

# Walk With One

COMPANION GUIDE

In the late 1520s, Ignatius of Loyola arrived at the University of Paris to earn a formal degree to teach people about the Catholic faith more effectively. He was older than most students, having experienced a conversion to Christ at 30 and then spending the better part of a decade learning how to follow Christ.

At the University, he was given two roommates: Peter Faber and Francis Xavier. Ignatius was 15 years their superior and saw great potential in both. He regularly shared his experiences and spiritual insights with them, hoping they would fall in love with Christ just as he had. Peter listened more willingly than Francis Xavier, but Ignatius won Francis Xavier's trust over time and through genuine friendship. Once that happened, Francis Xavier experienced a radical conversion to the faith that completely altered his life's trajectory.

With a few other friends, these three men went on to found the Society of Jesus (the Jesuit order), become priests, and eventually become saints. In fact, the once-stubborn and worldly Francis Xavier became one of the greatest missionaries the Church has ever seen. Ignatius of Loyola was part of God's Plan A for encountering Francis Xavier, who later became part of God's Plan A for encountering tens of thousands of souls.

You, too, are part of God's Plan A for encountering someone.

There's someone in your life whom Our Lord wants to reach through you. He wants you to participate in the salvation of this person.

We recognize that this can sound intimidating, so we assure you that whenever Our Lord calls us to something, he equips us to see it through.

The old adage is true: **"God doesn't call the equipped; he equips the called."** Or, as St. Paul succinctly put it: **"...whenever I am weak, then I am strong."** God will move with force as long as you move with faith in this Walk With One journey.

In this Walk With One Companion Guide, we've created a simple process for putting your faith into action—a way to make space for God to work. While spiritual progression is far from a scientific process, certain practices have proven fruitful over the last 2,000 years. We've compiled them in practical and relevant ways to our modern experience.

Walking with someone, or *spiritual accompaniment*, to use another term, can essentially be broken down into four steps:

- 01 Identify** someone to walk with / spiritually accompany
- 02 Intercede** for that person
- 03 Connect** with that person
- 04 Invite** that person to take steps closer to Jesus

This Companion Guide breaks down these four steps with spiritual reflections and concrete actions.

We offer simple, practical actions for both the **Identify** and **Intercede** sections that you can immediately implement.

Because of their overlap, we combined the **Connect** and **Invite** steps into one section. We suggest moments that can advance your spiritual accompaniment and fruit to look for as you continue advancing. These fruits are “benchmarks” or “green lights” for progressing your Walk With One journey. Connecting and inviting is a dance, so it’s essential to recognize that these two movements play off of and into each other.



Please note that everything in this Companion Guide needs to be rooted in prayer. Our efforts won't bear any meaningful fruit without it. In fact, if there's one thing we absolutely recommend doing, it's just that: **Pray, and keep praying!**

So, please bring this resource into your chapel or prayer space and work through it alongside Our Lord. Talk about it with him, journal with him, ask him for guidance, and listen to what he has to say.

One other note: If you have a spiritual director, bring this endeavor to them. He or she can help you discern where the Lord is moving and what he might be asking you to do.

If you don't have a spiritual director, we encourage you to find one. Because Walk With One should be so firmly rooted in prayer, someone who can assist you spiritually will only help your evangelization efforts bear more fruit. CCC 2690 says, **"The Holy Spirit gives to certain of the faithful the gifts of wisdom, faith and discernment for the sake of this common good which is prayer (spiritual direction)."**

May God bless you as you Walk With One!



# Identify

SESSION ONE

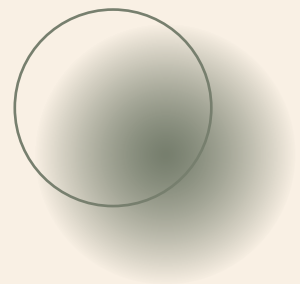
In this first section, we'll help you **identify** whom the Lord is inviting you to walk with. Sometimes, we can be victims of paralysis by analysis. We can overthink things before we even give ourselves a chance to begin.

