One of Jesus’ disciples said to him, “Lord, teach us to pray just as John taught his disciples.”

Luke 11:1
Overview

What do you mean by Intentional Disciple?

Few Christians would argue the premise that we are called to be disciples of Jesus Christ. What “being a disciple” means and what that looks like in our lives, is a great deal more confusing. At St. Dominic’s, we invite you to engage the concept of discipleship head-on. Maybe you’re already a disciple. If so, hopefully you will discover how to be more intentional about your discipleship. Maybe you’re not yet a disciple. If so, hopefully you will enter into a deeper understanding of what it means to be a disciple and become more hungry to respond to Jesus’ call.

What is asked of me?

First, pick up a booklet at St. Dominic’s each month and follow along. If you can, attend one of the Explore (everyone is welcome) sessions offered each month. If you want to go deeper, sign up for a Small Christian Community. Small community will meet twice a month to discuss. We hope to be able to offer committed small communities and drop-in small communities as we get a better understanding of people’s interested. Please see the back cover for specific dates.

When did the Intentional Disciples initiative start?

St. Dominic’s kicked off the Intentional Disciples initiative in September 2013. We are gradually rolling it out to the whole parish. We hope to be able to connect people whenever they learn about the initiative or are ready to get involved.

What if I’m not sure how much of this I’m ready to do?

Pick up a booklet, and try it out. Pray about it.

I’m interested, but I just don’t have the time.

We understand that this will not fit everyone’s interest or schedule. We would like to ask you to pray for this initiative in the parish.

Jesus, let us hear your call anew.
Bless us with the courage to respond.
Clear away all barriers. Make us your disciples.
Format

Each month we’ll pick several scripture passages around an aspect or theme of discipleship. We’ll spend the month exploring that theme, going deeper and challenging ourselves. In September and October, we rolled this out to the parish. We have formed several small communities, but it is not to late to join one if you are interested (see the back cover). We plan to make this a yearlong initiative. Here’s the planned format for each month:

**Week 1 - Explore**
Break open the scripture and explore discipleship. Our goal here is not just to understand how discipleship functioned when Jesus walked the Earth, we want to understand what discipleship means in our lives, today.

You can explore the scripture on your own through this book, or you can attend one of the presentations offered (see the upcoming schedule on the back cover).

**Week 2 - Share**
Consider joining a small community to discuss the meaning of discipleship to you. There is something powerful about gathering with others to explore our relationship with Jesus.

If you can’t join a small community, you can take time each day to pray the scripture and reflect on your own journey.

**Week 3 - Act**
This week we’ll challenged ourselves to take some practical step exploring discipleship in our daily lives. We’ll do this on our own, so if you’re part of a small community, there will not be a meeting this week.

**Week 4 - Share**
Gather again in your small community or reflect on your own.
Initial Questions

*What is prayer?*

*How important is prayer to the life of a disciple?*

*What is difficult about prayer?*
Rising very early before dawn, [Jesus] left and went off to a deserted place, where he prayed.

Mark 1:35

Jesus prayed! Have you ever stopped to think about that? Jesus Christ, fully God and fully human, prayed. Jesus prayed at the beginning of his public ministry. He prayed when his ministry got hectic. He prayed over the children. He prayed for his disciples. Jesus prayed when the end was near. And, Jesus taught his disciples how to pray. Few of us would argue that the importance of prayer to the life of a disciple. Yet, most of us recognize that our own prayer lives could use some work. This month we'll focus on deepening our prayer lives.

At the core of prayer is a relationship. Jesus was in a relationship with his Father, and his prayer was an expression of that relationship. In fact, the Trinity is a divine relationship: three persons, one God. If we want to understand prayer, we have to focus on relationship. Everything we know about relationships teaches us how to pray, and how not to pray. For example, sometime we are only compelled to turn to prayer when we are in need. Now, imagine a relationship that you only turned to when you needed something. It wouldn't be much of a relationship, would it?

Relationship require that we bring ourselves: our hopes, our dreams, our fears, and our anxieties. Relationships require speaking and listening, and simply being together. Relationships develop over time, and deepen through shared experience. Relationships require time and energy, and relationships give us renewed energy and peace, courage and compassion.

I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father.

