

HOW-TO DISCIPLE

Mentoring Others for
Spiritual Multiplication



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HOW-TO DISCIPLE

Mentoring Others for Spiritual Multiplication

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How-To Disciple **Intercessory Prayer**

GOAL

To understand why intercessory prayer is so important and how you can pray for others.

INTERCESSORY PRAYER

Goal

To understand why intercessory prayer is so important and how you can pray for others.

Optional Lectio Divina

Before we get started, take some time to pray over a Scripture passage about intercessory prayer.

- **First**, read 2 Timothy 1:3–7.
- **Second**, reflect on the words that caught your attention.
- **Third**, pray from your heart and respond to what Jesus is saying to you.
- **Fourth**, rest in what God has told you and in His presence.

Discussion Questions *(These are sample questions; feel free to develop your own.)*

1. What jumped out at you as you read 2 Timothy 1: 3-7?
2. What is St. Paul's purpose behind praying for others?
3. Is there something about Paul's attitude or his example of intercession that you would like to emulate?

A Vision for Intercessory Prayer

Intercessory prayer is simply praying on behalf of others. The Catechism of the Catholic Church states,

Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners. He is "able for all time to save those who draw near to God through him, since he always lives to make intercession for them." The Holy Spirit "himself intercedes for us...and intercedes for the saints according to the will of God." (CCC 2634)

Intercessory prayer invites the Holy Spirit to act. When the Holy Spirit acts, it is like opening the floodgates or watching a dam break open. It is a powerful prayer.

Intercessory prayer is also the prayer of a disciple who desires others to know God more deeply. It takes us outside of ourselves makes us a conduit of grace between God and our fellow men. In Pope Francis' Apostolic Exhortation *Evangelii Gaudium* (Joy of the Gospel), he says, "The great men and women of God were great intercessors. Intercession is like a 'leaven' in the heart of the Trinity. It is a way

of penetrating the Father's heart and discovering new dimensions which can shed light on concrete situations and change them."

At the heart of intercessory prayer is the confidence that God can do amazing things when we trust in Him and call out to Him on the behalf of others. Concrete situations can be changed and new dimensions can be discovered through our prayers. Intercessory prayer is an incredible opportunity.

There are other reasons for using intercessory prayer, as well:

- It is a reminder that the Holy Spirit is the principle agent of evangelization and it lets Him do the heavy lifting.
- It banishes fear and allows us to place situations and people in His hands. Sometimes we feel small, weak, and helpless. All of these requests and feelings can be given over to Him.
- It makes us less selfish as we step outside of our own lives to pray for others and their needs.

Practice

With this understanding in place, take a minute to pray for a particular situation. Give this concrete situation over to the Lord and ask Him to work powerfully in it.

Building a Spiritual Multiplication Depth Chart

Sometime using intercessory prayer on the behalf of others can become just a good idea or something that we do whenever someone comes to mind. Now that you know the power of intercessory prayer, you might want to figure out a way to pray for others more consistently. FOCUS has a tool called the Spiritual Multiplication Depth Chart that allows you identify people to pray for.

There is a Spiritual Multiplication Depth Chart attached to this article, or you can set up a depth chart by using the ACTS 2:47 app. Download this app and build a depth chart that you can use anywhere.

As you look through the Depth Chart, you will see various categories:

New and Meaningful Contact

Who have you yet to share the gospel with and invite into Christ's mission?

Beginning or Growing Disciple

Who needs to actively engage in Christ's mission?

Commissioned Disciple

Who is striving to make disciples of Christ?

Disciple-Makers/Spiritual Multipliers

Who is engaging in the work of evangelization and discipleship right now with a lifetime vision for discipleship?

As you pray for others, ask God to help you understand how you can help others get to the next stage of development.

Now that you understand the Depth Chart, take some time to fill it out.

Ways to Pray for Others

As you consider interceding for others in your life, there are many different ways you can pray for them:

- Mass
- Rosary
- Liturgy of the Hours
- Holy Hour
- Divine Mercy Chaplet
- Vocal prayer from the heart
- Wherever/whenever the Spirit leads

As you find a prayer method that will help you, keep these tips in mind:

- Pray specifically
- Pray out loud
- Pray boldly
- Pray with faith

Practice

Now that you understand intercessory prayer and how to do it, go ahead and put it into action. Take out the depth chart that you've created and start praying together for one person listed there. Take turns interceding for one minute each.

Summary

During this time, you should have:

- Read and prayed through 2 Timothy 1: 3–7.
- Reviewed *A Vision for Intercessory Prayer*.
- Reviewed *Building a Spiritual Multiplication Depth Chart*.
- Reviewed *Ways to Pray for Others*.
- Taken some time to pray for someone on your depth chart.

Conclusion

As you intercede for others, trust that the Holy Spirit will move in the life of others—and in yours as well.



