



“And they were all filled with the Holy Spirit”

Acts 2:4

Mission

One Church, Encountering Jesus,
Equipping Disciples, and Living Mercy

Week One: The Way, the Truth, and the Life

Psalm 1:1-3

✠ Those who follow you, Lord, will have the light of life.

Blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the way of sinners, nor sit in company with scoffers. ✠

Rather, the law of the Lord is his joy; and on his law he meditates day and night.
He is like a tree planted near streams of water, that yields its fruit in season. ✠

Conversation Starter

1. Is there something you have dreamed of doing for a long time? Why haven't you done it?
2. What is the greatest accomplishment in your life?



Ecce Homo, c. 1860-1880 (Antonio Ciseri)

Week One:
The Way, the Truth, and the Life

WRAP* with the Gospel - John 14:4-10, 12-13

Jesus said to his disciples, "Where [I] am going you know the way." Thomas said to him, "Master, we do not know where you are going; how can we know the way?" Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on you do know him and have seen him." Philip said to him, "Master, show us the Father, and that will be enough for us." Jesus said to him, "Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me?"

"Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father. And whatever you ask in my name, I will do, so that the Father may be glorified in the Son."

Write

Reflect

Apply

Pray

*WRAP is an acronym and method for Lectio Divina from the book WRAP Yourself In Scripture © by Karen & Lawrence Dwyer published by The Institute for Priestly Formation (2011, 2018). The WRAP Method involves four steps: Write, Reflect, Apply, and Pray with Scripture.

Week One: **The Way, the Truth, and the Life**

Going Deeper Questions

1. What is the significance of God becoming human and living among us? What does that tell us about his missionary heart?
2. Jesus prays to the Father about his disciples, "As you sent me into the world, so I sent them into the world" (Jn. 17:18) What might that look like for you?

Group Action

This week, spend 10 minutes in prayer each day thanking Jesus for coming to live among us.

Psalm 1:1-3

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Blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the way of sinners, nor sit in company with scoffers. R

Rather, the law of the Lord is his joy; and on his law he meditates day and night.
He is like a tree planted near streams of water, that yields its fruit in season. **R**

Week Two: Put Out into Deep Water

Psalm 67:2-4

℟ O God, let all the nations praise you!

May God be gracious to us and bless us; may his face shine upon us. ℟

So shall your way be known upon the earth, your victory among all the nations. ℟

May the peoples praise you, God; may all the peoples praise you! ℟

Conversation Starter

1. Have you ever had to trust a stranger for help? When?
2. When was a time you took a step of faith? What were you feeling at the time? What happened as a result?



The Miraculous Draught of Fishes, c. 1515 (Raphael)

Week Two:
Put Out into Deep Water

WRAP with the Gospel - Luke 5:1-11

While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, “Put out into deep water and lower your nets for a catch.” Simon said in reply, “Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets.” When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, “Depart from me, Lord, for I am a sinful man.” For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, “Do not be afraid; from now on you will be catching men.” When they brought their boats to the shore, they left everything and followed him.

Write

Reflect

Apply

Pray

1. Do you believe God wants to astonish you with his goodness? Where in your life do you most desire to be astonished by God?

- ## Group Action

Think about one person in your life you desire to be astonished by the goodness of God. Take turns in your group praying for the people who come to mind.

Psalm 67:2-4

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May God be gracious to us and bless us; may his face shine upon us. **℟**
 So shall your way be known upon the earth, your victory among all the nations. **℟**
 May the peoples praise you, God; may all the peoples praise you! **℟**

Week Three: The Laborers are Few

Psalm 96:1-3

℟ Proclaim God's marvelous deeds to all the nations!

Sing to the LORD a new song; sing to the LORD, all the earth. **℟**

Sing to the LORD, bless his name; proclaim his salvation day after day. **℟**

Tell his glory among the nations; among all peoples, his marvelous deeds. **℟**

Conversation Starter

1. When did you last sing to yourself? To someone else?
2. When was the last time you had a conversation with someone about Jesus? How did that conversation come about, and how did it go?



The Angelus, c. 1857-1859 (Jean Francois Millet)

Week Three:
The Laborers are Few

WRAP with the Gospel - Luke 10:1-12

After this the Lord appointed seventy[-two] others whom he sent ahead of him in pairs to every town and place he intended to visit. He said to them, “The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest. Go on your way; behold, I am sending you like lambs among wolves. Carry no money bag, no sack, no sandals; and greet no one along the way. Into whatever house you enter, first say, ‘Peace to this household.’ If a peaceful person lives there, your peace will rest on him; but if not, it will return to you. Stay in the same house and eat and drink what is offered to you, for the laborer deserves his payment. Do not move about from one house to another. Whatever town you enter and they welcome you, eat what is set before you, cure the sick in it and say to them, ‘The kingdom of God is at hand for you.’ Whatever town you enter and they do not receive you, go out into the streets and say, ‘The dust of your town that clings to our feet, even that we shake off against you.’ Yet know this: the kingdom of God is at hand. I tell you, it will be more tolerable for Sodom on that day than for that town.