John 15:15
Luke 24:13 Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, 14 and they were conversing about all the things that had occurred. 15 And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, 16 but their eyes were prevented from recognizing him. 17 He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. 18 One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" 19 And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, 20 how our chief priests and rulers both handed him over to a sentence of death and crucified him. 21 But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. 22 Some women from our group, however, have astounded us: they were at the tomb early in the morning 23 and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. 24 Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." 25 And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! 26 Was it not necessary that the Messiah should suffer these things and enter into his glory?" 27 Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. 28 As they approached the village to which they were going, he gave the impression that he was going on farther. 29 But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. 30 And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. 31 With that their eyes were opened and they recognized him, but he vanished from their sight. 32 Then they said to each other, "Were not our hearts burning (within us) while he spoke to us on the way and opened the scriptures to us?" 33 So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them 34 who were saying, "The Lord has truly been raised and has appeared to Simon!" 35 Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.
The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them,"Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon.

A leper came to him (and kneeling down) begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean.

They came to Jericho. And as he was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. On hearing that it was Jesus of Nazareth, he began to cry out and say,"Jesus, son of David, have pity on me." And many rebuked him, telling him to be silent. But he kept calling out all the more, "Son of David, have pity on me." Jesus stopped and said, "Call him." So they called the blind man, saying to him,"Take courage; get up, he is calling you." He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, "What do you want me to do for you?" The blind man replied to him, "Master, I want to see." Jesus told him, "Go your way; your faith has saved you." Immediately he received his sight and followed him on the way.
Prayer and God's Desire

God's desire to be with us

John 21:1  After this, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way. 2 Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples. 3 Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing. 4 When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus. 5 Jesus said to them, "Children, have you caught anything to eat?" They answered him, "No." 6 So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish. 7 So the disciple whom Jesus loved said to Peter, "It is the Lord." When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea. 8 The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish. 9 When they climbed out on shore, they saw a charcoal fire with fish on it and bread. 10 Jesus said to them, "Bring some of the fish you just caught." 11 So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. 12 Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. 13 Jesus came over and took the bread and gave it to them, and in like manner the fish. 14 This was now the third time Jesus was revealed to his disciples after being raised from the dead.

Proverbs 8:27  "When he established the heavens I was there, when he marked out the vault over the face of the deep; 28 When he made firm the skies above, when he fixed fast the foundations of the earth; 29 When he set for the sea its limit, so that the waters should not transgress his command; 30 Then was I beside him as his craftsman, and I was his delight day by day, Playing before him all the while, playing on the surface of his earth; and I found delight in the sons of men."
God's desire for life

**NRSV Genesis 1:1**  In the beginning when God created the heavens and the earth, 2the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. 3Then God said, "Let there be light"; and there was light. 4And God saw that the light was good... 11Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so... 20And God said, "Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky." 21So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. 22God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." ... 27So God created humankind in his image, in the image of God he created them; male and female he created them. 28God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth."

God's desire for wholeness

**Luke 10:33** But a Samaritan traveler who came upon him was moved with compassion at the sight. 34He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn and cared for him. 35The next day he took out two silver coins and gave them to the innkeeper with the instruction, 'Take care of him. If you spend more than what I have given you, I shall repay you on my way back.'

God's desire for relationship

**John 21:15** When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord, you know that I love you." He said to him, "Feed my lambs." 16He then said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord, you know that I love you." He said to him, "Tend my sheep." 17He said to him the third time, "Simon, son of John, do you love me?" Peter was distressed that he had said to him a third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep.
Key Insights

Prayer & Our Desire

- We often have the impression that desire is irrelevant to faith or prayer, or even bad.
- On the contrary, it is the very stuff of prayer, essential to the vital relationship with God for which we were created and for which we long.
- Prayer is a relationship. A relationship consists of a deep sharing of mutual desires.
- Jesus came close to the disciples on the way to Emmaus, and simply began a conversation with them. They began by sharing their disappointment, frustration, and confusion. Little by little throughout the journey, the conversation with Jesus awakened their deepest desires. “Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?” Luke 24:32

Prayer & God's Desire

- At the heart of our existence is God’s desire (to create, to love, to be known).
- We believe in a God who reveals.
- “The root reason for human dignity lies in man’s call to communion with God. From the very circumstance of his origin man is already invited to converse with God.” Gaudium et Spes, 19
- “The force and power in the word of God is so great that it stands as the support and energy of the Church, the strength of faith for her sons and daughters, the food of the soul, the pure and everlasting source of spiritual life.” Dei Verbum, 21
- “And let them remember that prayer should accompany the reading of Sacred Scripture, so that God and human beings may talk together; for we speak to Him when we pray; we hear Him when we read the divine saying.” Dei Verbum, 25
- Prayer does not just consist of knowledge of Scripture, but an experience of Scripture as Word of God, that is, God speaking to our hearts.
- “For in the sacred books, the Father who is in heaven meets His children with great love and speaks with them.” Dei Verbum, 21
"After a practical belief that God wants an intimate relationship with each one of us and that God is directly encountered in our experience, nothing is more important for the development of our relationship with God than knowledge of what we want and of what God wants." From *Letting God Come Close*, by William Barry (p. 27)

