



ROMAN CATHOLIC
DIOCESE
OF CHARLESTON

Office of Young Adult Ministry

Evangelization Starter Kit



Prayer

Office of Young Adult Ministry

Individual

When are you praying?

How are you praying?

What does your prayer look like?

Community

When are you praying?

How are you praying?

What happens when you pray in community?

21 Day Prayer Challenge

Individual

- Set aside 15-30 minutes at the same time every day for silent prayer
- Go to the Adoration Chapel one time a week (going there for study does not count!)

Community

- Offer to pray with someone this week
- Come prepared next week to share about this week in small groups

Tips

Schedule your prayer. Put it in your phone calendar if you have to.

Put your phone and other technology out of sight.

Start out your prayer asking for the Holy Spirit to guide you, try by saying "Come Holy Spirit, teach me how to pray"

Notes



Sharing Your Encounter

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Answer on your own then discuss in small groups

What has the first week of the prayer challenge looked like for you?

What has made setting a time to pray easy or difficult?

What has God been saying to you in prayer?

Personal Witness

Identifying an encounter:

- Was there a time you felt like God was particularly close to you and you desired more?
- Has there been a moment where something happened that you know no other human being could have made happen on their own?
 - Has there been a moment of supernatural peace or understanding?
- Have you experienced extreme beauty or appreciation through nature, art, relationships, etc?

A large white rectangular area intended for writing a personal witness. It is positioned below the list of questions and occupies the lower two-thirds of the page.

Personal Witness

Part 2

Use your notes from the first part of the Personal Witness and expand.

How has that experience changed the way you live or interact with others?

What did it teach you?

If there is scripture and/or a prayer you would tie into that experience, what would it be?

Refining Your Witness

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Write out what you would say in sharing the kerygma (the story of salvation from the beginning to Christ's birth, life, death and resurrection) in your own words.

Tips: Make it simple enough for an 8th grader to understand and short enough to be shared in 5 sentences or less.

Blank white space for writing the kerygma.



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Giving Your Testimony

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3-minute testimony

➤ Before Christ encountered you...

(Hint: this is the shortest section)

➤ How did He encounter you?

➤ What has it been like after?

These two are the most important things you need to answer!



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**Keep it short. Write in bullet points.
Remember that it should be CHRIST-centric
not YOU-centric.**

Before Christ encountered me

How He encountered me

How my life has changed

Discipleship

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How do you feel about teaching another how to grow in their relationship with Christ?

Do you have room in your schedule to make time for discipleship?

If you were going to initiate with a person this week who would it be?

Is this person....

- | | |
|------------------|---|
| S.pirit-filled : | Has put their faith in Christ and the best they can, are yielding control of their life to God. |
| T.eachable: | Willing to be taught new things, open to correction and wise counsel. |
| A.vailable: | Has time to meet regularly for discipleship and be a part of a parish in some capacity. |
| R.liable : | Follows through on items delegated to them, keeps their word, and honors commitments. |
| T.ransferable : | Willing to transfer what they are taught to another at some point in the future. |

Concretes of Discipling Another

Structure for Discipleship Time

1) Small Talk- Catch up on life and get to know one another

2) Accountability-

- a. What are your goals for the next 6 months?
- b. What do you need?
- c. What are some issues you are dealing with?

3) Content-Start with the basics regardless of being a cradle Catholic/
convert/ revert

Teaching of Scripture/Holy Writings

Gift of Self

Sacraments

Love of God

Fellowship

Invitation to Community

Prayer

Development of Character through Virtue

4) Prayer- Allow your prayer to cover what came up during small talk and content time

5) Outreach- This does not happen every time you meet, but helps your disciple put what they are learning into hands on experience. Invite someone into your time who might have questions or get out and serve together in a capacity that allows this your disciple to witness in some way.



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Resources for Evangelizing

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Pre-Evangelization

This is NOT when you throw resources at people. This stage is about finding out about building TRUST and INTEREST.

By finding out: who this person is , where they are in life, and how they got there.

