

## INTRODUCTION

- In the Bible, a Christian disciple seeks to imitate the master, Jesus Christ, and His whole way of life (Mt 10:24 – 25; Lk 6:40). To be conformed to Christ as His disciples is a lifelong process that involves rooting out sin, pursuing virtue, pursuing heroic sanctity and taking on the mind and character of Christ while participating in His mission of making disciples.
- To form our disciples to disciple others, we must train them in three crucial foundations: Divine Intimacy, Authentic Friendship and Clarity and Conviction for Spiritual Multiplication.

## DISCLAIMER

The following pages contain a blueprint to teach your disciple to disciple another. It is not a check-list to finish or something to hand your disciple saying “just do this”.

The primary role of a disciple maker is to help disciples understand who they are, what they are made for, and how they live from that identity and relationship. We view these through the lenses of **Identity** – we are sons and daughters of the Father; **Trinity** – we are made to share in the Divine life and eternal exchange of love of the Trinity, and embody this in our relationships with others; and **Covenant** – by our life in the Church and participation in the new and eternal covenant established by Jesus’ life, death and resurrection, we become who we were made to be. These truths provide the foundation and direction for a disciple-maker to live out divine intimacy and authentic friendship with a clear vision for Spiritual Multiplication.

- Do not proceed if you are not grounded in these truths.
- Do not proceed if you do not fully assent to the teachings of the Catholic Church.
- Do not proceed if you think discipleship is anything less than seeking to fulfill the Great Commission.
- Discipleship is not a club or program to be “involved” in, but a mission to give our lives to as Christians.
- If you believe that God has placed someone in your life who is ready to enter into the mission of Jesus Christ and His Church and you are prepared to, no matter the cost, deeply invest in them in order to form and equip them to become a world changer for Jesus Christ, then by all means please proceed.
- Those who are engaged in the mission of Christ, to make disciples of all nations will encounter opposition, resistance and difficulty. Expect this, and be prepared to sacrifice accordingly in order to bear fruit.

This blueprint will be a reminder of the generous and constant gift of self that will be required of you in order to form and equip your new disciple to follow and carry out the Message, Mission, Model and Method of Jesus Christ in Spiritual Multiplication.



## DIVINE INTIMACY – Encounter (John 17:3; John 15)

Evangelization is first and foremost the work of God. For disciples to be witnesses to the Gospel, they must be formed in Divine Intimacy. Their lives must be centered on an ongoing encounter with Jesus through sacraments, prayer, fellowship and the teaching of the Apostles — the four key practices that Jesus’ disciples exhibited in the early Church (Acts 2:42).

### The Teaching of the Apostles

To know Christ Jesus involves understanding the beautiful plan of salvation He revealed. The more a disciple understands the Catholic faith, the more he can commit himself to following Jesus in love. “Learning leads to love.”

#### *Discipler’s Responsibilities:*

- **Cultivate the Habit of Faith Formation Reading:** Cultivate in your disciples the habit of reading sacred Scripture, writings of the Church and other spiritual works every day so that they can be continuously formed and inspired.
- **Facilitate Encounter:** Encourage additional opportunities for encounter such as spiritual direction, retreats, conferences, corporal works of mercy, and mission trips.
- **Instill Self-Feeding:** Teach your disciples how and where to seek answers for themselves to help form their consciences by the teachings of the Church.

### Sacraments (“the breaking of bread”)

The sacraments are where we enter into the covenant established by Christ for which we were made and through which we are sanctified, built up and led to greater worship of God.

#### *Discipler’s Responsibilities:*

- **Deepen Understanding:** Cultivate in your disciples a deeper desire to participate in the sacraments by unveiling the deeper realities of what they are and what they achieve (baptism, confirmation, reconciliation, Eucharist).
- **Encourage Participation:** Inspire, invite and encourage your disciples to frequently participate in Holy Mass, reconciliation and Eucharistic adoration. The more we actively participate in the sacraments, the more we are formed into God’s image and likeness, truly becoming what we receive and growing in reliance on the Holy Spirit for all we do.

### Fellowship

Like Jesus’ original disciples, our walk with Jesus today is not an isolated one but rather one lived in community and enriched by other faithful disciples. “As iron sharpens iron, so one man sharpens another” (Prov 27:17). Coals analogy.

#### *Discipler’s Responsibilities:*

- **Ensure Christian Fellowship:** Ensure your disciples are continually sharpened by brethren who are running alongside them. Fellowship with other disciples is the leaven which strengthens an individual to pursue heroic sanctity and imitate Christ more perfectly.
- **Call to Self-giving:** Train your disciples to love Christ in their neighbor by living for others and giving the best of themselves in their friendships, family and community.
- **Pursuing Heroic Sanctity Together:** The universal call to holiness is the primary vocation of all Christians. As disciples, we must take it upon ourselves to pursue God, conform our lives to His will and imitate Christ with greater devotion.