“Desires are the raw material from which relationships are made.” From *Letting God Come Close*, by William Barry (p. 39)

“The kind of relationship Jesus desires is a mutual one, where desire meets desire.” From *Letting God Come Close*, by William Barry (p. 39)

“The mere desire for mutual transparency does not carry it off. ‘Between the cup and the lip…’ Our desires are ambivalent and complex; we are also fearful, and our fears get in the way of what we most deeply want. We need help and healing to grow toward mutual transparency with the Lord, and that help is available if we want it. If we notice, for example, that we want to know Jesus better but are afraid of the consequences, we can ask Jesus for help to overcome our fears. But again, we see that desire is the key to developing the relationship.” From *Letting God Come Close*, by William Barry (p. 40)

“There is within us a fundamental dis-ease, an unquenchable fire that renders us incapable, in this life, of ever coming to full peace. This desire lies at the center of our lives, in the marrow of our bones, and in the deep recesses of the soul. At the heart of all great literature, poetry, art, philosophy, psychology, and religion lies the naming and analyzing of this desire. Spirituality is, ultimately, about what we do with that desire. What we do with our longings, both in terms of handling the pain and the hope they bring us, that is our spirituality . . . Augustine says: ‘You have made us for yourself, Lord, and our hearts are restless until they rest in you.’ Spirituality is about what we do with our unrest.” Ronald Rolheiser
Further Readings

Jesus Prayed Throughout His Public Ministry

Mark 1:35  Rising very early before dawn, [Jesus] left and went off to a deserted place, where he prayed.

Matthew 14:23a  [Jesus] went up on the mountain by himself to pray.

Matthew 19:13a  Then children were brought to [Jesus] that he might lay his hands on them and pray.

Luke 5:15  The report about [Jesus] spread all the more, and great crowds assembled to listen to him and to be cured of their ailments, but he would withdraw to deserted places to pray.

Luke 9:18  Once when Jesus was praying in solitude, and the disciples were with him, he asked them, "Who do the crowds say that I am?"

Luke 9:28  About eight days after [Jesus] said this, he took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white.

Matthew 26:36  Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." Withdrawing a second time, he prayed again, "My Father, if it is not possible that this cup pass without my drinking it, your will be done!" Then he returned once more and found them asleep, for they could not keep their eyes open. He left them and withdrew again and prayed a third time, saying the same thing again.
Mark 11:24  Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours.

Matthew 5:44  But I say to you, love your enemies, and pray for those who persecute you, 45 that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust.

Matthew 6:5  "When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. 6 But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. 7 In praying, do not babble like the pagans, who think that they will be heard because of their many words. 8 Do not be like them. Your Father knows what you need before you ask him. 9 "This is how you are to pray: Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as in heaven. 11 Give us today our daily bread; 12 and forgive us our debts, as we forgive our debtors; 13 and do not subject us to the final test, but deliver us from the evil one. 14 If you forgive others their transgressions, your heavenly Father will forgive you. 15 But if you do not forgive others, neither will your Father forgive your transgressions.

Luke 11:1  [Jesus] was praying in a certain place, and when he had finished, one of his disciples said to him, "Lord, teach us to pray just as John taught his disciples." 2 He said to them, "When you pray, say: Father, hallowed be your name, your kingdom come. 3 Give us each day our daily bread 4 and forgive us our sins for we ourselves forgive everyone in debt to us, and do not subject us to the final test."

Matthew 18:19  Again, amen, I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father. 20 For where two or three are gathered together in my name, there am I in the midst of them."

Luke 18:1  Then [Jesus] told them a parable about the necessity for them to pray always without becoming weary. He said, 2 "There was a judge in a certain town who neither feared God nor respected any human being. 3 And a widow in that town used to come to him and say, 'Render a just decision for me against my adversary.' 4 For a long time the judge was unwilling, but eventually he thought, 'While it is true that I neither fear God nor respect
any human being, but because this widow keeps bothering me I shall deliver a just decision for her lest she finally come and strike me." The Lord said, "Pay attention to what the dishonest judge says. Will not God then secure the rights of his chosen ones who call out to him day and night? Will he be slow to answer them? I tell you, he will see to it that justice is done for them speedily. But when the Son of Man comes, will he find faith on earth?"