- 1) *Introduce yourself*
- 2) *Ask some open ended questions (why and how) and listen to their tone. It can be about anything that helps you get to know them: life, job, hobbies*
- 3) *Share a little about you and point toward Jesus. Example: I'm an engineer, and I am involved in a Catholic Young Adult group.*
- 4) *Ask about faith: Example: Are you/ have you ever been involved with a church? What are your views on faith?How has that experience shaped you?*
- 5) *Get contact information and follow up.*

Newly Evangelized

What to learn about this person

Life experiences and the effect they have had on you

Why do you want a faith life?

What goals do you have?

Goals

Getting to know the person deeper

Finding out why they want a relationship God

Informally introducing them into faith community

Ideas for Spending Time Together

- Informal social setting with Catholics
- Hobbies you both enjoy
- Read a faith based book and get together to talk about it and answer question

Books to Read Together:

"Prayer, Our Deepest Longing": Ronald Rolheiser

"Return of the Prodigal Son": Henri Nouwen

"Rediscover Catholicism": Matthew Kelly

Growing Disciple

Questions to Ask

What does your prayer life look like?

Where have you Encountered Christ and how?

What are your personal goals and how can I help hold you accountable?

Where are you experiencing God and what is He saying to you?

Goals

Accountability

Prayer: Individual and Communal

Participation in Sacraments and Parish

Service to Others

Ideas for Spending Time Together

- Prayer and Sacraments
- Hobbies you share
- Discussing a book
- Community Service

Books to Read Together

"Busy Lives and Restless Souls": Becky Elridge

"Tattoos on the Heart": Father Gregory Boyle

"The Master Plan of Evangelism": Dr. Robert Coleman

Launching into Mission

Questions to Ask

Why do you want to evangelize?

What gifts do you have to evangelize and disciple others?

How are you taking time to be "fed": in prayer, in the sacraments, in community?

Goals

Spiritual Multiplication

Participation in Sacraments and Parish

Service to Others

Deepening and Motivated Faith Life

Ideas for spending time together:

- Concrete training on how to disciple others
- Develop understanding of requirements for discipleship
- Praying Together
- Discussing a book

Books to Read Together:

"Forming Intentional Disciples": Sherry Weddell

"Becoming Human": Jean Vanier

"Pope Francis and the Joy of the Gospel": Edward Sri



Road to Discipleship

Steps based on Sherry Weddell's "Forming Intentional Disciples"

Initial Trust

The person has a positive association with Jesus Christ, the Church, a Christian believer or something identifiably Christian. Trust is not the same as active personal faith. Without some kind of bridge of trust in place, people will not move closer to God.

How to walk beside:

Simply living your life in joy, generosity, and integrity can break down walls of mistrust

Spiritual Curiosity

The person is intrigued by or desiring to know more about Jesus or some aspect of the Christian faith. Can range from awareness of a new possibility to something intense and proactive. Nevertheless, a person at the threshold of curiosity is not yet open to personal change. This is still a passive approach.

How to walk beside:

Cultivate your own life of curiosity. Jesus often answered the spiritual curious with a question leading to more questions.

This person may not initiate God talk, but may quietly take it in.

Spiritual Openness

The critical point when a person acknowledges to him or herself and to God that he or she is open to the possibility of personal and spiritual change. This is not a commitment to change, but the openness to the possibility of it. This can be a crisis stage.

How to walk beside:

Practice non-judgemental truthfulness: admitting where in our lives we also find the Gospel challenging if this is too scary, help connect the dots between their experience and the Gospel.

This can be a good time to invite someone to Mass or begin reading Scripture together.

Spiritual Seeking

The threshold in which a person moves from being essentially passive to being one who actively seeks to know the God who is calling him or her. Seekers are asking, "Are you the one to whom I will give myself?" At this stage, the seeker is engaged in an urgent spiritual quest, seeking to know whether he or she can commit to Christ and his Church.