Write

Reflect

Apply

Pray

Week Three: **The Laborers are Few**

Going Deeper Questions

1. What do you think it means concretely for *you* to labor for the harvest of the Lord?
2. What do you think is the role of prayer in the work of evangelization?

Group Action

Pray together for other individuals in your parish that the Lord may be calling to labor for this harvest. Ask for opportunities to share with them your convictions and desires about the need for more laborers in spreading the Gospel message.

Psalm 96:1-3

Rejoice and Proclaim God's marvelous deeds to all the nations!

Sing to the LORD a new song; sing to the LORD, all the earth. **R**

Sing to the LORD, bless his name; proclaim his salvation day after day. **R**

Tell his glory among the nations; among all peoples, his marvelous deeds. **R**

Week Four: The Cost of Discipleship

Psalm 22:28, 30-32

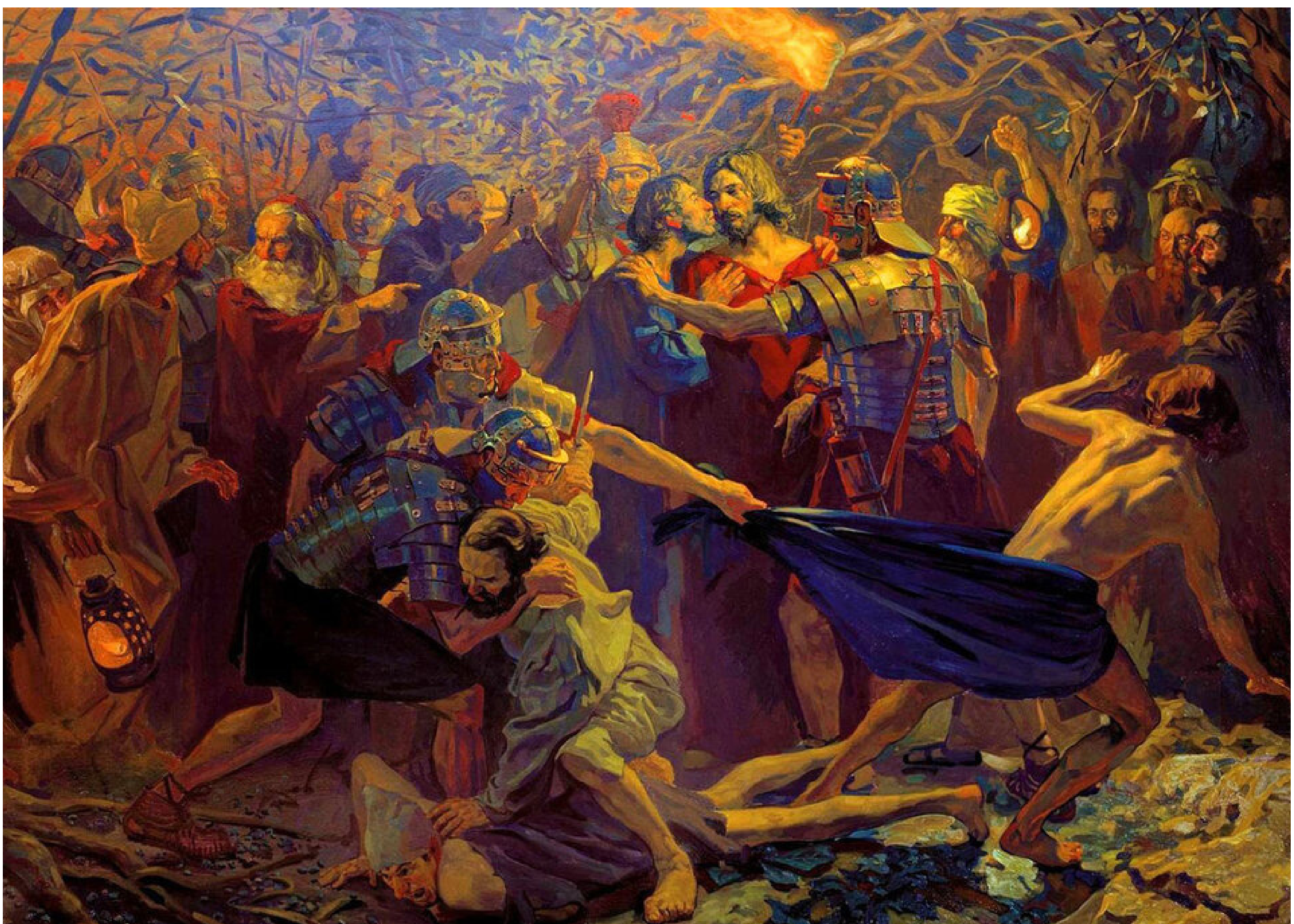
℟ They will praise you, Lord, who long for you.

