



LIVE JESUS

MINISTRIES

LJM STARTER KIT
September 2026

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Live Jesus Ministries Prayer

O Love Eternal, let your Holy Spirit inflame my heart with your love. Help me to choose you eternally for eternal is my need for you. O Redeemer, let me die to all other loves in order to live completely in your love. O Savior, help me lead souls to you, so that we may all sing eternally: "Live Jesus! Jesus whom I love, Jesus who lives and reigns forever and ever, Amen."



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Starter Kit 1

Relationship Building / Life Stories

Arrival / Hangout / Welcome / Prayer

Allow time for everyone to mingle casually. Begin learning and using names.
Thank them for their openness and courage to start / join / participate in a discipleship group.

Pray: Pray with them the way you pray. Trust that God will hear and answer your prayers.

Initial Connect Questions

Go around the circle and invite everyone to answer the following:

- **What two words would you use to describe yourself? Why did you choose those words?**
 - Have them briefly explain each one.
 - **What's something unique about you that most people wouldn't know?**
 - Repeat their name out loud as they share.
 - **Would you rather spend most of your day indoors or outdoors? Why?**
 - **What sticker, emoji, or meme best describes your life right now?**
 - Only ask this question if it feels natural to you.
 - **What is one of the biggest misconceptions people have about you?**
-

Privacy & Trust

Example: "As we get started, building a foundation of trust in this discipleship group is one of my priorities. What that looks like is doing our best to respect what is shared here and striving not to repeat it to people outside of the group. We all slip up sometimes, but let's do our best to honor that trust. However, there are three exceptions to this: **If someone is being hurt, in danger or if someone is hurting someone else.** In those situations, we will involve the necessary adults to get the help needed. Does that sound okay with everyone?" (Note: Revisit this conversation periodically throughout the year.)

Lifelines: "So What's Your Story?"

Review the following free resource from YDisciple: [Small Group Activity: Sharing Lifelines | YDisciple](#)

Instructions: During your Discipleship Group **Start-Up Session** (with parents, mentees, and YDC), you may have the opportunity to share your lifeline before using Starter Kit 1. If so, we would encourage you to do so.

- Draw your own lifeline ahead of time on one side of a sheet of paper as an example.
- Provide a blank lifeline template on the other side for participants.
- Invite each participant to create and share their lifeline beginning with Starter Kit 1.

Mentor Note: You will need to create your own lifeline handout, using the YDisciple template/example linked above as a guide on how to do so..

Wrap-Up & What's Next

Thank everyone for sharing. For those who did not have an opportunity to share their lifeline, let them know they will have the chance next time.

Explain the typical rhythm of future discipleship group gatherings:

- **Pray** together
 - **Connect** on a deeper level
 - **Discuss** real life situations, questions, topics, current relationship with God, etc.
 - **Commit** to something that will help everyone grow in faith and their relationship with God
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Closing Question

(Have paper and pens ready)

Ask: *"If you could tell me and other adult mentors in our community what it's like to be a young person in today's world, what would you want us to know?"*

Invite them to write their response on a piece of paper for you to read afterward.

Closing Prayer & Intentions

"Before we go, does anyone have any prayer intentions? Something or someone you would like us all to pray for?"

Close with a group prayer that incorporates all intentions shared.

Reminders

- Review the appropriate communication channels for parents and teens with the group.
 - Send a brief follow-up message to parents:
 - Express gratitude for their child's participation.
 - Briefly share what was discussed.
 - Confirm the next meeting date and time.
-

Mentor Notes

Observe: Where each person may be in their faith journey (Thresholds of Conversion) and the formation needs that begin to emerge (Dimensions of Formation).

Ask the Holy Spirit to guide your next steps.

Don't rush into content. Build relationships first.



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Starter Kit 2

Starting The Journey

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
- Create your own question based on the group.

Encourage honesty and vulnerability. Affirm each person for sharing and thank them for their openness.