How to walk beside:

The person is "dating with a purpose": the person is seeking Jesus and not just some idea. This can be a good time for a person to enter RCIA, deeper faith study, intensified prayer, and discern the gifts they have been given..

Intentional Discipleship

This is the decision to "drop one's nets," to make a conscious commitment to follow Jesus in the midst of his Church as an obedient disciple and to re-order one's life accordingly

How to walk beside:

It is the single most important decision a person can possibly make (which is why Jesus calls us to count the cost). But it is the goal of the Christian life — all Christian lives, not just converts.

Connect into the parish community by inviting into ministry and leadership based on the particular gifts they have. This person can also be formed to be a spiritual multiplier.

For suggested further reading,
contact the Office of Young Adult
Ministry



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How to Pray with Someone

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Identify

- a. Is this person experiencing something that is very difficult, very exciting, or making a major life decision?
- b. Is there a voice in the back of your head saying "pray"?
- c. Would this person be open to you praying with them?

Ask

This might be the hardest part, because you have no idea the response you are going to get. Chances are that if you are asking someone to pray with them, they are already emotionally stimulated and looking for comfort or reassurance.

"Would you like me to pray with you?" or "how would you feel if we took a moment to pray together?"



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Get comfortable

Ask ahead of time what feels more comfortable, as well as if they would like to pray aloud with you. Find a space that is quiet where both of you can focus.

- a. Close together and facing one another with heads bowed and eyes closed.
- b. Placing your hand on the other person's shoulder
- c. Holding hands

Pray

- a. *Open up* asking for the Holy Spirit to inspire you and collect yourself
-“Come Holy Spirit, teach us how to pray”
- b. *Thank God* for the gift of this person, the opportunity to share in fellowship, and to open your hearts
- c. *Tell God* exactly what is going on in this person's life
- d. *Ask* for exactly what this person needs- peace, patience, understanding, an open heart, the right words, etc
- e. *Open* for this person to speak if they feel comfortable
- f. *Close* with a scripted prayer such as a “Hail Mary” or simply with an “In Your Name we pray”

Sample Day Retreat Schedule

This sheet serves as a base line for planning a day retreat. Participation in the sacraments or Adoration is encouraged upon availability, but do not undertake more than you need to when it comes to planning and coordinating.

For more assistance planning retreats, contact the Office of Young Adult Ministry.

10:00am **Welcome + Introduction of Theme for the Day**

10:15am **Lectio Divina or Reading of Reflective Passage**

10:30am **Quiet Personal Reflection Time**

11:00am **Group Discussion / Small Group Time**

Noon **Lunch**

12:30pm **Presentation of Topic**

1:30pm **Quiet Personal Reflection Time**

2:00pm **Group Discussion/ Small Group Time**

2:45pm **Wrap Up**

3:00pm **Dismiss**

So you are going to plan a retreat...

Welcome and Theme Intro

- Be excited, greet people warmly, and let them know you are happy they are there
- Theme should be formative, educational, and relatable (examples: Christian Hope, Spiritual Gifts and Strengths, Mercy, etc)
- Prayerfully select a scripture verse or faith formative meditative passage to match the theme

Lectio Divina or Reflective Passage

- Have print outs for everyone, bibles to utilize, and paper with writing utensils
- As the leader, make sure you have prayed through the passage multiple times, have talking points if needed, and questions to hand out for personal reflection and small group time

Quiet Personal Reflection Time

- Let people know the time they need to be back for group discussion
- Make sure the space you are in for the day allows people to spread out, get comfortable, or even take a walk and have extended quiet time. It is ok to tell people to put their phones away.

