



## Continuing the Journey | “Follow Jesus” Resources

As Disciples on the Way, we continue deepening our friendship with Jesus Christ, introducing participants to Jesus’ method of discipleship, the habits of discipleship, and the necessity of focusing on healing within the missionary discipleship process. For us to continue growing in discipleship, it is important that parish teams spend time reflecting, discussing, and growing individually and as a parish team. This handout details a list of some recommended resources for both individuals and parish teams to continue the path toward missionary discipleship as you “Follow Jesus.”

### For Personal Reflection

Reflect upon Matthew 8:5-11, containing the story of the Roman centurion who begs Jesus for healing - not for himself, but for his boy servant. In the Gospels, we read that Jesus spent about 25% of his time healing the blind, the lame, the paralyzed, the hard hearted, the angry, and the despairing. He never turned away anyone that needed healing and as such, our parishes should be places of healing love and mercy. During Mass at Casa Santa Marta on February 5, 2015, Pope Francis described the Church as a “field hospital” that requires, he said, “healing the wounded hearts, opening doors, freeing [people], and saying that God is good, forgives all, is our Father, is tender, and is always waiting for us...”

#### Reflect on the Scripture:

*“Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed.” - Matthew 8:8*

#### Reflection Questions:

- Where are the places in my own life where I am in need of healing?
- Who can accompany me on my healing journey?
- Who can I accompany through their journey of healing?
- How can I reach out with Christ’s healing love to those entrusted to my care?



## Group Sharing

### Share Prayer

Share Prayer is an easy way to pray with and for someone in a simple and non-threatening manner. It takes some practice, but once you have done it a couple times, you will find it to be a comfortable formula that you can use with anyone. Consider adding time for Share Prayer to your meeting prayers. (Available for download)

### Emmaus Lectio Divina

Lectio Divina is an ancient tradition and a beautiful way of praying with the Bible. Pope Benedict says that “the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart. If it is effectively promoted, this practice will bring to the Church – I am convinced of it – a new spiritual springtime.” Consider adding Lectio Divina prayer time to your meetings and gatherings. The *Road to Emmaus Handout* from the Discipleship Seminar is a great tool for connecting this prayer to our discipleship journey. (Available for download)

### Book Study

***Be Healed: A Guide to Encountering the Powerful Love of Jesus in Your Life* by Bob Schuchts (Ave Maria Press)**

This book helps open us to the spiritual, emotional, and physical healing available through the power of the Holy Spirit and the sacraments. The prayer-focused process for finding inner peace and healing in *Be Healed* has helped many people find hope in the risen Christ and opened up new avenues of prayer for them.

***Healing: Bringing the Gift of God's Mercy to the World* by Mary Healy (Our Sunday Visitor)**

In her book, Mary Healy answers these questions and more:

- Is Jesus still healing people today?
- Are these healings real and do they last?
- How do we know if God wants us to pray for healing?
- Isn't God asking us to endure suffering and hardships instead of asking for healing?
- How can we pray for healing?
- Can my broken heart be healed as well as my body?

Through the study of Catholic tradition, the lives of the saints, and ordinary people, participants will begin to understand how the message of inward healing is also a message that we as Catholics are empowered to take outward to the world.

## Retreat Experiences

### Healing the Whole Person

The John Paul II Healing Center supports the Church in the New Evangelization by offering healing and training experiences to priests, seminarians, religious, lay leaders, and families. They offer conferences and resources to help facilitate transformation in the hearts of the people who in turn bring about transformation within the heart of the Church. The John Paul II Healing Center's *Healing the Whole Person Retreat* provides the framework for understanding and receiving Christ's healing and peace in the heart of the Catholic Church.

### Koinonia

*Koinonia* is a Catholic retreat and an invitation to encounter Jesus while continuing life's journey. *Koinonia* strives to meet everyone where they are at and assist them on their spiritual journey. *Koinonia* brings the Paschal Mystery to life so that the dying and rising of Christ are experienced in a real and powerful way. The weekend consists of talks, discussions, reflections, sharing, prayer, and liturgical celebrations. A team of lay people, clergy, and religious lead the experience, which is held in a loving and accepting atmosphere. *Koinonia* brings each person into one community, one body gathered in the name of Jesus, who is the center of the weekend.

### Cursillo

*Cursillo* seeks to uplift Catholics in their faith by deepening three actions of the Holy Spirit: piety, study, and action. The world-wide *Cursillo* movement has centers in most countries. The first *Cursillo* in the United States was in 1957 in Waco, Texas. A priest and two Spanish Air Force trainees were the key figures. The first *Cursillo* in the Diocese of Green Bay was in 1965 and has been going since. Four *Cursillo* retreats are held per year. The basic *Cursillo* weekend format has remained constant, but as in all things, changes and updates have been made in the retreat format. There have been 200+ weekends in the Diocese of Green Bay with over 7,000+ Cursillistas meeting the challenge of Pope Pius XII to penetrate our environments and bring the world back to Christ.

### Christ Renews His Parish

*Christ Renews His Parish* (CRHP) is a parish and prayer renewal process that began in Ohio in 1969 and has since spread to nearly 1,000 parishes in more than 34 states. It has been very popular in the Diocese of Green Bay and many parishes have hosted a *Christ Renews His Parish* retreat. The weekend retreat at the local parish provides an opportunity to experience Christ in a renewed way through talks, seminars, and prayer experiences.

## Small Faith Sharing Series

### “Source” (Catholic Christian Outreach)

The *Catholic Christian Outreach* (CCO) faith study series is a collection of five thematic studies that simply and clearly explain the truths of the faith and practically outline important principles for Catholic living. The strength of these faith studies is in their didactic and intentionality. Their purpose is to bring people to a personal encounter with Jesus Christ, leading to a conversion which orients their entire life to God. The leader guide is comprehensive, easy to understand and offers practical suggestions on how to lead. One of these CCO faith study series, *Source*, is a 6 week study that introduces participants to the Person of the Holy Spirit and unpacks how he enables us to follow God faithfully.

### “Following Christ” (ChristLife)

*Following Christ* is an 8 week series designed to help those who have encountered Jesus to grow in their relationship with Jesus Christ. This is accomplished through the grace of God by praying together, teaching, and supporting one another in some of the basic disciplines and truths practiced by Christians since the early Church. Topics include: Prayer, Hearing God in Scripture, The Power of the Sacraments, Forgiveness, and Living a Spirit-Empowered Life.

### “Follow Me” (Ascension Press)

*Follow Me: Meeting Jesus in the Gospel of John* guides participants through a personal encounter with Christ. The eight 30-minute videos are presented by Dr. Edward Sri and guides participants through the Gospel of John. Dr. Sri will explain how Christ’s encounters with his disciples, the Samaritan woman, the man born blind, and others, are examples of how he lovingly and persistently calls each of us to a more intimate and life-changing relationship with him.

### Questions? Comments? Want to talk?

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Additional resources can be found at: [www.gbdioc.org/discipleresources](http://www.gbdioc.org/discipleresources)

