

Disciple: one day or every day?



Introduction:

The aim of this session helps young people to understand that discipleship is a life-long journey and that Confirmation marks the beginning of their life as a follower of Jesus Christ.

Aims & objectives:

- To explore what it means to be a disciple of Christ.
- To reflect on key teachings from Jesus on discipleship.
- To realise that an ongoing relationship with Christ is fundamental to their faith.

Materials: Copies of the 'Activity' worksheet and pens.



Activity...

Making an impact

To begin the session, invite the group to think about someone that is, or has been significant in their lives; this can be a close relative, teacher etc. Give each young person a copy of the 'Activity' worksheet and a few minutes to answer the following questions:

- Why are they important?
- What have they done that makes them so important?
- What three words would they use to describe them to others?

Encourage a few young people to share their 'person' with the rest of the group. Conclude stating that having key people in our lives is important. This session will explore why a relationship with Jesus is important in Christian discipleship.



Activity...

Making an impact



Engage...

Life with God



Explore...

Living the life



Going deeper...

What is the cost?



Pause...

Fill us up



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Engage...

Life with God

Materials: Laptop/equipment to play a You Tube clip.

Watch the clip 'Life With God' - <http://www.youtube.com/watch?v=-9hRH5MA8eQ>

After the clip, invite the young people to share their thoughts on what it means to be a disciple of Jesus Christ. This can also be linked to comments shared in the opening activity. Conclude the discussion by sharing the simplified statement below that attempts to explain discipleship. Ask the group for their opinions, asking what the statement suggests is important and if they think there is anything missing:

A disciple of Jesus is someone who embraces and believes in God wholeheartedly, lives a life that honours Jesus Christ and follows His teaching (in word and action), and shares Jesus with others.



Explore...

Living the life

Materials: Copies of the 'Explore' worksheet.

Divide the young people into threes or fours and give each group a copy of the 'Explore' worksheet. Encourage the groups to try and work out what each of the four Bible readings (below) is saying about discipleship in relation to a personal commitment to Jesus Christ.

1) Matthew 4:18-22 2) Matthew 25:35-40 3) Matthew 28:19 4) John 13:34-35

After a time of feed back, ask the young people if any of the passages said anything to them personally? To conclude, explain to the young people that clues to being a disciple of Jesus Christ can be found in the four Bible readings:

- responding to the call of Jesus (Matthew 4:18-22)
- care about and serve those in need (Matthew 25: 35-40)
- a mandate to share our faith with others (Matthew 28:19)
- living a lifestyle that honours Him (John 13: 34-35)



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Going deeper...

What is the cost?

Materials: Copies of the 'Going deeper' worksheet.

Keep the young people in their small groups and hand out the 'Going deeper' worksheets. It might be useful to watch the YouTube clip 'Life With God' again as the young people will be discussing more questions on discipleship as well as considering their own personal commitments to the promises made at the Confirmation service:

- 1) What does it mean to love Jesus wholeheartedly?
- 2) What do you think helps and encourages Christians to grow in their relationship with God?
- 3) How can young Christians follow Jesus' teaching (in word and action) in today's society?
- 4) In what ways can you share your faith with others?



Pause...

Fill us up

Materials: Laptop/equipment to play a YouTube clip.

For this closing reflection the group can be arranged in a circle or where the young people feel most comfortable. Begin by reading the statement that was used earlier in the session (below). Encourage the group to focus again on the words and what the statement is saying:

A disciple of Jesus is someone who embraces and believes in God wholeheartedly, lives a life that honours Jesus Christ and follows His teaching (in word and action), and shares Jesus with others.



After a short pause, watch the clip, 'God of justice (We must go)' - <http://www.youtube.com/watch?v=b3NelRb1LY4> and allow a few minutes' silence at the end for the young people to quietly reflect on what discipleship really means to them. Conclude your time together with this closing prayer:

Lord God,
help us to know you more,
to love you more,
to serve you more,
to share you more.
Amen