Group Discussion/ Small Group Time

Leadership Retreat

OR

Parish Group/ Regional Retreat

- if only up to 10 people, stay as one group for discussion
- stay on track and keep them focused on being nourished
- small group time should be run just like larger study, put people in groups of 3-5
- have questions for discussion ahead of time

Meals, Snacks, Feeding People

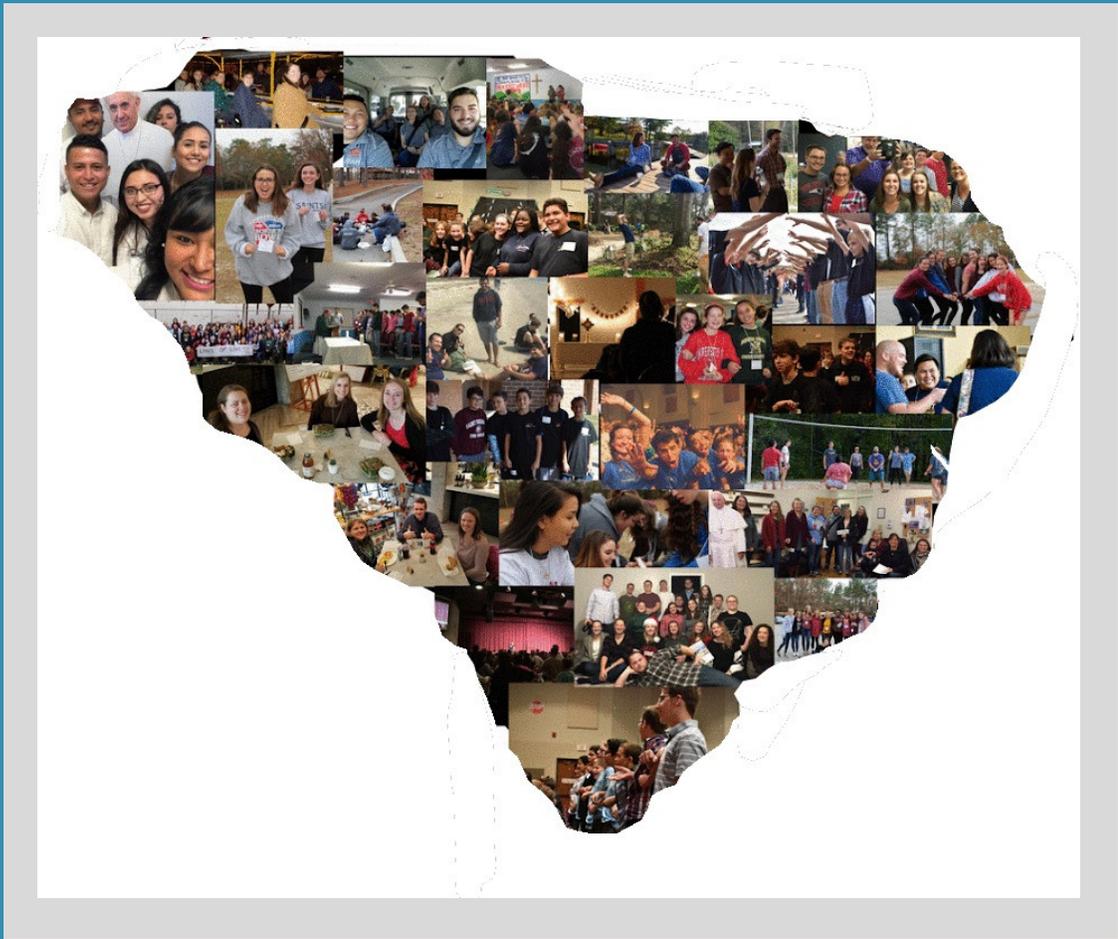
- Depending on time of day you may need to provide two meals OR just one, plus simple snacks
- If parish retreat, contact parish office to see if another ministry is willing to sponsor the lunch
- For leadership retreat, you can cater in sandwiches, pizza, etc and send the receipts for reimbursement to the Associate Director of Young Adult Ministry

Presentation of Topic

- This can be more formal or informal: speakers, experts, or clergy can be brought in OR you can speak on your own on a topic related to the theme that will be formative and nurturing to those in attendance

Wrap Up and Dismissal

- Offer opportunity for sharing, as well as feedback (can be a handout they fill out and turn in)
- Make them aware of upcoming meetings or events



Have questions? Contact...

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