

Rediscover Jesus

Study & Discussion Guide

Dynamic Catholic

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Introduction

Rediscover Jesus opens with a question: When was the last time you were mistaken for Jesus?

This is a great question. More than that, this is a great goal.

Don't just read this book. Don't just participate in a small group based on the book. Live the book. And the only way to truly live this book is to become more and more like Jesus each day.

What does it take to be more and more like Jesus each day? It takes transformation. Most of the time, we set our sights on tweaking. We pray for tweaking. We think we only need tweaking. But the truth is, when we are radically honest with ourselves, we know that what we really need is transformation.

Rediscover Jesus invites us to seek the kind of transformation God created us for. And it invites to pray a very powerful prayer :

Jesus,
Here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100 percent available.
How can I help?
Amen.

Each of the six sessions included in this guide closes with this prayer. As you begin this journey, continue to ask God to help you desire the transformation he can help bring about. And pray for each of the people in your group that, they too, experience the transformation God desires for each of their lives.

We are grateful for your willingness to respond to this profound invitation, join intentionally with others in your Parish, and seek answers to your deeply personal questions. The Catholic Church needs people like you doing things like this. We pray you truly rediscover Jesus in a powerful way over the next 6 weeks.

Be Bold. Be Catholic.

God bless you,

The Dynamic Catholic Team

Study Guide Purpose and Format

The purpose of this study guide is (a) to help readers delve further into the book by exploring personal reaction and application and (b) to build authentic community in the parish by allowing discussion about the book's themes. So it can be used for faith discussion groups and book clubs and also by individuals for personal reflection.

The recommended length of this study is **six sessions**. These sessions could take place once a week or once a month, at the discretion of the group.

Each session follows the same format:

- Opening Prayer
- Reading Reference
- Facilitate Discussion
- Closing Prayer

We recommend that a group meet for **sixty to ninety minutes**, but that the group agree upon a fixed length of time and adhere to that time.

It is assumed that participants will have completed the reading assignment before attending each session.

Best Practices

Never lead a small group? Don't sweat it!
Here are 5 tips for creating a great environment for small groups!

1. **Keep your meeting time and place consistent.** Once a week, at a time convenient for all participants, in a location that has accessible parking is great.
2. **Communicate in advance.** If you're meeting at someone's house, let people know beforehand where they can park (e.g. in the driveway, at the curb, down the street).
3. **Get to know each other.** Even if you have already been meeting for some time, it can be beneficial to begin your time together as a group with a fun, lighthearted question. Starting sessions this way helps individuals get to know each other a little and feel more comfortable together. Here are some fun suggestions:
 - Which fictional character would you want to be your best friend?
 - What is your dream vacation?
 - If you could only eat one food for the rest of your life what would it be?
 - What is your favorite, funniest, or most awkward childhood memory?
4. **Allow room for silence.** It's okay if there are moments of quiet in the group. It may feel uncomfortable or awkward, but people need time to process or to summon the courage to speak up.
5. **Begin and end with Prayer.** Start every session with the opening prayer (found at the beginning of each section), and close each session with the closing prayer (found at the end of each session). You can also give people the opportunity to offer personal prayer intentions.

Reading Schedule

Session 1

- Prologue: Are you Jesus?
- Opening Thoughts
- 1. New Beginnings
- 2. Getting to Know Jesus
- 3. An Invitation
- 4. The Jesus Question
- 5. The God Claim
- 6. There is More

Session 2

- 7. The Third Question
- 8. Jesus Was a Radical
- 9. The Greatest Teacher Ever
- 10. Forty Words
- 11. The Heart of the Gospel
- 12. The Soul of the Gospel
- 13. Who is the Greatest?

Session 3

- 14. Purity of Heart
- 15. Making Sense of Suffering
- 16. Do Not Judge
- 17. Radical Relationships
- 18. Jesus on Lifestyle
- 19. Miracles Abound
- 20. Radical Love

Session 4

- 21. The Main Event
- 22. Beyond Tweaking
- 23. Upside Down
- 24. The Gap
- 25. Delve Into The Gospels
- 26. The Prayer Process
- 27. Deny Yourself

Session 5

- 28. Spontaneous Prayer
- 29. Dancing For Joy
- 30. Blind Spots
- 31. Man's Ways and God's Ways
- 32. The Real Problem
- 33. Comfortably Comfortable
- 34. Two Wrestling Questions

Session 6

- 35. Complete Joy
- 36. The Biggest Lie
- 37. The Holy Moment
- 38. What If?
- 39. People of Possibility
- 40. An Hour of Power

Session 2

Chapters 7-13

Opening Prayer

Jesus, thank you for revealing yourself to me. Thank you for all you have done for me. Thank you for loving me even more than I love myself. Show me the deep meaning my life holds, rather than just the shallow and superficial. Jesus, begin a revolution of love in my heart today. Please teach me to love myself as you love me, so that I can love all those who cross my path in a way that reminds them that you changed the world. Amen.

