

Session 6: Discipleship in Daily Life

Proposition Definition: Teach individuals and families the art of Christian living in the modern world to be a witness of the abundant life for which God created us.

- Offer basic discipleship training, including the application of discernment of spirits to daily decision making (e.g., prioritizing relationships, career decisions, financial stewardship, time management).
- Educate on the true meaning of the Lord's Day and encourage all to reclaim Sunday as a day of worship, fruitful leisure and rest to help cultivate a personal relationship with God and solidarity with others.
- Provide a variety of opportunities for each person to discern his or her God-given call, and to embrace it as his or her personal journey to holiness.

Other Key Points:

- Jesus calls each and every one of us to be a disciple; to follow him.
- In *Gaudete et exsultate*, Pope Francis writes: "To be holy does not require being a bishop, a priest or a religious. We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer. That is not the case. We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves. Are you called to the consecrated life? Be holy by living out your commitment with joy. Are you married? Be holy by loving and caring for your husband or wife, as Christ does for the Church. Do you work for a living? Be holy by labouring with integrity and skill in the service of your brothers and sisters. Are you a parent or grandparent? Be holy by patiently teaching the little ones how to follow Jesus. Are you in a position of authority? Be holy by working for the common good and renouncing personal gain." (*Gaudete et exsultate*, 14)
- Being a disciple in daily life means striving for holiness and serving the common good each day. "To the extent that each Christian grows in holiness, he or she will bear greater fruit for our world." (*Gaudete et exsultate*, 33)
- Being holy means striving to live the commandments to love God and neighbor in everything we do. We can love God and others while we work, while we play, while we eat, and while we pray. Since God is love, this is how God is present to us 24/7. And it is how we make God and his love present in our world.
- We're encouraged to strive for holiness and imitate Jesus in his love and service of others. And the more we do this, each in our own unique way, the more we'll be salt and light to the world.
- St. Catherine of Siena once said, "Be who God meant you to be and you will set the world on fire."

Reflection Questions:

1. What stood out to you in the teaching?
2. What, practically, are you doing to grow in holiness?
3. How are you sharing your faith with others? How might you do more?