DISCUSS

Content Reference

- **Acts 2:42-47** - The way the early Church operated: breaking of the bread, fellowship, prayer, and teachings.
 - *Pray - Connect - Discuss - Commit*
-

Discussion Questions

Q1: Why are you participating in a discipleship (or confirmation discernment) small group?

💡 **Mentor Tip:** Many participants begin with short-term goals such as preparing for Confirmation, making friends, learning more about their faith, or fulfilling an expectation. As trust grows and they encounter Christ more personally, our hope is that these initial goals develop into lifelong commitments to follow Jesus and live as His intentional disciples within the Church.

Q2: Have you ever participated in a Catholic small group or received spiritual mentorship from another adult before? Was it a positive or negative experience?

💡 **Mentor Tip:** This may be a good opportunity to explain how discipleship groups differ from many retreat or event-based small groups. Those experiences are often short-term and centered on discussing a presentation or talk. The emphasis here is building authentic relationships and growing together in daily discipleship over time.

Q3: Does it feel natural for you to talk with your peers about your relationship with God? Why or why not?

Follow-Up: Do you feel comfortable mentioning God or praying in other settings such as school, sports, activities, work, or family life?

💡 **Mentor Tip:** Focus on asking follow-up questions to further understand their experience, not correct or redirect where they are at this point. Thank them for their honesty. Avoid placing blame on individuals, families, schools, parishes, or other institutions if talking about God has not felt natural, welcomed, or possible for them.

Q4: Why do you think you've stayed connected to God and your faith up until now?

💡 **Mentor Tip:** Listen for both internal motivations (personal beliefs, prayer life, desire for God) and external influences (family, friends, mentors, parish, school, retreats, etc.).

Q5: If this discipleship group experience were to go really well, what would you hope is different about your life because of it?

💡 **Mentor Tip:** Keep their feedback in mind as the group develops. Their answers can provide valuable insight into how to accompany them well in the future.

COMMIT

Reflection - Intentions - Closing Prayer

Invite each participant to share a prayer intention. Pray aloud for each person's intention individually after each person shares with the whole group.

Model the type of prayer you hope they will eventually feel comfortable offering themselves. Allow them to experience being prayed for personally and intentionally.



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Starter Kit 3

The BIG Questions

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
-

DISCUSS

Content References

- **Jeremiah 1:5** - "Before I formed you in the womb I knew you, and before you were born I consecrated you."
 - **John 10:10** - "I came that they may have life and have it abundantly."
 - **Matthew 22:37-39** - "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind... You shall love your neighbor as yourself."
 - **CCC 27** - The desire for God is written in the human heart because man is created by God and for God, and God never ceases to draw man to Himself.
 - **St. Therese** - "Holiness consists in doing God's will and being what God wants us to be."
 - **Pope Benedict XVI** - "Each one of us is the result of the thought of God; each of us is willed, each of us is loved, each of us is necessary."
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Discussion Questions

Q1: If someone asked, "Why do you think you exist?" how would you answer that question?

Follow-Up: Which of these phrases would you use to describe your existence: for a reason, by chance, by accident, or by mistake? Why?

💡 **Mentor Tip:** Listen, be patient, and encourage honesty. Give them a space to be seen, heard, and known.

Q2: What do you think gives a person's life meaning(value)?

Follow-Up: Do you think that's enough, or do you think there has to be something more?

Follow-Up: Where do you think your value comes from? Is it something you have to earn, create, or is it something you already possess?

Q3: What do you believe is your purpose in life?

💡 **Mentor Tip:** If needed, reference Matthew 22:37-39.



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Q4: How does God play into finding meaning and purpose in life?

Follow-Up: If it is true that you are loved by God at every moment of every day, and you were receptive to that love, how might that affect your meaning and purpose in life?

💡 **Mentor Tip:** Meaning is where we find our value, purpose is how we respond to that meaning. If meaning is rooted in being loved by God, purpose is how we respond to that love.

Q5: Are there things taking place in your life or in the world right now that make it hard to believe your life has meaning or purpose?