Luke 18:9 [Jesus] then addressed this parable to those who were convinced of their own righteousness and despised everyone else. "Two people went up to the temple area to pray; one was a Pharisee and the other was a tax collector. The Pharisee took up his position and spoke this prayer to himself, 'O God, I thank you that I am not like the rest of humanity--greedy, dishonest, adulterous--or even like this tax collector. I fast twice a week, and I pay tithes on my whole income.' But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, 'O God, be merciful to me a sinner.' I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted."

Jesus Prayed For His Disciples

John 17:1 When Jesus had said this, he raised his eyes to heaven and said, "Father, the hour has come. Give glory to your son, so that your son may glorify you, just as you gave him authority over all people, so that he may give eternal life to all you gave him. Now this is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ. I glorified you on earth by accomplishing the work that you gave me to do. Now glorify me, Father, with you, with the glory that I had with you before the world began. "I revealed your name to those whom you gave me out of the world. They belonged to you, and you gave them to me, and they have kept your word. Now they know that everything you gave me is from you, because the words you gave to me I have given to them, and they accepted them and truly understood that I came from you, and they have believed that you sent me. I pray for them. I do not pray for the world but for the ones you have given me, because they are yours, and everything of mine is yours and everything of yours is mine, and I have been glorified in them. And now I will no longer be in the world, but they are in the world, while I am coming to you. Holy Father, keep them in your name that you have given me, so that they may be one just as we are."
When I was with them I protected them in your name that you gave me, and I guarded them, and none of them was lost except the son of destruction, in order that the scripture might be fulfilled. But now I am coming to you. I speak this in the world so that they may share my joy completely. I gave them your word, and the world hated them, because they do not belong to the world any more than I belong to the world. I do not ask that you take them out of the world but that you keep them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in the truth. Your word is truth. As you sent me into the world, so I sent them into the world. And I consecrate myself for them, so that they also may be consecrated in truth. "I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. And I have given them the glory you gave me, so that they may be one, as we are one, in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me. Father, they are your gift to me. I wish that where I am they also may be with me, that they may see my glory that you gave me, because you loved me before the foundation of the world. Righteous Father, the world also does not know you, but I know you, and they know that you sent me. I made known to them your name and I will make it known, that the love with which you loved me may be in them and I in them."
Recap & Prepare for Week 2

- Reread the scripture for this week
  - Underline phrases that speak to you
  - Pick a phrase, one each morning
  - Write it on a slip of paper
  - Find seven times during the day to think about and pray it.

- Reflection questions:

  What struggles do you have in your prayer life?

  Do you bring your desire to prayer?

  Do you seek to know God’s desire in prayer?
Week 2 - Share

Individual Option
- Find 20-30 minutes where you won't be interrupted.
- (10-15 minutes) Follow the prayer format (Lectio Divina) in the group exercise below.
- (10-20 minutes) Spend time reflecting on the questions outlined above.

Advice For Participating In Small Christian Communities
- The facilitator’s role is to guide the flow of the meeting. They are not in the group to be experts. Help the facilitators by following their lead.
- During the discussion period, there will be multiple questions or topic for conversation. It is best to take them one at a time (i.e., let everyone share about one before moving to the next).
- Don’t attempt to give the “right answer.” Just share your experience, insights, and perspective.
- Please stay on topic (the questions asked).
- Pay attention to time. Keep your answers on the shorter side. You can always add more later.
- Make sure everyone gets a chance to speak (i.e., give others a chance to speak before sharing a second time).
- It’s ok to not share if you don’t feel comfortable, but challenge yourself to share occasionally.
- Give your attention to the person speaking. Please don’t start side conversations.
- Avoid asking follow-up questions. Let people share what they want to share. It is always good to affirm others.
- Avoid answering other people’s questions (i.e., taking on the role of expert).
How To Pray The Scripture Using Lectio Divina

- **Goal:**
  - Engage one of the scriptures at a deeper level
  - Allow the Spirit to teach our hearts
  - Provide fruit to lead into the discussion and sharing