All the ends of the earth will remember and turn to the Lord;
All the families of nations will bow low before him. ℟

And I will live for the Lord; my descendants will serve you.
The generation to come will be told of the Lord, that they may proclaim to a people yet unborn
the deliverance you have brought. ℟

Conversation Starter

1. What is the hardest thing you've ever done?
2. Who is the most courageous person that you know?



The Taking of Christ into Custody (Pavel Popov)

Week Four:
The Cost of Discipleship

WRAP with the Gospel – Matthew 10:32-42

Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father. “Do not think that I have come to bring peace upon the earth. I have come to bring not peace but the sword. For I have come to set a man ‘against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and one’s enemies will be those of his household. “Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. “Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet’s reward, and whoever receives a righteous man because he is righteous will receive a righteous man’s reward. And whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple—amen, I say to you, he will surely not lose his reward.”

Write

Reflect

Apply

Pray

Week Four: **The Cost of Discipleship**

Going Deeper Questions

1. In your experience, what makes sharing your faith easy, joyful, and peaceful?
2. What makes it difficult, painful, or frustrating?

Group Action

As a group, take turns naming aloud your fears about sharing your faith as a missionary disciple. Then surrender those fears to the Lord in prayer, asking him to encourage you and give you peace.

Psalm 22:28, 30-32

℟ They will praise you, Lord, who long for you.

All the ends of the earth will remember and turn to the Lord;
All the families of nations will bow low before him. **R**

And I will live for the Lord; my descendants will serve you.
The generation to come will be told of the Lord, that they may proclaim to a people yet unborn
the deliverance you have brought. **R**

Week Five: Go and Make Disciples

Psalm 40:2, 4, 10

℟ Here I am, Lord; I come to do your will.

I have waited, waited for the LORD, and he stooped toward me and heard my cry.
And he put a new song into my mouth, a hymn to our God. **℟**

I announced your justice in the vast assembly;
I did not restrain my lips, as you, O LORD, know. **℟**

Conversation Starter

1. When did you feel the love of the Lord most acutely in your life?
2. Have you ever told a non-Christian about this experience? Why or why not?



Mary Magdalene Announces the Resurrection to the Apostles, c. 1890 (Vasiliy Polenov)

Week Five:
Go and Make Disciples

WRAP with the Gospel – Matthew 28:1-8, 16-20

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’ Behold, I have told you.” Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples.

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

Write

Reflect

Apply

Pray

Week Five:
Go and Make Disciples

Going Deeper Questions

1. Why do you think Jesus appeared directly to Mary Magdalene and commissioned her to announce his resurrection to the other disciples?
2. The Lord has commissioned every baptized person to be a messenger of the good news. How does this affect your understanding of God's purpose for your life?

Group Action

Write down a list of the people in your life (e.g. family, friends, co-workers, etc.) that you can begin praying for by name. Begin to daily ask the Lord:

How are you *already* present in this person's life?

How are you asking me to be a messenger of your love and/or truth to this person?

Psalm 40:2, 4, 10

¶ Here I am, Lord; I come to do your will.

I have waited, waited for the LORD, and he stooped toward me and heard my cry.
And he put a new song into my mouth, a hymn to our God. **R**

I announced your justice in the vast assembly;
I did not restrain my lips, as you, O LORD, know. **R**

Week Six: The Gift of the Spirit

Psalm 67:6-8

℟ O God, let all the nations praise you!

May the peoples praise you, God; may all the peoples praise you! **℟**

The earth has yielded its harvest; God, our God, blesses us. **℟**

May God bless us still; that the ends of the earth may revere him. **℟**

Conversation Starter

1. If you were to die tonight with no chance to communicate with anyone, what would you most regret not having told someone?
2. Why haven't you told them yet?



Peter Preaching at the Entrance to the Catacombs, c. 1901 (Jan Styka)

Week Six:
The Gift of the Spirit

WRAP with the Gospel – Acts 2:1-11

When the time for Pentecost was fulfilled, the apostles were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. They were astounded, and in amazement they asked, “Are not all these people who are speaking Galileans? Then how does each of us hear them in his own native language? We are Parthians, Medes, and Elamites, inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the districts of Libya near Cyrene, as well as travelers from Rome, both Jews and converts to Judaism, Cretans and Arabs, yet we hear them speaking in our own tongues of the mighty acts of God.”

Write

Reflect

Apply

Pray

Week Six: **The Gift of the Spirit**

Going Deeper Questions

1. How is the Lord making you aware of your weakness and limitations when it comes to evangelization? How can you more freely surrender to his strength and grace?

2. What would you like the Holy Spirit to do for you?

Group Action

Pray about one or two people with whom you plan to speak about Jesus in the coming week. Ask the Holy Spirit to give you peace and the right words at the right time.

Psalm 67:6-8

℟ O God, let all the nations praise you!

May the peoples praise you, God; may all the peoples praise you! **℟**

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Archdiocese *of* Omaha