Follow-Up: What would help you find greater meaning or purpose in your life right now?

💡 **Mentor Tip:** Don't feel the need to instruct on how to find purpose at this point. Just listen, get to know them, and build genuine care and relationship with them.

Cornerstone Statement

You were created with inherent value by God and for a purpose, even though the world may sometimes tell you or make you feel otherwise. True meaning in life comes from **knowing** that you are loved by God, and purpose is found in **how** you respond to that love each day.

COMMIT

Take Home Reflection: Set aside time over the next three days to reflect on the meaning and value of your life. What do you find yourself doing most often in response to that? Is that enough for you or do you desire to find your value in something else and respond in a different way? (*Find an easy way to send this reflection home with the group*).

Close in prayer. End with a group prayer for the intentions spoken earlier.



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Starter Kit 4

Spiritual Inventory

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
-

Image of God Activity (see example on page 9)

Complete before moving into the "Discuss" portion and refer to it throughout.

DISCUSS

Opening Statement

*As we walk through the following questions, the goal is not to evaluate or judge where you're at in your relationship with God. It is simply to ask questions you may not get asked on a regular basis for **you** to take inventory regarding your own relationship with God and the desires you have in this relationship.*

Discussion Questions

Q1: Do you believe in God? If so, what kind of God do you believe in (close, far off, trinitarian, etc)?

Follow-Up: Do you have a relationship with this God? If so, what word would you use to describe your relationship right now(positive or negative)?

Follow-Up: Do you believe Jesus is God? If so, why? If not, why not?

Follow-Up: Do you have a positive or negative association with Jesus or the Catholic Faith?

 **Mentor Tip:** This is about helping them take inventory of where they are at in their relationship with God. Your role is to simply ask them questions for their own reflection, not to give any direction yet.

Q2: Do you pray? If so, how do you pray? What do you think prayer is?

 **Mentor Tip:** This is about helping them take inventory of where they are at in their relationship with God. Your role is to simply ask them questions for their own reflection, not to give any direction yet.

Q3: Does your faith and relationship with God affect the way you live your daily life?

Follow-Up: Do you have a desire for your relationship with God to grow? If so, in what ways?

💡 *Mentor Tip:* This is about helping them take inventory of where they are at in their relationship with God. Your role is to simply ask them questions for their own reflection, not to give any direction yet.

Cornerstone Statement

Was this helpful? If so, we will continue to ask questions like this going forward.

COMMIT

Every day until our next meeting, expect a group message from me asking you *“What word would you use to describe your relationship with God today (positive or negative)?”* No explanation needed. The goal is to help you take a mini-spiritual inventory each day. At our next discipleship group gathering we'll unpack how this went.

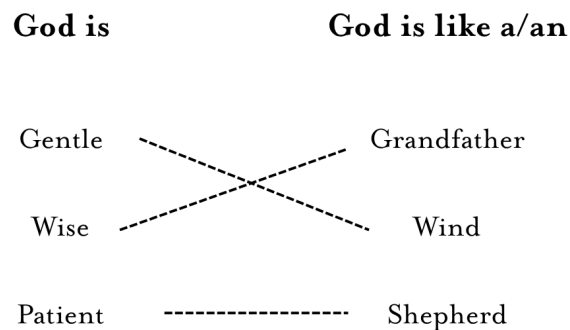
EXAMPLE

Image of God Activity

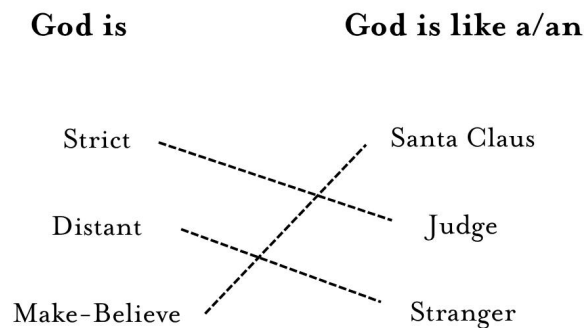
Each person writes on their own paper “God is” on the left side and “God is like a/an” on the right side. Underneath each heading, respond with three adjectives on the left and three nouns on the right. Then draw lines to match the adjectives and nouns in a way that makes sense.

