



Prayer and Discernment Union with Christ - Step 3

5 Disciplines of a Disciple (Catechist resource)

Devised from CHOSEN Video Commentary, Disc 8 Lesson 24

Only faith enables us to tap into the grace we need to live life to the full.

In order to stay faithful to Jesus we need **DISCIPLINE** – the 5 essential disciplines:



Discipline 1 - Desire Greatness become the best of what God created you to be.
Be like Jesus.

Discipline 2 - Pray communicate the God daily, pray use scripture, tell God what is in your heart.

Discipline 3 - Community develop deep relationships with others, nourish them on their journey too. Don't be afraid to challenge them, but to allow them to call you to account too.

Discipline 4 - Sacraments by attending Mass and reconciliation we receive grace, our fuel for the journey. Jesus came to set us free, free from sin, sacraments help us live life to the full.

Discipline 5 - Mission Jesus' mission continues through us, commit to find and live your mission.