- **Steps (Should take 10-15 minutes):**
  - **Lectio** (Reading, 2-5 minutes)
    - A participant reads the scripture passage
    - 30-60 seconds of silence
    - A participant reads the scripture passage
    - As the scripture is being read, the participants are invited to find a word, phrase, image, or idea that resonates with them. We’ll call this the *focus*.
  - **Meditatio** (Meditate, 5-10 minutes)
    - Stay with the focus from above.
    - There are different ways to do this: Why does it resonate? What does it mean in my life today? Repeat it as a mantra. Imagine it. How is this connected to discipleship?
  - **Oratio** (Pray, 1-2 minutes)
    - Whatever comes up in meditation, form into a silent prayer offered to God.
  - **Contemplatio** (Contemplate, 1-2 minutes)
    - After speaking a prayer to God, sit and listen or rest in God’s love.
  - This leads into discussion and sharing.
    - Start with insights from the prayer.
    - Transition to sharing about discipleship.

- **Tips**
  - There is no “right way,” do what works for you
  - Embrace the silence
  - Let God find you
Small Christian Community Process - First Meeting
(*Suggested timing based on a 60/90 minute meeting*)

- **Welcome & Check In (5/10 minutes)**

- **Review Format (5/5 minutes)**
  - Review the participant’s advice (page 18)
  - Prayer will be about 15 minutes
  - Review the prayer format: *Lectio Divina* (page 19)
  - Discussion will follow based on the prayer and the questions (page 17).

- **Prayer (10/15 minutes)**
  - Transition Passage: “I have called you friends.” (John 15:15)

- **Discussion (30/45 minutes)**
  - Begin with insights from the prayer experience
  - Discussing the reflection questions (page 17)

- **Action/Request (5/10 minutes)**
  - The practical exercise is listed on the next page
  - Participants can share thoughts and plans
  - Review date of the next group session
  - Participants can request prayers from the group
Set aside 15-30 minutes each day to pray some of the scripture passages found in this booklet (use Lectio Divina, page 19).

Ask yourself:

What is my desire?

What does God desire?

What is at the core of my desire?

Where does my desire join with God’s desire?
Week 4 - Share

Preparing
- Continue to use the scripture phrases you highlighted when you prepared for Week 2:
  - Pick a phrase, one each morning
  - Write it on a slip of paper
  - Find ways to pray it throughout the day
- Week 3 exercise:
  - Plan to share something about your Week 3 exercise
  - If you were not able to do it, plan to share your barriers.

Individual Option
- Find 20-30 minutes where you won't be interrupted.
- (10-15 minutes) Follow the prayer format (Lectio Divina) in the group exercise below.
- (10-20 minutes) Journal about the experience of the exercise from Week 3.

Small Christian Community Process - Second Meeting
(Suggested timing based on a 60/90 minute meeting)

- Welcome & Check In (5/10 minutes)
- Review Format (5/5 minutes)
  - Review the participant's advice (page 18)
  - Prayer will be about 15 minutes
  - Review the prayer format: Lectio Divina (page 19)
  - Discussion will follow based on the prayer the Act exercise (page 21)
- Prayer (10/15 minutes)
  - Transition Passage: “I have told you everything I have heard from my Father.” (John 15:15)
  - Lectio Divina: John 21:1-17 (pages 8 & 9)
- Discussion (30/45 minutes)
  - Begin with insights from the prayer experience
  - Discussing insights from the Act exercise
- Action/Request (5/10 minutes)
  - Review date of the next Explore session
  - Participants can request prayers from the group
Extra: Pick a person who you know has a deep relationship with God. Make time to talk to them about their prayer life.
Three Ways To Get Involved With Intentional Disciples

1. Pick up a booklet, and explore on your own. -or-

2. Attend an “Explore” session to learn about this month’s scripture. Everyone is welcome. - or-

3. Check out a Small Christian Community to join with others to go deeper.

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Upcoming “Explore” Sessions

Mini Retreat, May 2 (7-9 PM) & 3 (9:15 AM - 5 PM)

Young Adults’ Session*, Wed., May 7, 7:30-9 PM, Parish Hall

No Sunday, Monday, or Thursday Explore session this month

* The Young Adults group is a community of single and married Catholic adults in our 20s and 30s; to find out more, visit: http://stdominics.org/youngadults

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Connect With a Small Christian Community

Contact Scott Moyer at scott@stdominics.org

Current Small Christian Community Meeting Dates

Sunday: On Break

YAG (Sunday): May 11 & 25

Monday: May 12 & 26

Thursday: May 8 & 22