



# DISCIPLES OF CHRIST

## Aim

To explore what it means to be a disciple of Christ.

## Background

### Information for Catechist

Mystagogy is a time to deepen a neophytes understanding of God's word, the sacraments and what this means in their lives.

## Preparation for the Catechist

Spend time in prayer for the young person. Consider your experiences of living your Christian faith. Be willing to share these with the young person.



# Exploring

During your Baptism, you became a member of the Christian community.

During your Confirmation, you were sealed with the gifts of the Holy Spirit.

At Eucharist, you are fed at the table of the Lord.

Each time we attend Mass, we are sent forth to live the Eucharist. We are sent out on a mission to serve and help others as Jesus did, to be his disciple. It is here that we are nourished to live our lives as disciples of Jesus.

## Scripture

From the Gospel of John.  
***Glory to you, O Lord***



John 13:4-15  
***Jesus Washes the Disciples' Feet***

So during the meal Jesus got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you.



The Gospel of the Lord  
***Praise to you Lord Jesus Christ***

## 2 DISCIPLES OF CHRIST

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage?

### Exploring

#### Washing of the Feet

During Jesus' time, the roads were very dirty and it was customary for people to wash their feet when entering a home. If the household was wealthy, there was a servant who did this job.

In John's gospel, we hear the story of Jesus washing the disciples' feet. Through the action of washing feet, Jesus was behaving like a servant to his disciples.

Jesus sets us an example; we are called to serve one another just as he did.

What does it mean to be a disciple today?



#### Video

Let's watch a clip of Pope Francis washing the feet of 12 inmates, of different religions, half of them women, in Rome's Rebibbia prison.

[https://www.youtube.com/watch?v=1\\_brCm6Sd24](https://www.youtube.com/watch?v=1_brCm6Sd24)

Video **Link 2.1**



What are your responses to watching this clip?

Are there any insights, new ideas, questions or challenges you have after watching this clip?

### Activity

Let's look to some quotes from Saints about helping others.

The **Activity Sheet: Disciples of Christ Quotes** contains the following quotes.

This can be downloaded from the crossroadsrcia website:

[www.crossroadsRCIA.org](http://www.crossroadsRCIA.org) (copy on page 12).

## 2 DISCIPLES OF CHRIST

Choose one to help to keep you on your path to Jesus.

- “Never see a need without doing something about it.” [St Mary MacKillop \(1871\)](#)
- “Extend your mercy towards others, so that there can be no one in need whom you meet without helping. For what hope is there for us if God should withdraw His Mercy from us?” [St Vincent de Paul](#)
- You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them. [St Therese of Lisieux](#)
- Let no one ever come to you without leaving better and happier. [St Teresa of Calcutta](#)
- Pray as though everything depended on God. Work as though everything depended on you. [St Augustine](#)
- Love God, serve God; everything is in that. [St Clare of Assisi](#)
- You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves. [St Francis de Sales](#)
- Pray, Hope, and Don't Worry. [St Pio](#)
- We can do no great things; only small things with great love. [St Teresa of Calcutta](#)
- Preach the Gospel at all times. If necessary, use words. [St Francis of Assisi](#)
- The missionary disciple has first of all a centre, a point of reference, which is the person of Jesus. [Pope Francis \(20 July 2018\)](#)
- You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. [John 15:16](#)
- By this all people will know that you are my disciples, if you have love for one another. [John 13:35](#)
- In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. [Matthew 5:16](#)
- Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” [John 8:12](#)
- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. [Galatians 5:22-23](#)

What quote did you choose and why?



# Exploring

Our mission is to the other people we come in contact with everyday. We are called to make a difference in our school, in our families, in our parishes and communities.

What are you challenged to do as a disciple of Christ and a servant to others?

What will you do to continue the mission of Christ?

Who has made a difference in your school, family, parish or community?

Have you seen someone disadvantaged?

What action could you take in the future to serve them?

What can you do at School?

- For example, be willing to reach out in kindness to others or help coach a soccer team.

What can you do at home?

- For example, help around the house without being asked.

What can you do at your parish?

- For example, become a helper in Children's Liturgy or a reader at Mass, or perhaps join a St Vincent De Paul group.

What can you do in your community?

- For example, support people in need through initiatives like Project Compassion

You are a disciple, following in the footsteps of Jesus.



# Prayer

Let us pray together the prayer from *St Teresa of Avila*.

“ Christ has no body now but yours.  
No hands, no feet on earth but yours.  
Yours are the eyes through which he looks compassion on this world.  
Yours are the feet with which he walks to do good.  
Yours are the hands through which he blesses all the world.  
Yours are the hands, yours are the feet, yours are the eyes, you are his body.  
Christ has no body now on earth but yours.

**Activity Sheet:  
Disciples of Christ Quotes**

**Disciples of  
Christ**

↓ Cut out the below cards.

**Never see a need  
without doing something about it.**

St Mary MacKillop (1871)

**We can do no great things; only small things  
with great love.**

St Teresa of Calcutta

**Extend your mercy towards others,  
so that there can be no one in need  
whom you meet without helping.  
For what hope is there for us if God  
should withdraw His Mercy from us?**

St Vincent de Paul

**Preach the Gospel at all times.  
If necessary, use words.**

St Francis of Assisi

**The missionary disciple has first of all  
a centre, a point of reference,  
which is the person of Jesus.**

Pope Francis (20 July 2018)

**You know well enough that Our Lord  
does not look so much at the greatness  
of our actions, nor even at their difficulty,  
but at the love with which we do them.**

St Therese of Lisieux

**You did not choose me,  
but I chose you and appointed you  
that you should go and bear fruit  
and that your fruit should abide, so that  
whatever you ask the Father in my name,  
he may give it to you.**

John 15:16

**Let no one ever come to you without  
leaving better and happier.**

St Teresa of Calcutta

**Pray as though everything  
depended on God. Work as though  
everything depended on you.**

St Augustine

**Pray, Hope, and Don't Worry.**

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**Love God, serve God;  
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St Clare of Assisi

**In the same way, let your light shine before  
others, so that they may see your good works  
and give glory to your Father who is in heaven.**

Matthew 5:16

**You learn to speak by speaking, to study  
by studying, to run by running, to work by  
working, and just so, you learn to love by  
loving. All those who think to learn in any  
other way deceive themselves.**

St Francis de Sales

**Again Jesus spoke to them, saying,  
"I am the light of the world. Whoever follows  
me will not walk in darkness, but will have the  
light of life."**

John 8:12

**By this all people will know that you are my  
disciples, if you have love for one another.**

John 13:35

**But the fruit of the Spirit is love, joy,  
peace, patience, kindness, goodness,  
faithfulness, gentleness, self-control.**

Galatians 5:22-23