This section will help you get out of your own way. It will also provide some encouragement for you and why we're doing this whole "Walk With One" in the first place.

We're so excited for you to be diving in. We recommend you go through each reflection slowly and prayerfully, one day at a time. If you need more than a day to reflect, please spend more time with it.

## MATTHEW 28:16-20

*“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.’”*



## *Why* are we called to Walk With One?

Our call to evangelization comes from Jesus himself. Before his ascension into heaven, he gave a very clear command to go and make disciples of all nations. He gave this command to everyone – even those who doubted him.

Jesus wants everyone to know him, so we should want everyone to know him! And when we work to make this happen, Jesus always shows up. Even if we're skeptical or afraid, Jesus can use us to make disciples.

We also have a familial responsibility to help build God's family. In our baptisms, we were brought into God's family and given a familial responsibility to build up the Kingdom of God. Just as we aspire to make our earthly families as healthy and strong as possible, we should aspire to make this family as healthy and strong as possible.

We need to recognize that evangelization isn't just a "nice thing" to do. It's a part of our Christian identity! We cannot claim Christ as our Savior and then avoid bringing Christ's saving message out into the world.

## ACTION STEP

As you officially begin your Walk With One journey, we invite you to reflect on any similar experiences of spiritually accompanying someone and on how you're feeling coming into this journey. Spend some time in prayer, inviting the Holy Spirit to accompany you as you fill out the reflection below.

Have you ever helped someone grow in their faith before (i.e., teaching your kids, answering questions from someone curious, inviting a friend to Mass, etc.)?

**Y or N** (if N, skip to #5)

What was the name of that person (those persons)?

What were some challenges during that experience?

What are some moments of grace that you can identify from that experience?

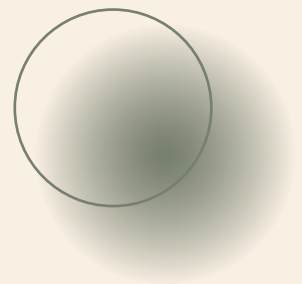
As you set out to Walk With One, what are your feelings? Are you excited? Anxious? A combo of the two? Or something completely different?

What are some potential concerns you have?

What are some things you're looking forward to?

## MATTHEW 9:36

*“At the sight of the crowds, his heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd.”*





Imagine, for a moment, that the sun no longer shines on the earth.

Darkness covers the land. Some people walk around in the pitch black, scrambling for materials to survive. Some cower in fear, too afraid to move. Others cry out in fear, pleading for help. Still others don't know any better. They were born into a sunless world, so a sunless world is all they know. Consequently, they busy themselves with tasks and activities – whatever will get them through the day.

You, however, have thankfully been given a flashlight that will never lose its charge. As you look at this great gift in your hands, you listen to the masses of people either frantically searching for their bare necessities or crying out in fear.

What would you do?

Would you run to people and lend your flashlight?

Would you keep the light to yourself?

Would you try to convince people that there's a world unseen to them? The world is aching for the life-saving message of the Gospel. So many people are frantically searching for the truth, crying out for it, and not even knowing there's more to this world than meets the eye.

In today's age of digital distractions and frantically paced lifestyles, people all around us are sinking into despair. They're busying themselves with whatever will get them through the day. *Our world is as desperate for the saving message of Jesus Christ as it has ever been.*

And we have the Good News! We have the flashlight that can restore hope!

So what are we going to do?

Are we going to take it to others and help them see?

Are we going to cast light on the heavenly realities surrounding us?

Pope Francis once said, **"We cannot keep ourselves shut up in parishes, in our communities when so many people are waiting for the Gospel!"**

We have life-saving news, *eternal life-saving* news, and we can't keep it to ourselves. Faith is not a private matter. It must be shared. People's lives are on the line!

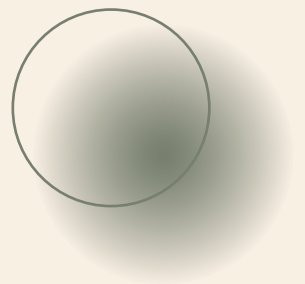
As the old proverbial saying goes, "Those who are saved go and save." Those who can see go and help others see.

