



Lifetime  
Discipleship  
Plan

**TRIAL COPY**

## Beginning a Lifetime Discipleship Plan

This discipleship booklet serves as a guide for helping individuals to develop new, life-giving habits in their spiritual lives. It draws from the wisdom of Scripture, Church teaching, and the lives of the saints. It employs the best practices of Catholic organizations and movements from around the world that are successfully facilitating vibrant discipleship, and it is uniquely adaptable to each person and his or her state in life. It is meant to accompany the faithful reception and living out of the sacraments in each of our lives. The ultimate goal is holiness, and the hope is that through this genuine "training in holiness," our hearts will burn with desire to share the Gospel with the whole world.

This first section, Lifetime Discipleship Plan, outlines the basic format and process for your discipleship group.

The second section, Lifetime Discipleship Journal, provides space for personal records of your periodic discipleship goals and assessments (re-fills are available).

## Discipleship Journal

Commitment Date:

### Prayer

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Parish Involvement

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Study

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Service and Evangelization

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

Assessment Date:

\_\_\_\_\_

## Personal Reflections

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## A Group Process for Lifelong Discipleship

Being part of a small group that meets regularly is key to the process of growing in discipleship and is particularly essential in a predominantly non-Christian culture for providing Christian fellowship and personal accountability.

It is recommended that small groups consist of either all males or all females, but it is not necessary. They should meet in members' homes and consist of people you trust and consider to be friends. The utmost respect and confidentiality should always be observed.

There are two predominant models for small groups in the Christian tradition.

1. **Content based:** This is where groups come together and talk about particulars of the Faith. (These can be mixed gender.)
2. **Spirit based:** Here people share about their journey with the Lord on a more personal level and lean on one another for encouragement and prayer support. (Strongly recommended to be single gender.)

(We encourage using the 2nd model, which is why we strongly recommend single-gender groups.)

If the 2nd model is not something you're ready for, please adapt this booklet to a content based model.

## My Discipleship Group

(4 to 8 total members is ideal)

Name
Contact Information
Name
Contact Information
Name
Contact Information
Name
Contact Information
Name
Contact Information
Name
Contact Information
Name
Contact Information
Name
Contact Information

## Discipleship Journal

Commitment Date: \_\_\_\_\_

### Prayer

_____	<input type="checkbox"/> Fulfilled
_____	<input type="checkbox"/> Partially Fulfilled
_____	<input type="checkbox"/> Not Fulfilled

### Parish Involvement

_____	<input type="checkbox"/> Fulfilled
_____	<input type="checkbox"/> Partially Fulfilled
_____	<input type="checkbox"/> Not Fulfilled

### Study

_____	<input type="checkbox"/> Fulfilled
_____	<input type="checkbox"/> Partially Fulfilled
_____	<input type="checkbox"/> Not Fulfilled

### Service and Evangelization

_____	<input type="checkbox"/> Fulfilled
_____	<input type="checkbox"/> Partially Fulfilled
_____	<input type="checkbox"/> Not Fulfilled

Assessment Date: \_\_\_\_\_

## Personal Reflections

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## Possible Small Group Formats

(Try to keep meetings between 60 – 90 mins.)

### **Spirit Based**

1. Open with prayer.
2. Each member answers the question(s):
  - How are you doing with your Lifetime Discipleship commitments?
  - What is the Lord doing in your life?
  - Where are you being challenged?
3. Discuss.
4. Each member indicates one or more areas in their lives for which they need prayer.
5. Pray with/for one another and close in prayer.

### **Content Based**

1. Open with prayer.
2. Each member talks about how they are doing with their Lifetime Discipleship commitments.
3. Discuss.
4. Go over some kind of catechetical material (Bible, message from the pastor, CD or DVD on the Faith) and discuss.
5. Each member indicates one or more areas in their lives for which they need prayer.
6. Pray with/for one another and close in prayer.

## The Four Disciplines

Discipleship is all about following Jesus and growing in closeness to Him. Our lives are supposed to be a kind of apprenticeship under Jesus where we learn to follow Him, imitate Him and fall deeply in love with Him. This requires training. The Lifetime Discipleship Plan is merely a tool to help you form new habits that will aid you in living out your faith to its fullest potential.

We have named 4 major disciplines that every disciple needs to pay close attention to in their lives if they are serious about growing in holiness. These disciplines are inspired by Scripture passages such as Acts 2:42, Mt 6:6, Mt 25:35-36; 28:19, the lives of the saints and the rich traditions of the Church.

This plan is intended to help you advance at your own pace by making reasonable commitments for yourself in each of the four disciplines. (But it also presupposes your commitment to continual growth.)

- I. Prayer
- II. Parish Involvement
- III. Study
- IV. Service & Evangelization

## Discipleship Journal

Commitment Date:

### Prayer

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Parish Involvement

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Study

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Service and Evangelization

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

Assessment Date:

\_\_\_\_\_

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## Personal Reflections

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## I. Prayer

**Daily prayer** is essential to the life of a disciple. Please commit to a given amount of time each day that you will dedicate to quiet personal prayer. (for example, 5 mins., 15 mins. 30 mins, 1 hr. or more.)

**Pray with Scripture**, anywhere from a few verses to a few chapters every day. Begin with the New Testament.

**Other recommended devotionals:**

*Rosary*  
*Divine Mercy Chaplet*  
*Liturgy of the Hours*

Other: \_\_\_\_\_  
\_\_\_\_\_

**Suggested prayer process:** (Find a quiet place)

1. **Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
2. **Forgiveness:** Ask the Father for forgiveness for any sins you've committed in the last 24 hours (against Him, others or yourself).
3. **Petition:** Ask God for any needs you have and pray for other people that come to mind.
4. **Listen** to what God is saying in your heart.