How-To Disciple

Discipleship Road Map

GOAL

To teach you how to present the Discipleship Road Map to someone else so that you can help share the vision of spiritual multiplication and begin the process of coaching someone else

DISCIPLESHIP ROAD MAP

Goal

To learn how to give a gospel invitation that allows a person to make Jesus and His Church the center of his life.

Optional Lectio Divina

Before we get started, take some time to pray over a Scripture passage about the Parable of the Sower.

- **First**, read Mark 4:3–20.
- **Second**, reflect on the words that caught your attention.
- **Third**, pray from your heart and respond to what Jesus is saying to you.
- **Fourth**, rest in what God has told you and in His presence.

Discussion *(These are sample questions; feel free to develop your own.)*

1. What jumped out at you as you read Mark 4:3–20?
2. What prevents the different seeds from growing?
3. Which one of these challenges do you struggle with the most?
4. What can help you be planted in the good soil?

Vision for the Discipleship Road Map

Have you ever worked with someone spiritually and wanted to give them more direction? They have a relationship with Him, they are praying daily, they are seeking His will, but they aren't sure what God wants from them. What is the end goal? What is your next step in life? What pitfalls should they be looking to avoid? While Jesus won't give us specific directions for each step of our lives, in the Parable of the Sower He lays out a road map for how to accept His Word and live it out.

In the parable, Jesus reveals His desire for those in the kingdom: that they would avoid pitfalls and bear fruit. How do we do this? FOCUS has developed a tool to identify stages in the process: the Discipleship Road Map.

There is a lot going on within the Discipleship Road Map that many people might not see at first, but it helps us accomplish quite a bit:

Self-Diagnosis

The Discipleship Road Map helps us not to make assumptions about others; we can let them read over the Road Map and determine for

themselves where they are and where they want to be. For instance, some who you thought were Disciple Makers might realize that they are only Beginning Disciples and are focused on becoming Growing Disciples. Without knowing this information, you might spend a year investing in these people, only to discover later that they were not prepared to invest in others. The Road Map can help you avoid assumptions and wasted time.

It's also important for our students to learn how to self-diagnose. We aren't always going to be able to help them know where they are and where they want to go in their personal relationship with Christ. By diagnosing themselves, they are better equipped for the rest of their lives.

Transparency and Accountability

Remember that the people you are working with are Jesus' disciples, not yours. That being said, the Road Map can be a great tool for accountability. Once the people you are working with identify where they want to be, you can shape your relationship and conversation in this direction. Your discipleship is now centered on getting them to the next level in their walk with Jesus Christ and their outreach. If they initially desired to be a Disciple Maker, but later on don't take time to evangelize, you can point to the Road Map and say, "You told me you want to be a Disciple Maker. A Disciple Maker has a heart for people and is willing to make any sacrifice for others. Do you think you are doing this right now?" Your main concern is to help them accomplish their goals; the Road Map keeps you from trying to drag disciples in directions they don't want to go.

We also want to make sure we are being transparent, as we are not trying to hide anything from our students. We want to be on the same

page and have our students know exactly where it is they are going and what we are going to do to help them get there.

Know Next Steps and Incremental Growth

The Discipleship Road Map also allows for incremental growth. For someone who is starting off as a Beginning or Growing Disciple, the idea of becoming a Spiritual Multiplier might be daunting. But the Road Map lays out incremental steps that someone can take to get closer to their goal. At the same time, don't be afraid to let the Holy Spirit guide that person in a new direction, if that's where they feel God is calling them.

Repeatability

Some people can naturally coach others in their relationship with Jesus and His mission, while others struggle to know where to start or what to do. The Road Map provides a consistent coaching tool that anyone can use and teach others to use as well.

This is the most important reason why we have the roadmap! It allows us and our students to know who is ready to proceed, without the subjectivity of who we "feel" is ready. Our students don't necessarily have the ability to know a person's heart, but the roadmap gives them the objective and repeatable ability to pass along to others.

Navigating the Discipleship Road Map

To begin, read about the different stages on the Discipleship Road Map tool attached to this article.

After you have read over the different stages, identify two attributes at each stage of the Discipleship Road Map that were not present in the previous stage.

Name of Road Map Stage	Two Attributes of This Stage
<i>Beginning Disciple</i>	
<i>Growing Disciple</i>	
<i>Commissioned Disciple</i>	

<i>Disciple Maker</i>	
<i>Spiritual Multiplier</i>	

Presenting the Discipleship Road Map to Others

When to Use the Discipleship Road Map

The Discipleship Road Map should only be used after someone has committed or recommitted to making Jesus the center of his or her life. You might typically use the Road Map after someone makes this commitment or recommitment, as a way to call them into discipleship, or when discipleship isn't fruitful.

