



NATIONAL
Eucharistic
Revival

Walk with **One**

At Holy Trinity Catholic Parish

In the Scriptures, we hear over and over how Jesus invited people one by one to follow him. He also invites us to follow him more deeply and, just like him, to “walk with one” person to a new or renewed experience of God’s love.

Evangelization, or “bringing the Good News,” typically happens in one-on-one moments that are not planned or scripted. This can happen at the grocery store, the bus stop, or a sporting event. As Pope Francis has noted, “Anyone who has truly experienced God’s saving love does not need much time or lengthy training to go out and proclaim that love” (*Evangelii Gaudium*, no. 120).

You might be asking yourself: Where do I start with inviting someone to take a step closer to Jesus? How might I invite them forward in their faith? Here’s a simple four-stage process of accompaniment that focuses on a “heart-to-heart” approach:

- 1. Identify someone in a spirit of humility*
- 2. Intercede for that person in communion with the Holy Spirit*
- 3. Connect in Eucharistic friendship*
- 4. Invite that person on a path most suitable for him or her*

Throughout each stage of your “Walk with One” journey, we encourage you to pray the Eucharistic Examen to help you discern the path the Lord is calling you to follow (you can find this examen at www.eucharisticrevival.org/walk-with-one). The bottom line is this: If you can open your heart to speak about how Jesus has touched your life, your heart will touch the heart of whomever the Holy Spirit leads you to accompany.

By virtue of our Baptismal calling, the Lord is sending each of us to give witness to his saving love.

STEP 1

Identify someone in a spirit of humility:

Prayerfully begin to discern whom God is calling you to accompany. Before you begin the process of inviting someone into a deeper relationship with Jesus Christ and the Catholic Church, spend time in prayer, inviting the Holy Spirit to guide you in this process. Ask the Holy Spirit to show you the person that he wants you to accompany. Consider going to Eucharistic adoration or committing to a period of silent prayer in a church to allow the Holy Spirit to speak to you.

STEP 2

Intercede for that person in communion with the Holy Spirit:

Pray for the grace to be able to accompany the person whom the Lord has laid on your heart. Now that the Lord has identified a person whom you know, commit to pray for them for a specific period of time, asking God to open the opportunity for a conversation. Pray for any struggles the person might be facing with brokenness or sin, and for any obstacles that might impede this person from drawing closer to Jesus and exploring the Catholic faith more deeply. Consider offering a holy hour or a novena of prayer for that person.

STEP 3

Connect in Eucharistic friendship:

Look for ways to accompany the person you have prayed for, to build a deeper relationship, and to practice the art of empathetic listening. Eucharistic friendship builds upon the dynamic that Jesus revealed in his relationships with the disciples and, above all, at the Last Supper—he takes bread, blesses it, breaks it, and gives it. It is important to take or receive what the other person has to share, to bless or lift it up in prayer, to let the Holy Spirit help break open an area for potential growth, and then to give of yourself in response. It is also important to recognize that this may not be a “one and done” conversation but is more likely to be a series of conversations and invitations, developing a real friendship with that person.

Find an appropriate time to begin growing in your friendship, perhaps over coffee or lunch. Listen deeply for promptings from the Holy Spirit as you get to know your friend's joys and struggles. Share with them some of your own.

Listen respectfully when the conversation turns to spiritual matters, including their relationship with God and questions or concerns about the Church, and reserve judgment about their opinions. Some people might be ready to discuss the spiritual life after only a conversation or two, while for others it might take more time.

STEP 4

Invite that person on a path most suitable for him or her:

Follow the promptings of the Holy Spirit to invite him or her to a concrete next step in fostering a personal relationship with Jesus and the Church. It is important to remember that it may not be easy to invite a person to come to Mass, particularly someone who has been away for some time or someone who has had no religious formation. It may be better to begin with an invitation to a parish small group experience, a service opportunity, or a social event. For those who need healing or an experience of God's merciful love, an invitation to accompany them to the Sacrament of Reconciliation could be appropriate.

If you discern that inviting the person to Mass is the best next step, encourage them to come with you and your family or with a group of friends. Your invitation could be as simple as: "Our family/my friends and I always look forward to celebrating Sunday Mass. It is a source of strength and hope for us, and it reaffirms our trust in Jesus. My family/friends and I would love for you to come with us. We are going to the 9:00 am Mass at Holy Trinity Parish on Sunday, and you are welcome to come with us to Mass and to brunch afterwards. If you need a ride, let me know!"

If the person shuts down the conversation, do not take it personally. Maybe they are not yet ready. Follow up with a statement that keeps the door open. "I understand. Thank you for talking with me about this. If you ever want to talk about your faith, I am always here for you." No matter what the outcome is, keep persevering in your friendship and ask the Lord to continue to guide you. After every encounter, thank God for the conversations that you have been having and remember to keep this person in your prayers.

If you need any help along the way, please connect with Deacon Dan at 916-517-6558 or dthaverty@aol.com. You are a Missionary Disciple of the Lord, Jesus Christ. Have confidence and trust in Him, that He will lead you to spread the Good News that He is our Savior and loves us relentlessly.

Eucharistic Examen

This Eucharistic Examen is designed to be used as part of your “Walk with One” journey. Throughout each stage of the journey, pray this examen to help you discern the path the Lord is calling you to follow in accompanying another person towards Jesus.

Opening Prayer: Ask God to help you be aware of his presence, to truly encounter him, and to open your heart to the person whom Jesus is bringing to mind.

Choose a Scripture passage in which Jesus calls a person by name, and sit with it. For example:

- Mt 4:18–22 • Mt 9:9–13 • Mt 14:22–33 • Mk 1:16–20 • Mk 2:13–17
- Lk 5:1–11 • Lk 5:27–32 • Lk 10:38–42 • Lk 13:10–17 • Lk 19:1–10
- Jn 1:35–42 and 43–51 • Jn 11:1–44 (esp. 43) • Jn 15:1–17 • Jn 20:11–18 • Jn 21:15–19

Bless

Reflect on some aspect of the Paschal Mystery: Jesus’ Passion and Death, Resurrection, or Ascension. Ask Jesus to shower his love upon the person for whom you are interceding, and pray for the courage to accompany the person in a spirit of self-giving and openness.

Break

Considering your daily and weekly routines, ask the Lord to show you how to break out of your comfort zone to make space to connect with the person for whom you have been interceding. Invite the Holy Spirit to identify the next best concrete step, and pray in thanksgiving for the opportunity to build a new friendship.

Give

Ask the Holy Spirit to help you practice the art of listening and discern a concrete invitation you can give to your friend to draw closer to Jesus. Make a resolution about how and when you will extend this invitation.

Closing Prayer: Ask Jesus to help you keep your resolution as you journey on mission with him, making a gift of yourself for the life of the world.

“You go to the celebration of Mass, receive communion, adore the Lord and then what do you do after? You go out and evangelize. Jesus asks this of us. The Eucharist, then impels us to strong and committed love of neighbor... especially those who are poor, suffering, weary or who may have gone astray in life.” (POPE FRANCIS to the Organizing Committee of the National Eucharistic Congress, 6/19/23)