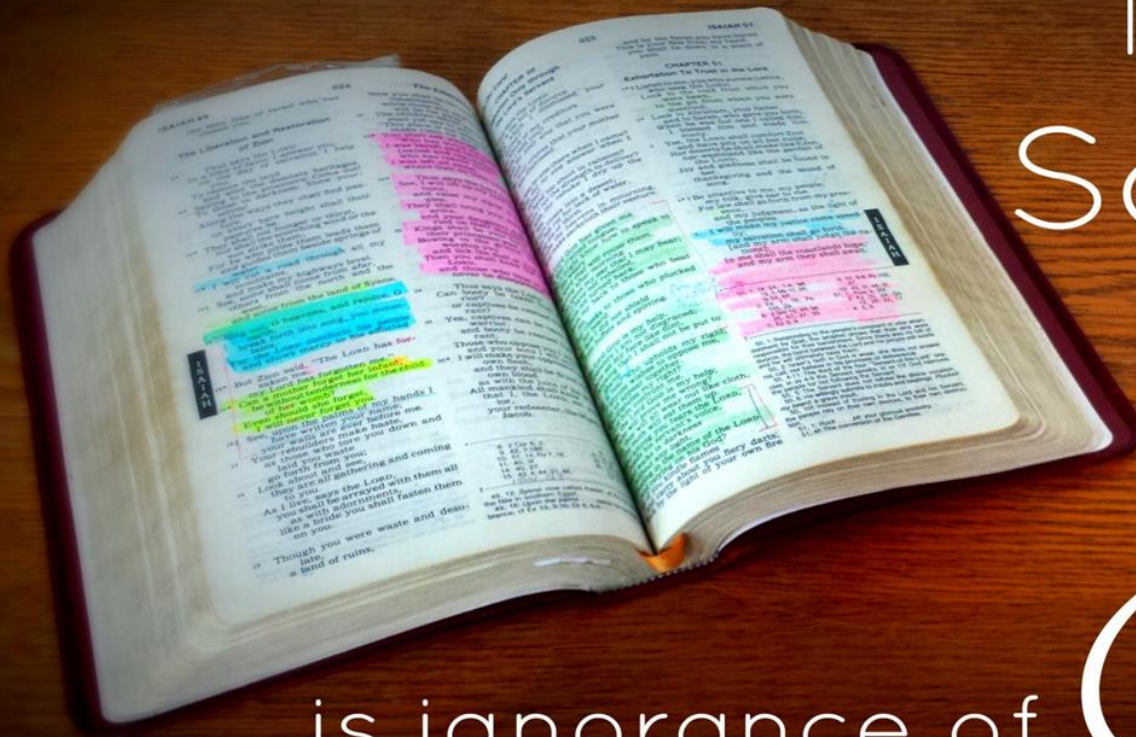


LIVING AS A DISCIPLE



B) Sacred Scripture

Ignorance of
Scripture



is ignorance of

Christ.

-St. Jerome

LIVING AS A DISCIPLE



B) Sacred Scripture

Reading and praying God's word will have a profound impact on our lives.

We are “fed by Christ at the table of His Word” (2nd Vatican Council) and to neglect this nourishment is to neglect him.

LIVING AS A DISCIPLE



B) Sacred Scripture

Regular reading of Scripture can be done on one's own simply in prayer, with a study guide, in a Bible study group, in a class at a parish or Catholic college, etc.

It can also be done in the heart of the Church by reading the daily Mass readings and reflecting on them, and/or by prayer the Liturgy of the Hours.

LIVING AS A DISCIPLE



B) Sacred Scripture

In unpacking Scripture in prayer and study, we seek to know Christ more deeply.

LIVING AS A DISCIPLE



B) Sacred Scripture

We do this also by reading the great works of theology and spirituality, and **especially by prayerfully studying the *Catechism of the Catholic Church*.**

Indeed, the “CCC” is saturated with Scripture and connects God’s written Word with the teaching of the Faith better than any document in history.

LIVING AS A DISCIPLE



C) Christian Fellowship

Christ modeled the importance of a supportive faith community by surrounding himself with his Apostles, reflecting and preparing us to be in Christian community.

LIVING AS A DISCIPLE



C) Christian Fellowship

We are made to be in community (“it is not good that the man be alone” - Gen. 2:18), and that community is the Covenant Family of the Universal Church, but it also means the local community of the parish, and of our close Christian friends.

LIVING AS A DISCIPLE



C) Christian Fellowship

We need all these

If you haven't: Join the parish and be active!

(Jesus was a synagogue member too!)

Find a group of Christians that you can share your family and social life with too on an even more intimate level.

LIVING AS A DISCIPLE



D) Sacramental Living

The Sacraments are where we encounter Christ most fully. Even if we might not “feel” it, it doesn’t matter. We are being strengthened and changed.

We are called however to do what we can to not close off any of that work the Sacrament does in us. We are a team with God, meeting through grace.

LIVING AS A DISCIPLE



D) Sacramental Living

Essentials of Sacramental Living

Frequent reception of the Eucharist and Reconciliation

Living out (or pursuing) the sacramental life of one's vocation

Reverencing the priesthood

Living a sacramental, Catholic worldview

LIVING AS A DISCIPLE



Essentials of Sacramental Living

Frequent reception of the Eucharist and Reconciliation

The Church, in Her motherly care, knows our needs and implores us to be fed in community by **attending Mass every Sunday and Holy day** and instructs us of the necessity of receiving Holy Communion at least once a year.

LIVING AS A DISCIPLE



Essentials of Sacramental Living

However, we should not refrain from receiving it at **every Mass** unless we are in a state of **Mortal Sin** and/or have not fasted before Mass.

LIVING AS A DISCIPLE



Essentials of Sacramental Living

Living out (or pursuing) the sacramental life of
one's vocation

God gives grace to be able to live out our vocational calling, and He gives special grace to those who are not yet married or ordained.

LIVING AS A DISCIPLE



Essentials of Sacramental Living

particularly by praying for it personally, and stirring it by praying as spouses and a family, or in community as a consecrated person

LIVING AS A DISCIPLE



Essentials of Sacramental Living

Living out (or pursuing) the sacramental life of one's vocation

Those discerning God's call for their lives should take special care to also seek out a community to pray with, who are doing the same thing.

LIVING AS A DISCIPLE



Essentials of Sacramental Living

Reverence for the Priesthood

Respecting and publically acknowledging the sacrifice of love in their human nature that priests offer, as well as the works that God does through them is essential to sacrificial living

It enables us to connect with the “father” of our parish community, it empowers us to be more in awe of the Sacraments He confects, and it draws us to pray for and promote future vocations.

LIVING AS A DISCIPLE



Essentials of Sacramental Living

A Sacramental Worldview

This is experienced in **three** ways.

The **first** is to fall in love with the way God works in people and in nature. He is a God of signs and deeper meanings.

LIVING AS A DISCIPLE



Essentials of Sacramental Living

A Sacramental Worldview

The **second** is to live the Liturgical year. Celebrate the feasts and the seasons (**The whole thing**) of the Church. Decorate, make special meals, pray the Novenas, read the works of saints whose Feast Days are about to come up

LIVING AS A DISCIPLE



Essentials of Sacramental Living

A Sacramental Worldview

And the **third** is live out the Liturgical life of the Church beyond the Mass, especially Eucharistic Adoration and procession, and things like Divine Mercy, May Crowning, and Stations of the Cross.

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.

Romans 12:2



**KEEP
CALM
AND**

**Rejoice in the
Lord Always!**