

FOLLOW ME

The Cost



In this study, teens discovered the cost of discipleship—and its true value.

CONNECT

God has placed in every human heart a desire for greatness. Worldly successes may partially fulfill this desire, but it can only be fully realized through a discipleship relationship with Jesus Christ, and participation in His mission of salvation.

In this study, teens examined both the cost and the benefits of life in Christ. They confronted their fears about committing to discipleship and were encouraged to move forward in faith, secure in the knowledge that everything else is loss compared to the surpassing worth of knowing Christ. (Philippians 3:8)



PARENT TIP: You have access to Formed.org and can view the videos from: Follow Me – The Cost. They are located in the “Programs” tab. You can also find many inspiring talks at www.lighthousecatholicmedia.org

DISCUSS

If you have a personal relationship with Christ, share with your teen about how that relationship came to be, and why you decided the cost of following Christ was worth it. Ask your teen:

- » How have you felt God call you to greatness?
- » How do you feel about discipleship?
- » Does anything about discipleship worry you?
- » What are the benefits of discipleship?



"You have made us for Yourself, O Lord, and our hearts are restless until they rest in You."

– St. Augustine of Hippo

COMMIT

In the small group session the teens were challenged to grow in the habits of the saints. H.A.B.I.T.S is an acronym.

H - holy hour (committing to daily prayer)

A - accountability (inviting close friends to keep you accountable to growing as a disciple of Jesus)

B - bible (meditating, studying, and memorizing scripture)

I - invest in your parish (tithing and serving in the mission of the parish)

T - tell (don't be afraid to tell others about your faith and invite them to faith in Jesus)

S - sacraments (we receive grace in the sacraments to grow as a disciple. Frequent eucharist and confession strengthen us.

If your teen witnesses your efforts to grow in these h.a.b.i.t.s they will be inspired to grow. Going forward, ask you teen periodically how their h.a.b.i.t.s. are coming.



PARENT TIP: Consider praying the rosary as a family in the evening whether it is just a decade or all 5 decades. Before each Hail Mary, take turns naming a person you would like to pray for.

This week your teen was asked to commit to praying with Scripture and to praying the *Suscipe*, written by St. Ignatius of Loyola, (found on the following page).



*Lord Jesus Christ, take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish
You have given me.
I surrender it all to be guided by Your will.
Your grace and Your love
are enough for me.
Give me these, Lord Jesus,
and I ask for nothing more.
Amen.*