## ACTION STEP:

Invite the Holy Spirit and thank him for the grace of knowing Jesus. Ask the Holy Spirit to guide you as you embark upon this Walk With One journey and to cast light on the person you should accompany.

# MATTHEW 10:39

*“Whoever finds his life will lose it, and whoever loses his life for my sake will find it.”*



It's a great responsibility as well as a great honor to evangelize.

When we help Jesus bring others into his Church, we step into the fullness of our discipleship with him. We actually become more alive!

We become more awake.

More authentically ourselves.

Throughout the Gospels, Jesus promised that making a gift of our lives leads to abundant life. When we evangelize, we step more deeply into this abundance.

*Jesus' words are either true or nothing else really matters in Scripture.*

We either really do live a more abundant life by doing as Jesus did and laying our lives down, or Jesus can't be taken at his word. And if Jesus can't be taken at his word, well, then he's not who he claimed to be.

But Jesus is Lord, and his words are truth!

Saint John Paul II once famously taught, **“Man cannot fully find himself except through a sincere gift of himself.”** Evangelization is ultimately a gift of ourselves – of our time, knowledge, and resources. As a result, evangelization is a great means by which we can find ourselves. Because Jesus really is who he said he was, and his word is 100% true, we can be 100% confident that evangelization is not only good for the Kingdom of God, but it’s good for us who practice it.

Jesus entrusts us with the mission to make disciples of all nations, but more accurately, he gifts us the opportunity to do so. He trusts us in partnering with him to save souls, knowing that our doing so leads to a more abundant life.

## ACTION STEP:

Invite the Holy Spirit to visit your mind and fill your heart. Reflect on when someone else shared their faith or spiritually invested in you.

Who poured their time and wisdom into you?

Who helped you know Jesus?

What did he or she do/say that was particularly effective for you?

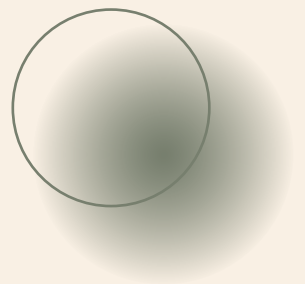
Reflect on that person and pray for him/her. If possible, reach out and thank him/her.

If it helps, use the timeline below and map out this person's journey with you with specific dates and events. Take note of the various moments that helped you along your journey. The person you're walking with will likely need similar moments!

If no one comes to mind, still use the timeline below to map out significant dates and events that led you in your faith journey to where you are today. Reflect on what made those moments so memorable and impactful.

## MATTHEW 4:18-19

*“As he was walking by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, ‘Come after me, and I will make you fishers of men.’”*





Our Lord wants to work through you in order to bring someone to Him. You're part of his Plan A for encountering this person.

As C.S. Lewis once wrote, **"You have never met a mere mortal."** Everyone you have ever met, in every state of life, under every set of circumstances, has an eternal destination. And out of everyone you have ever met, there is a particular person whom God wants you to walk alongside. Through you and your time, God can bring this person to their proper eternal destination (complete union with him and one another in heaven).

But who could that person be?

How do you discern whom to walk with?

Is it a family member? A friend? An acquaintance?

Just as Jesus sought out each of his disciples, we need to seek out whom the Lord is inviting us to walk with. We need to spend time in prayer, actively asking the Holy Spirit to guide the process.

Our Walk With One effort must come from prayer, be consistently nourished by prayer, and eventually lead someone else to prayer.

When Jesus discovered whom to call to be his disciples, he didn't put off his decision. He moved with trust and a sense of urgency.

As with all things, our Walk With One effort requires patience, prayer, and surrender. At the same time, they will require a sense of urgency, conviction, and resiliency on our part. We need to hold these things in tension as we spiritually accompany someone.

## ACTION STEP

Today, the goal is to take this process to prayer, think about all the different people you encounter daily, and discern who specifically to walk with.

