

## **Table of Contents**

Introduction: Welcome to One-on-one Mentoring

Week 1: Important Moments in the Process of Faith and Conversion

Week 2: Life in Christ – Being a Child of God

Week 3: A Rich Sacramental Life

Week 4: Personal Prayer

Week 5: Introduction to Praying with Scripture

Week 6: Devotion to Scripture

Week 7: Our Salvation in Community

Week 8: Evangelization

Week 9: Obedience to Christ and the Church

Appendix A: An Explanation of the Wheel

Appendix B: How Did the Sacrament of Reconciliation Develop?

Appendix C: A Guide to the Sacrament of Reconciliation

Appendix D: Examination of Conscience

(Young Adult, Single, and Married)

Appendix E: Suggestions for Meditation

Appendix F: Comments on John 4: 3-43

## Welcome to One-on-one Mentoring

You are embarking on a great journey of deepening your life in Christ! Your commitment to grow in your relationship with God will bear much fruit in your life. God will use your relationship with your mentor to increase within you an awareness of God's great desire for you, and your desire towards him. You will be encouraged and strengthened as you experience the joy of growing closer to Christ, even through the challenges of your life. In turn, your leader will be greatly encouraged by you and your desire to deepen your relationship with Christ.

This 9-week series will take you through an apprenticeship in the Catholic Christian life. Beginning with a reflection on your past and current relationship with Christ, you will consider your understanding of your own experiences of conversion. You will then get practical by learning about some Christian practices such as the sacraments, personal prayer, devotion to the Scriptures, and Christian community.

*"I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ... Work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure."*

*(Philippians 1:2, 2:13.)*

Like anything, the more you put into one-on-one mentoring, the more you will gain. Engaging in the readings, discussions, and practical exercises as well as challenging yourself to pray aloud during the opening and closing prayers of each session will overflow into all aspects of your life.

Being open and honest about your struggles allows your leader to get to know you. He/she has struggles as well. Being open with each other allows Christ to help you to grow through these struggles. Honest sharing in one-on-one mentoring can increase our humility and make it possible to become great saints like St. Paul who wrote in 2 Corinthians 12:8-9: "Three times I appealed to the Lord about this, that it would leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.'" God gives us struggles as spiritual opportunities. He wants us to grow closer to him through them.

God has called you to this one-on-one mentoring relationship. Trust that Christ is guiding you and calling you deeper.



## **Life in Christ - Being a Child of God**

### **Week 2**

*“So if anyone is in Christ, there is a new creation:  
everything old has passed away;  
see, everything has become new!”*

2 Corinthians 5: 17

# Opening Prayer

## Introduction

In the last session we discussed “initial” conversion as an important moment in the process of faith and conversion. As was stated, “this ‘fundamental option’ is the basis for the whole Christian life of the Lord’s disciple.” The word disciple comes from the Latin word for student. Jesus’ followers were his students. That means we too have to ask: How do we live as a student of Jesus? What does a disciple do?

Becoming a disciple of Christ does not happen accidentally, but intentionally and purposefully. As we read in Week 2 from the General Directory for Catechesis, “Abandonment of self to Jesus Christ arouses in believers a desire to know him more profoundly and to identify with him. Catechesis initiates them in knowledge of faith and apprenticeship in the Christian life...” To become a disciple, we need help in being intentional!

Throughout Christian history those who wanted to become Jesus’ disciples or learn more about following him apprenticed themselves to those who had walked further on the Way. This apprenticeship in the Christian life is essential in the process of becoming a disciple. We must be as intentional about it as we would anything else we want to accomplish, or it won’t happen. A wanna-be plumber must learn how to run copper tubing, operate a torch, and install a sink. That is why he apprentices with a plumbing professional. How else can he learn? So, too, must we humble ourselves to learn the way of the disciple of Jesus.

- 1. What do you think an apprenticeship as a disciple of Christ would look like?**
- 2. What practices, habits, and mindsets do you think would make up your apprenticeship?**
- 3. How would you learn what a disciple does?**
- 4. What situations could you seek out or establish to help you try to do those things, too?**

## The Wheel



## Scripture for Memorization

### 2 Corinthians 5:17

“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!”

### Galatians 2:20

“I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

## Reading

As a disciple of Christ, understanding your identity as a child of God and trying to live as a child of God is foundational for living as “new creations” and continuously allowing the old to pass away (2 Corinthians 5:17). St. Paul’s letter to the Romans explains this gift we receive through Christ - our divine “filiation.” (Filius is Latin for “son,” filia for “daughter.” “Filiation” describes our relationship as sons and daughters of God, our loving Father through Christ, who made us children of God.) Knowledge of filiation

can be the source of the courage it takes to live as “new creations.”

### **Romans 8: 14-17**

<sup>14</sup>For all who are led by the Spirit of God are children of God. <sup>15</sup>For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’ <sup>16</sup>it is that very Spirit bearing witness with our spirit that we are children of God, <sup>17</sup>and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

1. **We might think of God our Father in terms of the perfect, ideal mother and father, combined into one though immeasurably greater than we can imagine. What attributes do ideal parents have? Have you thought of God being the one who fulfills this ideal? How does this affect your image of God?**
2. **Have you ever thought of yourself as a beloved daughter of God or a beloved son of God? What does that description of who you are in relation to God mean for you?**
3. **St. Paul describes the spirit of adoption that we have received from Christ in contrast to the spirit of slavery or fear. What do you think it would be like to be a slave in a house in ancient Israel or Rome as opposed to a son or daughter? What based on that would you say are the characteristics of a spirit of slavery? Why do you think St. Paul describes being a daughter and son of God in this way?**
4. **Have you ever felt enslaved or fearful? What was that like? How can a person’s relationship as son or daughter of God through Christ change the nature of these struggles?**
5. **St. Paul clearly identified and experienced himself as a beloved son of God. We can hear in the text that he himself had cried out to God – “Abba, Father” - probably in times of suffering. (He makes no secret of his trials, especially in 2 Corinthians.) Jesus also modeled this for us before his death as he cried out to God, the Father: “Abba, why have you forsaken me?” What are some ways of relating intimately to God? What are some ways God might be inviting you to relate more intimately with Him?**

## **Reading: Catechism of the Catholic Church**

305 Jesus asks for childlike abandonment to the providence of our heavenly Father who takes care of his children's smallest needs: "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' . . . Your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."<sup>1</sup>

The following from the Catechism of the Catholic Church reflects on "Give us this day our daily bread" from the Our Father.

2830 "Our bread": The Father who gives us life cannot but give us the nourishment life requires - all appropriate goods and blessings, both material and spiritual. In the Sermon on the Mount, Jesus insists on the filial trust that cooperates with our Father's providence. He is not inviting us to idleness, but wants to relieve us from nagging worry and preoccupation. Such is the filial surrender of the children of God:

To those who seek the kingdom of God and his righteousness, he has promised to give all else besides. Since everything indeed belongs to God, he who possesses God wants for nothing, if he himself is not found wanting before God.<sup>2</sup>

- 1. What struck you from these paragraphs?**
- 2. Why are children used as a good example of abandonment and trust?**
- 3. How does anxiety and worry affect you? How does it affect your relationships? How does it affect your relationship with God?**
- 4. How can we begin to surrender ourselves and trust God, Our Father? Besides God's grace working this in us, what are some practical steps we can take to live a life of trust and surrender?**
- 5. Can you think of people in your life who model this filial trust and surrender?**

## **Closing Prayer**

<sup>1</sup> Matthew 6: 31-33; cf. 10:29-31.

<sup>2</sup> St. Cyprian, *De Dom. orat.* 21: PL 4, 534A.