

Equipped:

A Missionary Discipleship Training Course for Parish Leaders

Course timing: 8 sessions, 2 hours each

The purpose of *Equipped* is two-fold: to form participants more deeply in friendship with Jesus Christ through the acquisition of foundational discipleship habits (Sessions 1-4) and to equip participants with mission skills that enable them to help others discover Jesus' great love for them (Sessions 5-8)

Each session consists of: teaching, prayer, discussion and practical activities that will help you practice what you have learned

PART 1, DISCIPLESHIP

"Follow me..."

Sessions 1-4 aim to ground participants in the fundamental habits of following Jesus. This is the necessary foundation upon which missionary activity (Sessions 5-8) can then be built.

Session 1: The Urgency of the New Evangelization

- Introduction to the Church's vision for evangelization and missionary discipleship
- Discipleship habit: How to pray Lectio Divina, a simple way to hear God's voice speaking to you through the Scriptures
- Mission skill: Faith-sharing

Session 2: Who is Jesus and Why Did He Come?

- Jesus and His Mission as Savior
- Discipleship habit: Prayerful reflection on the kerygma
- Discipleship habit: Personal reflection on the current state of your personal relationship with Jesus

Session 3: Friendship with God

- Prayer and the interior life as the foundation of missionary discipleship
- Overcoming obstacles to a personal prayer life
- Discipleship habit: How to pray fruitfully in front of the Blessed Sacrament

Session 4: The Cost of Discipleship

- Discipleship habit: Cultivating a supernatural outlook on suffering and trials
- The radical demands of the Gospel on our personal lives (morality)
- Discipleship habit: Ongoing repentance and conversion

PART 2, MISSION

"...and I will make you fishers of men." (Mark 1:17)

Sessions 5-8 build upon the foundations laid in Sessions 1-4 and seek to equip participants with the skills they need to go forth as "fishers of men," working to win souls with and for Jesus.

Session 5: Intentional Accompaniment

- The stages of growth in the life of discipleship (The Baseball Diamond)
- Mission skill: Intentional friendship as the vessel for winning souls for Christ
- Mission skill: Proactive listening

Session 6: Sharing the Gospel with Others

- Introduction to the kerygma and its centrality in the process of evangelization
- Mission skill: How to share the kerygma with others
- Mission skill: How to invite someone to make a decision for Jesus

Session 7: Sharing Your Personal Testimony

- The purpose of personal testimony
- Mission skill: How to craft your personal testimony
- Mission skill: How to share your personal testimony

Session 8: Going Forth

- The New Apostolic Age
- Mission skill: Creating a missionary action plan
- Mission skill: How to pray with someone
- Discipleship habit: Empowerment from the Holy Spirit