Invite the Holy Spirit and simply write a list of people below who are close to you. This list can include:

- Family members
- Friends
- Friends of friends
- Roommates
- Coworkers
- Neighbors
- Fellow parishioners
- Your barista whom you see every morning
- etc.

Pray for each person as you think about them, and pay attention to any movements in your heart as you do this.

If no one clearly stands out to you, remain in this space with the Lord. Ask the Holy Spirit to highlight the person he wants you to walk with.

Slowly go through the names of the people you wrote down once again. It could help to rewrite their names and say a Hail Mary for each person as you write them. Repeat this multiple times if need be.

Once again, pay attention to any movements in your heart as you do this. Specifically, pay attention to:

- A sense of peace or “heaviness” as you think about a particular person
- A specific face that won’t leave your mind (particularly throughout the rest of your day)
- Any images that appear in your imagination when you pray for someone

Dialogue with God below. Talk to him about any movements you experience, questions, or fears about walking with someone.

Please note: It’s more than okay if you can’t hear God at this moment. If your head is spinning, fear not. Sleep on it and come back to this particular step tomorrow. Continue asking the Holy Spirit to guide your thoughts and to highlight the person he wants you to walk with.

When you have a good idea of whom the Lord could invite you to walk with, move on to the next step within this section.

## MATTHEW 25:14-20

*“It will be as when a man who was going on a journey called in his servants and entrusted his possessions to them. To one, he gave five talents; to another, two; to a third, one—to each according to his ability. Then he went away. Immediately the one who received five talents went and traded with them, and made another five. Likewise, the one who received two made another two. But the man who received one went off and dug a hole in the ground and buried his master’s money. After a long time, the master of those servants came back and settled accounts with them. The one who had received five talents came forward, bringing the additional five. He said, ‘Master, you gave me five talents. See, I have made five more.’*

## MATTHEW 25:21-25

*His master said to him, 'Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master's joy.' [Then] the one who had received two talents also came forward and said, 'Master, you gave me two talents. See, I have made two more.' His master said to him, 'Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master's joy.' Then the one who had received the one talent came forward and said, 'Master, I knew you were a demanding person, harvesting where you did not plant and gathering where you did not scatter; so out of fear I went off and buried your talent in the ground. Here it is back.'*

## MATTHEW 25:26-30

*His master said to him in reply, 'You wicked, lazy servant! So you knew that I harvest where I did not plant and gather where I did not scatter? Should you not then have put my money in the bank so that I could have got it back with interest on my return? Now then! Take the talent from him and give it to the one with ten. For to everyone who has, more will be given and he will grow rich; but from the one who has not, even what he has will be taken away. And throw this useless servant into the darkness outside, where there will be wailing and grinding of teeth.'"*

In this story from the Gospel of Matthew, notice how two of the servants invest their talents while one buries his. Those two servants ultimately receive a return, while the servant who buried his talent eventually has his talent taken away. In this story, there isn't a servant who invests and loses on the investment. In fact, both servants who invest receive the equivalent of their investment.

This is true of our evangelization efforts. As long as we invest our effort, we cannot lose. We will get as much out of Walk With One as we put into it.

*Our Lord trusts you with your investment.*

By now, you should have prayed about and had a strong idea of who the Lord was asking you to walk with.

Today, we will move to confirm our discernment of who to walk with.

A big part of discernment is action. This is sometimes the most challenging part because we don't want to "get it wrong." We often choose not to do anything out of fear of messing things up. Like the servant who was given a talent and buried it, we can bury our time in the hopes of not wasting it.

If you can relate to this struggle, please hear this: *The biggest way you can mess up Walk With One is by not trying to walk with someone.*

If something is God's will and we remain attentive, a sense of peace will generally accompany a decision. If it's not God's will and we're remaining attentive, a sense of restlessness will generally accompany the decision.

If you choose someone to walk with and you receive neither a sense of peace nor restlessness, rest assured: The Lord will work with your choice. He can also craft a "wrong" choice into something beautiful. The payoff will be beautiful if we invest and continue relying on the Lord.