Main Questions

1. Do you value yourself anywhere near as much as Jesus values you?
2. When was the last time you had the courage to seek out the root of an important issue?
3. How is God inviting you to become more generous?
4. How seriously do you take Jesus' invitation to forgive?

Bonus Questions

5. Have you ever really considered Jesus to be your teacher?
6. Are you loving yourself the way God wants you to love yourself?
7. Do your values align with Jesus' values?

Closing Prayer

Jesus, Here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100 percent available. How can I help? Amen.

Session 3

Chapters 14-20

Opening Prayer

Jesus, purify my heart, mind, body, and soul. Show me the beauty in the joy that comes through suffering. Remind me over and over again that my heart will rejoice, and no one will take that joy. Keep me ever mindful of those who suffer more than I do. Make me aware of their struggles, and help me to love them through the suffering they experience. Jesus, open my eyes so I can see every person I encounter each day as you see them. Help me to live a little bit more like you every day. Amen.

Main Questions

1. What is God saying to you through this reflection on relationships?
2. If you learn to control what you look at how deep will the peace within you be?
3. Are you willing to suffer a little in order to grow spiritually?
4. What is one practical way you can live this reflection on lifestyle in this coming week?

Bonus Questions

5. How will your key relationships improve if they are free from judgement?
6. Whose prayer can you be the answer to today?
7. What are you laying your life down for?

Closing Prayer

Jesus, Here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100 percent available. How can I help? Amen.

Session 4

Chapters 21-27

Opening Prayer

Jesus, thank you for the hope that your resurrection brings. Unleash the power of this resurrection - please resurrect the area of my life that most needs it today. Transform me. Transform my life. Keep this desire for transformation alive in my heart. I make myself 100 percent available to you. Give me the grace to sit with you in silence. I know you are by my side always, even when I forget that you are there. Amen.

Main Questions

1. What area of your life needs resurrection right now?
2. What's preventing you from making yourself 100% available to God?
3. In what areas of your life do you exhibit the most and the least self-control?
4. Have you ever really read the Gospels?

Bonus Questions

5. What is the hardest thing about letting God transform you and your life?
6. Why do you resist the happiness that God wants to fill you with?
7. Are you making spiritual progress?

Closing Prayer

Jesus, Here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100 percent available. How can I help? Amen.

Session 5

Chapters 28-34

Opening Prayer

Jesus, take the blindness away from my eyes so that I can see people, situations, and myself as you do. Teach me to rejoice and be glad; to dance for joy at all the goodness you have created in me and in the world. Remind me that my reward is great in heaven. Teach me to value your way of doing things above all other ways, and give me a desire for you above all other things. Amen.

Main Questions

1. What are you most grateful for?
2. Who or what is robbing you of joy?
3. How are your blind spots affecting your relationships?
4. What is one practical example of how God is inviting you to let go of your way and open yourself to his way?

Bonus Questions

5. What are your most frequent sins?
6. What is one way you can deny yourself today?
7. Does getting what you want bring you lasting happiness?

Closing Prayer

Jesus, Here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100 percent available. How can I help? Amen.

Session 6

Chapters 35-40

Opening Prayer

Jesus, please remind me that deep down, your will is what I really want. Help me learn to get out of your way, so you can fill me with complete joy. Protect me from all the lies that seek to build a barrier between you and me, and remind me of my great destiny. Help me to see the possibilities. Help me to believe that I can be holy. Help me to truly believe that you created me to become the best-version-of-myself. Amen.

Main Questions

1. What really brings you joy?
2. When did you stop believing holiness was possible for you?
3. What has been the best part of reading and discussing *Rediscover Jesus* as a community?

Bonus Questions

4. Have you ever tried to live Christianity wholeheartedly?
5. If you were dying, would you be paying more attention to your spiritual health than you are today?

Closing Prayer

Jesus, Here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100 percent available. How can I help? Amen.

Conclusion

God wants to transform every parish into the dynamic community each is called to be, one-person-at-a-time. If enough parishes engage in this transformation not only will parish life in America be better, but it will change the world.

As simple as it may seem, changing the world for the better really can begin with an individual decision to embrace four life-changing habits: prayer, study, generosity, and evangelization.

When lived out, these four habits open our lives to the power of God's grace and the amazing possibilities God has in mind for each of us. If you'd like to help your parish realize these amazing possibilities, consider committing to any of the following:

- Pray for your parish.
- Volunteer your time and energy for a parish event.
- Invite others to serve with you.
- Utilize Dynamic Catholic resources to pray, study, serve, and evangelize.
- If the resources don't speak directly to you, share them with someone who you think will benefit from them.

God wants to transform your parish through you. How are you going to make a difference?

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