How to Introduce the Discipleship Road Map

While the Discipleship Road Map is a helpful tool, it is also important that it not be used incorrectly. As we introduce the Road Map to others, we want to make sure that we articulate its purpose so that there isn't any confusion.

Here are some tips as you introduce the Road Map:

- Be authentic. If you are simply going through the motions, don't use the tool.
- Express that it is not meant to put people in a box. Every person is different.
- Note that the does not define someone's holiness or their entire relationship with God.
- Explain that it is a tool that uses Scripture and the Catechism to help us understand what Jesus and His Church want from us and how we can live out His mission.
- Let them know that you want to help them get to where they want to go.

The Discipleship Road Map Conversation

The most important thing about the Discipleship Road Map is the conversation that happens around it. On the back of the Discipleship Road Map are several questions that you will want to discuss:

1. Where do you place yourself right now? Why?
2. Where do you want to be, or where is God calling you to be? Why?
3. What sacrifices will you have to make to get there?
4. Are you willing to make those sacrifices?

Understanding their answers to these questions will help you coach these disciples. Pay close attention to what they say and why they feel the way they do.

Accountability

At the conclusion of your conversations, when appropriate, it is helpful to make next steps. Create a plan and then follow up to keep them accountable to it. Remember, the Road Map is about incremental growth. They don't have to move from one stage to another overnight.

Here are some areas of growth for consideration:

- Prayer
- Mass
- Confession
- Starting a study
- Investing in others
- Opportunities for boldness (e.g., starting conversations on campus)

In addition to these, feel free to use the text on the Road Map as topics for growth as well.

Practice

As you discern with whom you might want to share the Discipleship Road Map, consider practicing your presentation. This will ensure that you are able to describe the purpose of the Road Map, what the Road Map is and isn't for, how to ask the questions, and how to create a follow-up plan.

Summary

During this time, you should have:

- Read and prayed through Mark 4:3–20.
- Reviewed *Vision for the Discipleship Road Map*.
- Reviewed *Navigating the Discipleship Road Map* and filled out the table.
- Reviewed *Presenting the Discipleship Road Map to Others*.
- Practiced walking someone through the Discipleship Road Map.

Conclusion

The Discipleship Road Map is a valuable tool if you take the time to explain its purpose, have a quality conversation, and follow up with accountability. Good luck!

Want to Know More about the Discipleship Road Map?

You might notice the trees that accompany the stages on the Discipleship Road Map. These trees help illustrate Jesus' agricultural analogies found in the Parable of the Sower by showing the growth that occurs as we accept God's word more in our lives and share it with others.

In nature, a seed has two distinct jobs when it first begins to grow; likewise, a Christian has two distinct jobs from the moment he begins his life of faith.

First, when a seed first begins to grow, it sends roots into the ground. These roots allow the plant to receive nutrients, provide stability as it grows taller, and protect it from being scorched by the sun.

Just as a plant without roots will die, an evangelist without prayer is lifeless. In Dom Jean-Baptiste Chautard's book *The Soul of the Apostolate: The Interior life of Grace as the Key to Saving Souls*, he states, "The entire success of the apostolate depends on one thing: An interior life centered on the Blessed Eucharist." We must continually seek after a deeper and deeper relationship with God as we evangelize. It is only by the grace of God that we are able to grow, and only through the Holy Spirit that the work of evangelization can occur. Developing these roots is crucial in the Beginning Disciple and Growing Disciple stages, but they remain important in every stage.

Second, when a seed germinates, it seeks to grow up above the ground. Many plants quickly spread high and wide in order to soak up the sunlight. When they grow strong, they won't be choked by the weeds that Jesus talks about in the parable. This growth also gives them space to bear fruit.

Similarly, as we grow in Christ, we want to prepare ourselves to bear fruit as well. Jesus' goal for His disciples is that we would bear much

fruit—thirtyfold and sixtyfold and a hundredfold! When we grow in our love of the Lord, He is also asking us to share this love more and more with others. In addition, He is asking that we would not only share the gospel but teach others how to share it as well (2 Ti 2:2). This is why the trees not only bear fruit but the new trees they spawn will bear fruit as well (the Spiritual Multiplier stage).

There is a beautiful relationship between the roots in the ground and the growth above ground, between our relationship with God and our evangelization with others. Pope Paul VI once said, “The person who has been evangelized goes on to evangelize others” (*Evangelii Nuntiandi*, 24). Pope Francis assures us that the reverse is true as well: “You will experience that the one who evangelizes is evangelized” (World Youth Day, 2013). Following Jesus’ analogy and the words of our holy fathers, may we grow deeper in our relationship with Him as we grow deeper in our outreach to others.

FOCUS Equip

'FOCUS Equip' is based on Ephesians 4:12 "for the equipment of the saints, for the work of the ministry, for building up the body of Christ." These materials seek to equip you for lifelong Catholic mission. We would love to hear your feedback at: focusequip@focus.org

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