



Discipleship Check-In (For Teens & Adults)

Purpose: To reflect on, take inventory of, and help deepen a disciples relationship with God. Let them take initiative. Your role is to gently guide and invite, not direct or control. This check-in assumes Love of God and that the person has already crossed the **Threshold of Spiritual Openness** (i.e., they are receptive to God, the Gospel, the Church and are open to changing their life/lifestyle to reflect living as a disciple of Jesus).

WHAT IS A DISCIPLE OF JESUS?

- **Definition:** Someone who is in an **active, committed, and intimate** relationship with God the Father, God the Son, and God the Holy Spirit.
 - *How's trying to live as a disciple of Jesus going?*
 - *How are the active, committed, and intimate aspects of your relationship with God?*
 - *What word would you currently use to describe your relationship with God (or the Catholic Church/family/school/work/etc)? Why?*
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WHAT DOES A DISCIPLE OF JESUS DO? (The 5 Marks of a Disciple)

- **Prays** – has daily interactions with God in prayer to access the daily grace God offers them.
 - **Follows** – strives to imitate Jesus, and by doing so, allows God to challenge and transform them.
 - **Studies** – learns more about who God is and what the Church teaches (The Deposit of Faith).
 - **Evangelizes** – shares the Good News of Jesus with others.
 - **Serves** – responds to the missionary initiative God has called them to by serving others.
 - *Which of these five areas are you currently most focused on?*
 - *Which area is most difficult for you right now?*
 - *What does your daily prayer life currently look like?*
 - *Are you receiving the sacraments regularly? Is reading scripture part of your regular prayer?*
 - *Has your prayer changed since we last spoke? Do you feel frustrated with God in prayer?*
 - *Have you had any new desires to learn or study about God?*
 - *Has the opportunity presented itself to share about Jesus and your faith with anyone since we last chatted (with gentleness and reverence)?*
 - *If so, did you take the opportunity and how did it go?*
 - *If not, why didn't you take it?*
 - *What fruits of the Holy Spirit have you noticed in your life lately?*
 - *Where are you seeing **God's Initiative of Love** at work in your life right now? (CCC 2566–2567)*
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ESSENTIAL DISPOSITIONS / DISCIPLINES TO LIVING AS A DISCIPLE

- **Humility** – living in self-truthfulness
- **Gratitude** – recognizing God's goodness
- **Honesty** – being real with God and others
- **Consistency** – showing up regularly in your relationship with God
 - *Which of these are most present in your relationship with God right now?*
 - *Which ones seem to be lacking?*

HOPEFUL OUTCOMES

Intimate relationships with God and others, holiness, real-life transformation, awareness of God's presence, etc.

- *Are you seeing any of these outcomes in your life?*
- *How has your life changed by striving to live daily as a disciple of Jesus?*
- *What do you **desire** in your relationship with God right now?*
- *What do you think **God desires** in your relationship with Him right now?*
- *What are some areas you'd like to grow in before our next check-in?*
- *Is there anything God has been putting on your heart lately that we haven't talked about?*