### Prayer

The foundation of the Christian life is prayer. Through prayer, we enter into and grow in our relationship with God. As this relationship deepens, we are transformed and the fruit of discipleship is born. Lasting fruit in discipleship is only possible through prayer.

#### *Discipler’s Responsibilities:*

- **Create Habits:** Accompany your disciples to prayer and provide the necessary accountability for them to establish a daily prayer life of at least 20 minutes a day, seven days a week (move them from dependence to interdependence).
- **Model Prayer:** Pray out loud with your disciples and show them the basics of different forms of prayer.
- **Share Your Prayer:** Frequently discuss your personal prayer with your disciples. What is Jesus saying? How is He leading you? How is He inviting you to change your life? What desires is He placing on your heart? What obstacles and struggles are you experiencing in prayer? Sharing your prayer allows new disciples to see what prayer can be.
- **Help to Embrace the Cross:** Part of picking up our cross daily and following Jesus includes the small sacrifice of setting aside time for prayer each day. From that union with Christ comes many other opportunities to be conformed to Christ’s self-giving love on the cross. We must help disciples understand and accept suffering, sacrifice and fasting, which are central to the Christian life (Lk 9:23 – 25).

## AUTHENTIC FRIENDSHIP – Accompaniment (1 Thessalonians 2:8)

When we experience Christian fellowship, we want to invite others into it. So, when we are forming our disciples, we share life with them through virtuous friendships, meeting them where they are and making ourselves available to students' needs so that we may encounter them on a deeper level. We give not only the Gospel, but our very selves.

### Incarnational Evangelization

This is when we imitate Jesus Christ, who became a man in order to accomplish man's salvation, by giving of ourselves in friendship to those around us so that they may encounter Jesus Christ and follow Him with their whole lives.

*Discipler's Responsibilities:*

- **Give Yourself as a Gift:** You must give of yourself with heroic generosity to your disciple and teach this as the lens to view their whole life as a disciple. "Man cannot fully find himself except through a sincere gift of himself" (GS 24). We love the people we serve, regardless of how they respond to the Gospel. As St. John Paul II said, "Treating a person as a means to an end... will always stand in the way of love."
- **Accompaniment:** Jesus spent three years with 12 men to reach the entire world. So too must you imitate Christ and spend an enormous amount of time with your disciples, entering into one another's lives and friendships.

### Invite into Community

The discipler must invite new disciples into the greater Christian community where they can be known, loved and cared for and learn what it means to live with Christian hospitality.

*Discipler's Responsibilities:*

- **Be Joyful:** The new disciple must experience the joy of the Christian life among the community of Christian disciples to diminish the role of the worldly allurements they may be leaving.
- **Create Shared Experiences:** The disciple must facilitate opportunities for shared experiences, which will create memories among disciples and cement lifelong friendships.

### Develop Character through Virtue

Living with virtue allows a disciple not only to perform good acts but to give the best of themselves. Virtue allows us to tend toward the good in everything with the ultimate goal of becoming like God. The virtues dispose each part of a disciple's life to communion with divine love.

*Discipler's Responsibilities:*

- **Teach Virtue:** Teach your disciples the fundamentals of living virtue in our current culture like chastity, sobriety and excellence. Also, learning to give of oneself through charity is essential.
- **Help to Live with Moral Authority:** Help your disciples understand that to be a credible and authentic Christian witness, we must powerfully practice what we preach and demand more of ourselves than we do of others so that others will be willing to listen.

## CLARITY AND CONVICTION FOR SPIRITUAL MULTIPLICATION – Mission (Matt 28:18-20; 2 Tim. 2:2)

This is the method of "Win, Build, Send" by which we imitate Jesus, who invested in a few and commissioned them to do the same (Mt 28:18 – 20). We teach teachers to teach others (2 Tm 2:2).

*Discipler's Responsibilities:*

- **Share the Vision of Spiritual Multiplication:** Share the world-changing vision of Spiritual Multiplication through Jesus' Message, Mission, Model and Method. One who understands this vision sees the immense potential for fruitfulness in their own life and seeks to cultivate it.
- **Live the Mission Together:** Imitate Jesus who spent three years living out the mission with His disciples. Living Spiritual Multiplication together is the pinnacle of the investment made in your disciples and will only be fruitful if disciples understand the importance of Divine Intimacy and Authentic Friendship.
- **Teach the Mission with Conviction:** Teach the vision of Spiritual Multiplication with the joy and conviction of having experienced it directly. If conviction of the mission and its effectiveness dies, the fruit will die with it.

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