This exercise shows how each person sees God, which affects each person's relationship with God. Highlight the goodness of God and make a mental note of any negative words that arise. Negative associations might indicate a need for healing or a need for a deeper understanding of who God is.

Example 1:



Example 2:





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Starter Kit 5

Building Holy Relationships
(Safe Environment)

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
-

DISCUSS

Content References

- **Genesis 1:27** - "God created mankind in his own image, in the image of God he created them; male and female he created them."
 - **1 Corinthians 13:4-5** - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It does not seek its own interests."
 - **Matthew 5:8** - "Blessed are the pure in heart, for they shall see God."
 - **TOB** - Every person reflects God's image and therefore deserves to be treated with dignity, never used as a means to an end.
 - **TOB** - Purity of heart is not about repression, but about learning to see others as persons to love, not objects to use.
 - Theology of the Body (TOB) "Crash Course" with Fr. Mike Schmitz
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Discussion Questions

Q1: What do you think is absolutely needed to create good, meaningful, healthy relationships?

Follow-Up: What's one example of a relationship (family, friends, teachers, teammates, boy/girlfriend, etc.) that makes you feel respected, safe, or loved?

Follow-Up: What do you think creates bad relationships that are confusing, unhealthy, or even hurtful?

💡 *Mentor Tip:* Healthy relationships are marked by respect, honesty, freedom, and mutual care. Is freedom honored and maximized or dishonored and eroded? Is there mutual giving and receiving?

Q2: A Pope once said, "The opposite of love is not hate, but the objectification (or using) of the other." What are objectifying things people do to make you feel more used than loved in relationships?

💡 *Mentor Tip:* Love = Respect, freedom, honesty, care for the other's good (willing the good of another). Objectification = Using someone for personal gain (pleasure, popularity, power, manipulation, pressure, bullying, abuse). This can apply to many relationships in our life (not just romantic) and it's okay to consider the ways we've "used" others as well so we can keep ourselves in check (Ex: using someone for popularity, a better grade, pleasure, or being manipulated and bullied yourself).



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Q3: What are good boundaries that should be set and respected in relationships?

Follow-Up: What are ways you can help yourself or a friend if you or they find themselves in an unhealthy relationship?

💡 *Mentor Tip:* Boundaries protect the dignity of both people. They are not walls to shut people out but fences that help love grow. Seek help, talk to a trusted adult (parent, mentor, teacher, youth minister), be a supportive friend, and do not turn a blind eye. Silence can allow harm to continue; courage and honesty can protect dignity.

Cornerstone Statement

We are created by God in love and for love. This gives us an unshakable dignity. Yet in a broken world, love is often distorted, and people can be used instead of loved. When we recognize this in ourselves or others, we are called to stand up against it and defend the true meaning of love in all our relationships.

COMMIT

Reflection Question: *“Am I loving and willing the good of those I have relationships with, or am I using them? How can I purify my intentions in these relationships?”*

Close in prayer: Lead vocal prayer for each person's intentions one at a time. Model what you would invite them to imitate down the road.



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Starter Kit 6

Prayer: Hearing God's Voice

PRAY

Begin by utilizing the **PRAY** step from your mentor formation

CONNECT

Check-In: Peaks & Pits

Go around the group and ask: **What's been one Peak (high point/victory) and one Pit (low point/struggle) in your life since we last met?**

After everyone has shared, ask one additional connect question.