**Helpful resources/devotionals:**

*My Daily Bread*  
*Magnificat*  
*The Word Among Us*

## II. Parish Involvement

(Acts 2:42)

**Tithing** is vitally important to the life of a disciple. The word literally means "10%" and comes from the tradition started by Abraham of giving 10% of his belongings to the priest Melchizedek. Please choose a tithe amount between 1% and 10% (or more), keeping in mind the general goal is to work toward 10% or more of your pre-taxed income.

**Ministry in your parish:** Please choose one or more of the following...

- Greeter
- Extraordinary Minister
- Lector
- Server
- Choir
- Usher
- Parish group (ex. K of C, Christian Mothers etc.)
- Other: \_\_\_\_\_

## Discipleship Journal

Commitment Date:

### Prayer

\_\_\_\_\_  Fulfilled

\_\_\_\_\_  Partially Fulfilled

\_\_\_\_\_  Not Fulfilled

### Parish Involvement

\_\_\_\_\_  Fulfilled

\_\_\_\_\_  Partially Fulfilled

\_\_\_\_\_  Not Fulfilled

### Study

\_\_\_\_\_  Fulfilled

\_\_\_\_\_  Partially Fulfilled

\_\_\_\_\_  Not Fulfilled

### Service and Evangelization

\_\_\_\_\_  Fulfilled

\_\_\_\_\_  Partially Fulfilled

\_\_\_\_\_  Not Fulfilled

Assessment Date:



Personal Reflections

Horizontal lines for writing reflections.

III. Study

(Acts 2:42)

Recommended Books

Rediscovering Catholicism
The Four Signs of a Dynamic Catholic
Catechism of the Catholic Church

Other: Horizontal lines for additional book recommendations.

Recommended Audio

Lighthouse Catholic Media

Other: Horizontal lines for additional audio recommendations.

Recommended Video

Catholicism series

Other: Horizontal lines for additional video recommendations.

## IV. Service and Evangelization

(Mt 25:35-36; 28:19)

Christian Service and Evangelization are essential to the life of a disciple. It is important to keep in mind that the ultimate goal of ALL Christian service is to evangelize (Bring souls to Christ).

*Soup kitchen*  
*Clothes pantry*

Other: \_\_\_\_\_

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\_\_\_\_\_

**AD MAJOREM DEI GLORIAM!**  
**(FOR THE GREATER GLORY OF GOD!)**

## Discipleship Journal

Commitment Date:

\_\_\_\_\_

### Prayer

\_\_\_\_\_

Fulfilled

\_\_\_\_\_

Partially Fulfilled

\_\_\_\_\_

Not Fulfilled

### Parish Involvement

\_\_\_\_\_

Fulfilled

\_\_\_\_\_

Partially Fulfilled

\_\_\_\_\_

Not Fulfilled

### Study

\_\_\_\_\_

Fulfilled

\_\_\_\_\_

Partially Fulfilled

\_\_\_\_\_

Not Fulfilled

### Service and Evangelization

\_\_\_\_\_

Fulfilled

\_\_\_\_\_

Partially Fulfilled

\_\_\_\_\_

Not Fulfilled

Assessment Date:

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## Personal Reflections

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## Plan of Life

I, \_\_\_\_\_ commit to:

- Faithfully attending Sunday Mass
- Going to the sacrament of reconciliation  
\_\_\_\_\_ (ex. Once a month or as needed)
- Prayer before meals
- Meet with my Discipleship group  
\_\_\_\_\_ (ex. Once every 2 wks)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*Example of a Weekly Plan  
for the Life of Discipleship*

Commitment Date:

11/19/14

**Prayer**

10 mins

1 Chapter N. T. daily

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

**Parish Involvement**

Greeter

5% tithe

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

**Study**

5 pages a day of *The Four*

*Signs of a Dynamic Catholic*

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

**Service & Evangelization**

Serve at local soup kitchen

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:

12/1/14

**Discipleship Journal**

Commitment Date:

**Prayer**

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

**Parish Involvement**

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

**Study**

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

**Service and Evangelization**

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:

## Personal Reflections

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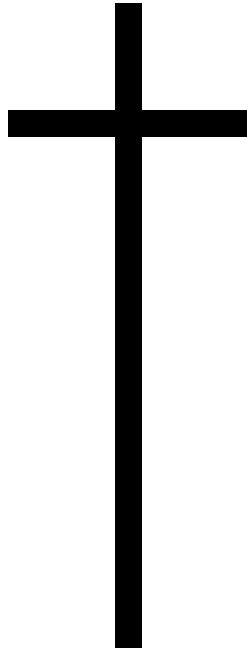
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*"The time has come to re-propose wholeheartedly to everyone this high standard of ordinary Christian living: the whole life of the Christian community and of Christian families must lead in this direction. It is also clear however that the paths to holiness are personal and call for a genuine "training in holiness", adapted to people's needs. This training must integrate the resources offered to everyone with both the traditional forms of individual and group assistance, as well as the more recent forms of support offered in associations and movements recognized by the Church."*

*(Novo Millennio Ineunte #31, Bl. John Paul II)*



## Discipleship Journal

Commitment Date:

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### Prayer

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- Fulfilled
- Partially Fulfilled
- Not Fulfilled

### Parish Involvement

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- Fulfilled
- Partially Fulfilled
- Not Fulfilled

### Study

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- Fulfilled
- Partially Fulfilled
- Not Fulfilled

### Service and Evangelization

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- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:

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**Personal Reflections**

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**Lifetime  
Discipleship  
Journal**



## Personal Reflections

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 Partially Fulfilled  
 Not Fulfilled

### Parish Involvement

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 Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Study

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 Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

### Service and Evangelization

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 Fulfilled  
 Partially Fulfilled  
 Not Fulfilled

Assessment Date:

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