

# Practical Ways to Disciple in a Parish

Bulletin inserts, flyers, and facebook posts are not the first step. It's time to become **human** again. Lessen the planning and increase the prayer. Keep it simple. Cut the "extras" and focus on the **person**. Talk with people. Laugh with them. Ask questions. Share your **humanness**. They will be **intrigued**.

## Starting with Youth

- Pinpoint particular teens in the parish (at Mass, Catholic high school, asking teachers/catechists)
- Talk with them, introduce yourself, get to know them
- Invite them to a night of dinner, laser tag, coffee with a small group of women, capture the flag, etc.
- Keep it small so you can get to know them
- Just begin by "hanging out" and ending or beginning with prayer – end with night prayer or saint story
- Keep it **frequent** – every week get together
- Ask their parents if they want to host a movie night. Have a discussion afterwards
- Don't be afraid to talk about faith, but do it naturally
- Invite them to the parish – night of adoration or service
- Share stories about yourself
- Gradually, formation can become deeper

## Starting with Adults

- Pinpoint particular adults or families in the parish (at Mass, those who already volunteer, a teacher at the local Catholic school, recommendation from Father)
- Pray about who to ask
- Ask if they would like to host a youth night at their house
- Ask if they'd be able to join you on an event or mission trip
- Befriend them – grow together with them and share with one another
- Adults then become ones who invite teens, can help host nights, can suggest prayers, activities, help with Bible study, etc.

## Starting with Father

- Work with your priest if his charism is with the youth
- Talk about particular youth or families you can begin to invite
- Hold a night and always invite Father to come even if it's a 'fun' night – teens want to see Father be a human being
- Have father begin to invite teens or talk with families
- Be with Father after Masses to invite the teens
- If you have a Catholic school or RE program, go with Father into the classrooms
- Sometimes, it's easiest to get middle schoolers to commit. Start here if you are having difficulty with the high schoolers. They will be even more invested as high schoolers then!