- Use a question from the LJM Starter/Going Deeper Questions list.
 - Create your own question based on the group.
-

DISCUSS

Content References

- **John 10** – Recognizing the Shepherd's voice so we're not led astray by other voices.
 - **1 Kings 19:11-12** – God speaks in the "light silent sound."
 - **Matthew 5:8** – The pure in heart will see God.
 - **Psalms 22:2-3** – Feelings of abandonment by God may come up along the spiritual journey.
 - **James 4:8** – "Draw near to God, and He will draw near to you."
 - **1 Thessalonians 5:16-18** – "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
 - **CCC 2725** – The desire for God is written in the human heart because man is created by God and for God; and God never ceases to draw man to himself.
 - **CCC 2565** – Prayer is the raising of one's mind and heart to God.
 - **Sacrament of Reconciliation** – Heals us and opens us to hear God more clearly.
-

Discussion Questions

Q1: When you've prayed on your own, have you ever found yourself asking: "God, why can't I hear you?"

Follow-Up: If yes, how did you respond to that experience of prayer? Did that moment cause you to doubt His love for you or even His existence?

Follow-Up: Why does God seem to make it so hard to hear Him if He wants a relationship with us?

Q2: What do you expect God's voice to sound like?

Follow-Up: Do you think God's primary language is vocal and He just refuses to speak to most of us, or is He speaking in other more powerful ways and we're just missing it?



Q3: What are the primary ways the Church teaches us to hear God's voice? (See mentor tip below.)

Follow-Up: How regularly do you practice hearing God's voice in these ways?

 *Mentor Tip: Key ways that the Church teaches us to hear God's voice:*

- **Regular Communication / Prayer:** (Read Jn 10:1-19) *Get to know your Shepherd's voice - If you're not maintaining regular contact with Him, your ability to hear His voice and follow Him will be hindered.*
- **Sacred Scripture:** *Reading and reflecting on the Word.*
- **A Well-Formed Conscience:** *The most secret core and sanctuary of a person where you are alone with God. If you've killed your conscience, ask God to bring it back to life. One way to do that is through making a good sacramental Confession.*
- **Sacraments:** *Grace-filled encounters with God.*
- **Saints:** *Reading the lives of the saints and what God revealed to them.*
- **Magisterium:** *Reading the documents of the Church, especially the Catechism.*
- **Spiritual Mentors/Directors:** *Considering the voices of the people you know, love, and trust (who know, love, and trust God).*

Q4: How much does sin affect our ability to hear God's voice?

Follow-Up: Do you feel distant from God when you are freely choosing to sin?

Follow-Up: Have you ever felt peace, clarity, or freedom after going to confession?

 *Mentor Tip: Talk about Reconciliation as an encounter with God's healing and forgiveness, not judgement or shame. It reconnects us with God's voice. If a dead man can't hear, then a soul dying due to sin might struggle to do the same.*

Q5: How do you know if it's God's voice and not your own (or even evil)?

 *Mentor Tip: Key ways to recognize that the voice you hear is God's voice:*

- *God's voice will never lead you away from Himself.*
- *God's voice challenges you to transform you and build you up.*
- *God's voice will jolt you out of your sin and lead you to real joy, not passing pleasure.*
- *God's voice will never contradict what He has revealed to us in Sacred Scripture.*
- *God's voice will often challenge you right out of the gate, but will lead to peace and clarity over time.*
 - *The devil's voice may begin with the illusion of peace and comfort, but will lead to confusion and anxiety over time.*
- *God's words for your life will be words that you want to bring into the light/share with others, not keep hidden in darkness.*
- *God's voice will raise you up, not tear you down, even when you fall into sin. The evil one might reveal the truth of your sin, but when you fail, he doesn't want you to try again - he wants you to stay down.*

Cornerstone Statement

The Church teaches us how to hear God's voice, and it's way bigger than simply the audible voice. Staying rooted in the areas we know He speaks will help us know, love and follow **His** voice, the same way sheep hear the voice of **their** shepherd and follow him alone.

COMMIT

- Send them this video to watch on their own  **How to Hear God's Voice (and Tune Out the Rest)**
- Create a note on your phone titled "**How I Hear God This Week.**" Each day, list at least one way you think God is speaking to you.

Close in prayer. Break up into groups of two to pray for one another's intentions in your own words. (Can be short prayers)