

# 4:28 Lenten Day of Reflection

## Discernment and Discipleship

19 March 2011

Guided Meditation

The disciple is meant to do two things:

1. preserve and hand on the teachings of Christ,

1 John 1:3-4 That which we have seen and heard we proclaim also to you, so that you may have fellowship with us; and our fellowship is with the Father and with his Son Jesus Christ. And we are writing this that our joy may be complete.

2. take up the cross and follow Jesus

CCC 618 ...because in His incarnate divine person Christ has in some way united Himself to every man, "the possibility of being made partners, in a way known to God, in the paschal mystery" is offered to all men. He calls his disciples to take up their cross and follow Him, for "Christ also suffered for us, leaving us an example so that we should follow in his steps (1 Peter 2:21). In fact Jesus desires to associate with his redeeming sacrifice those who were to be its first beneficiaries (Mark 10:39; John 21:18-19; Colossians 1:24). This is achieved supremely in the case of his mother, who was associated more intimately than any other person in the mystery of his redemptive suffering (Luke 2:35).

At any given moment, however, the authenticity of our Christian discipleship may be hindered by ego-striving and pride, by illness or addiction, by depression and anger. On the other hand, our resolve to follow Christ and to proclaim his teaching may be helped by solidarity and fellowship, by good health and welfare, by delight and affection.

Right now, at this very instant, what factors impede my desire to follow Jesus more authentically? Are they attributes of my physical body, or powerful emotions, or ways of thinking? What experiences am I having right now that help me to be more like Christ? Where do they impact me the most profoundly? In my body? In my head? In my heart?

## Directions

Using the prompts below, produce as comprehensive a list of obstructions to your development as a disciple as you can, but select only two elements that you would be comfortable revealing to the small group in the discussion that follows. The lists that follow are suggestive, not comprehensive. Therefore add items or ignore items as you see fit.

These things hinder the journey of my discipleship:

- Anger (frequent? uncontrollable? violent? unprovoked? etc...)
- Depression (chronic? acute? stress? manageable, etc...)
- Aggression (bossy, violent, critical, boastful, etc...)
- Loneliness
- Alienation from others
- False sense-of-self, inflated or damaged ego
- Addiction and self-medication
- Anxiety
- Need to compensate for feelings of diminishment
- Fatigue
- Sleep disorders
- Physical ailments
- Rough family relations
- Others

These things help me to follow Christ more authentically:

- Silence (until I'm fatigued or lonely anxious)
- Contentment
- Assertiveness
- Solidarity
- Strong connections to others
- Recognize that the core of my being resembles God, the most essential characteristics of myself are attributes of Him.
- Healthy diet and exercise
- Serenity
- Need to compensate for feelings of diminishment
- Rest
- Good behavioural health
- Physical health
- Loving family relations
- Others

Group discussion: What two things (that I am willing to mention outloud) most impede my discipleship? What two things (that I am willing to mention outloud) assist my discipleship to growth and mature?