

# Catholic Discipleship

## Small Group Process

### 1) Welcome and initial hospitality

Depending on the setting and the participants, have some refreshments ready for participants as they arrive.

### 2) Opening Prayer for Discipleship (Cardinal Henry Edward Manning, 1808-1892)

*O Holy Spirit of God, take me as your disciple. Guide me, illuminate me, sanctify me. Bind my hands that they may do no evil. Cover my eyes that they may see it no more. Sanctify my heart that evil may not dwell within me. Be my guard. Be my guide. Wherever you lead me, I will go. Whatever you forbid me, I will renounce. Whatever you command me, in your strength I will do. Lead me, then, to the fullness of your truth. Amen.*

### 3) Check-in (10-minutes)

Each participant briefly describes an important or memorable event/idea that helped to shape their previous week.

### 4) Exploring the Theme (20 minutes)

Each participant shares what struck them most in the reading from the Unit and how it might impact how they think of themselves as Catholics.

### 5) Exploring the Scripture (30 minutes)

Participants read the Scripture selection and use the questions to explore the theme.

### 6) Spiritual Exercise (10-15 minutes)

Give participants time to begin the Spiritual Exercise. Participants should work in silence. They may not complete the whole exercise and should be encouraged to complete it during the week.

### 7) Prayer (10 minutes)

Invite participants to pick out one word or phrase from the reading and to contemplate in silence for five minutes. Then lead the group in shared petitions, concluding with the Lord's Prayer.

### 8) Announcements

Make sure everyone knows where and when the next meeting will take place.

### 9) Concluding Prayer (recited together)

*Lord, God, through our baptisms you have made us disciples, followers of Jesus who attend to his Word, pray and worship in his Spirit, experience love in his community of the Church, and are sent to serve by helping others as he did. Lead us, Father, more fully into your Kingdom, which Jesus came to begin and fulfill. Help us, through his Spirit, to adhere to him and bring his Good News to all we encounter. We pray this in his name. Amen.*

*\* At the end of Unit 12, in place of the petitions and final prayer, the group reads together the Act of Consecration on p. 96.*

### 10) Hospitality

Make sure that refreshments have been readied and that people have ample time to socialize.