

- **Book/DVD Series Discussions**— Recommended books/DVD series are read/watched and the community discusses, prays, and plans using those as springboards to action.
- **Lectio Divina Bible Reflection**— traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word.

There are other proven models that SDCs can choose. SDC leaders will have guidance available to assist them and the SDC in selecting an approach that fits their needs.

But regardless of which approach/model is used, the focus and objective of the SDC remains the same as previously described.

### Who initiates and leads an SDC?

SDCs are initiated and led by those who have discerned a call to active discipleship. Further, they believe that an SDC will provide them a great opportunity to continue to growing as a disciple while supporting others who seek to do the same.

Those who want to initiate and lead an SDC will receive training on their role and have access to parish provided resources to assist them as they start up their SDC and invite others to join.

### I'd like to know more. What's my next step?

Check out the Parish Small Discipleship Web page at <http://cathedralctk.org/sdc> for additional information. One-hour information and orientation sessions are available that provide a wealth of information about SDCs.

### What others are saying about SDCs:

**"We keep hearing about the call to The New Evangelization. Forming SDC's is an answer to that call."**

— Meg Edwards, Parishioner

**"Considering what Christ did in the world with 12 people, imagine what we can do with Him in our communities. Even if we achieve just a small fraction, it would be tremendous."**

— Jessica Heavrin, Parishioner

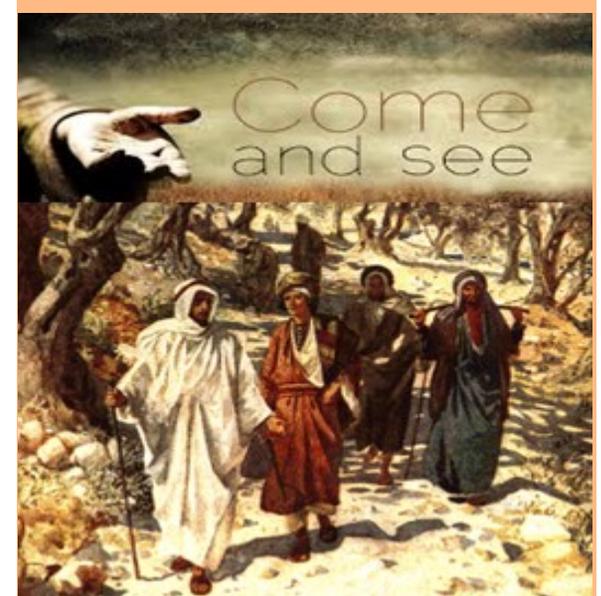
**"SDCs provide an intimate, nurturing, environment that allows men and women to blossom as the disciples God created them to be."**

— Deacon Tim Weinmann, Director of Faith Formation



# Small Discipleship Communities (SDCs)

CATHEDRAL OF CHRIST THE KING



"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."

Matt 28:19-20a



Simply, an SDC is a group of 8-16 people whose common desire is to grow as a disciple of Jesus Christ as faithful members of His Church. They commit themselves in love to nurture, challenge and encourage one another to become everything God created each of them to be. The SDC forms and equips disciples so they can live and share the Gospel with joy and passion—seeking to introduce others to Jesus so they too can answer the call of the disciple.

### Why SDCs now at CTK?

Christ the King is in the midst of a journey to become a parish of intentional disciples; disciples who have dropped their nets to become fishers of men and women through a joyful witness of the Gospel lived out in all its fullness. This is a multi-year transformation that will touch every aspect of parish life.

SDCs are but one component of this transformation that will assure that every aspect of parish life is focused on this singular mission of the Church and helping each member find their place within that mission.



*SDCs seek the guidance of the Holy Spirit*

### Do you ...

- Desire a deeper personal relationship with Jesus Christ?
- Want Jesus to be Lord of your life?
- Seek to discover God's dream for you as a disciple of Jesus?
- Yearn for a community that will support and nurture your growth as a disciple and give you the opportunity to do the same for others?

If these ring true for you, then a Small Discipleship Community may be for you!

### What is a Small Discipleship Community (SDC)?

A Small Discipleship Community (SDC) follows the model Jesus used to form the first disciples, his Apostles. Jesus invited his Apostles to "Come and See!"

His invitation was to follow him, to learn from him, to live as he lived, all the way to the Cross and beyond.



### What is the focus of an SDC?

The focus of an SDC is and must always be Jesus Christ, looking to him and inviting him to be Lord of their lives. SDCs may use different approaches, but all of them must be focused on forming and equipping disciples who, like Jesus, seek to do the will of the Father through the inspiration and power of the Holy Spirit.

An SDC provides a nurturing and intimate community of disciples, each on their own journey. But the journey is one born out of a community focused on challenging and encouraging one another to reach their full stature in Christ; to be all that God created them to be.

### What do SDCs do when they meet?

There are many approaches/models that an SDC might choose as it forms and discerns its identity. Several are recommended and are proven to be successful in allowing groups of disciples to nurture, lead and support one another over an extended period of time.

Some examples (there are more) include:

- **Cursillo Small Group Reunion**—Members make commitments and review growth in their relationship to Christ, study of the faith, and sharing their faith in their environments.
- **Catholic Christian Outreach**—various multi-week formation study series focused on the ways of discipleship.

