

# FOLLOW ME

*Come and See*



AUGUSTINE INSTITUTE  
TRANSFORMING CATHOLICS FOR THE NEW EVANGELIZATION

Commitment is a challenge, but the first step to starting a new journey is committing to taking the first steps down a new path.



## CONNECT

Commitment is a vital part of growing in discipleship of Jesus Christ. Following Christ takes time and effort, and unless we make a commitment to the process of discipleship, it will not bear fruit. A person does not become a saint in a day, but sainthood does require the intention of taking little steps each day.

During this session, the teens discussed the discipleship group as something with great value for each teen's life—but it will only be valuable if everyone makes a commitment to the group. The discussion also looked at the young life of St. John Paul II and his own formation in a discipleship group during his teenage years.



**PARENT TIP:** You have access to Formed.org and can view the videos from our first session: Follow Me - Come and See. They are located in the "Programs" tab.



*"He [Jesus] said to them, 'Come and see.'"*

– John 1:39



*"For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope."*

- Jeremiah 29:11



## DISCUSS

At this stage of the discipleship group's development, the most important thing that your teenager can do is to commit to the group. The group cannot get off the ground if fellowship and friendship do not occur—and that can only happen through regular attendance.

As the parent, you are likely very involved in helping your teenager manage his or her schedule and commitments. If you are not committed, your teen won't be either.

Here are some discussion starters you can use to follow up on this session with your teen:

- » What do you think is the value of this discipleship group?
- » I understand you talked about the anthropic principle. That is, the universe has to be as old (approximately 14 billion years) and big as it is (10 billion galaxies) for us to be having this conversation - for the earth to sustain life. Do you feel that God has a special plan for your life?
- » Is this something that you are willing to try and make a commitment to?
- » How can I help you to remain committed to this process?



## COMMIT

Commitment is a great challenge in our world today. When we have too many commitments, we get overwhelmed and we end up losing time for the things that are most important.

This is true in our daily life with Christ as well. We need to give Him time in our life each day if we have any hope to find the great plan that He has for us.

We asked your teens to commit to daily prayer this week. This can be a simple prayer - give minutes each day. Encourage them to continue to grow in this discipline.