### ACTION STEP

Invite the Holy Spirit and, once more, ask him to highlight whom he's inviting you to walk with.

Following your discernment, write the name of the person you'll walk with here: \_\_\_\_\_

Consider the act of writing out this person's name an act of decision. Moving forward, this will be the person you're spiritually accompanying.

Dialogue with God below about your discernment, and discuss this discernment with your spiritual director if you have one.



- We evangelize for multiple reasons:
  - Jesus commanded us to do so; to be a follower of Jesus is to invite more people to follow Jesus
  - The world is aching for the Gospel
  - We live more abundantly by doing so
- Our Lord wants to work through you to bring someone to him
  - That person is already in your close proximity
  - That person has an immortal soul with an eternal destination
- God moves when we move
  - Identifying someone to walk with will bear fruit by the very nature of movement with faith
  - We can only mess up by not diving in!
- At this point, you should:
  - Have convictions in the need to evangelize
  - Be ready to Walk With (some)One specific
- If you don't have convictions in the need to evangelize, or if you want stronger convictions:
  - Check out Living as Missionary Disciples
  - Check out *Evangelii Nuntiandi*
  - Check out *Evangelii Gaudium*
  - Check out nos. 905 and 929 in the Catechism of the Catholic Church
- If you're not ready to walk with someone specific
  - Repeat this section



# Intercede

SESSION TWO

In this second section, we'll discuss various methods of intercessory prayer to help you **intercede** for the person you've identified.

We need to recognize that evangelization is not primarily the result of our work but the result of God's work with us. We are merely instruments for him to move through. Prayer, therefore, is the most crucial part of our spiritual accompaniment.

St. Thérèse of Lisieux put it succinctly when she wrote her autobiography, *Story of a Soul*, **"My strength lies in prayer and sacrifice; they are invincible weapons, and touch hearts more surely than words can do, as I have learned by experience."**

Or as Pope Francis wrote in *Evangelii Nuntiandi*:

**"Evangelization is more than just simple doctrinal and moral transmission. It is, first and foremost, witness — one cannot evangelize without witness — witness of the personal encounter with Jesus Christ, the Incarnate Word in which salvation is fulfilled."**

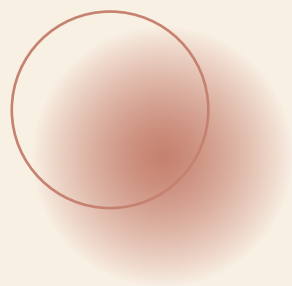
You can't build a beautiful house without laying a strong foundation. Likewise, we can't build a successful Walk With One mission without laying a strong foundation of prayer and sacrifice. Once more, our "Walk With One" needs to come from and be nourished by our time in prayer. We must be authentic witnesses, encountering Jesus regularly in the Mass, Eucharistic adoration,

and prayer, and then allowing those encounters to make us more like him.

We recommend you go through this section slowly, taking each reflection one day at a time. This is not an exhaustive list of ways to intercede for the person you're walking with, nor should your time interceding for the person you're spiritually accompanying be limited to the following six days. Upon completing this section, you should incorporate these methods of intercessory prayer throughout your Walk With One experience.

# JOHN 17:19

*“And I consecrate myself for them, so that they also may be consecrated in truth.”*





Today, we're going to focus on our personal prayer life.

This may feel like a step backward. *Aren't we supposed to be spiritually accompanying someone? Aren't we supposed to be praying for someone else?*

As we walk with another person, hoping to lead them to greater intimacy with Jesus, we must fortify our own walks with Jesus. Nothing will happen in our Walk With One without this.

Therefore, nurturing our relationship with Christ is one of the best things we can do for the person we're walking with.

Only when we've experienced God will we be able to love others effectively. As Pope Benedict XVI wrote in his first encyclical, *Deus Caritas Est*, “Consequently, more than anything, [those who live out the Church's mission] must be persons moved by Christ's love, persons whose hearts Christ has conquered with his love, awakening within them a love of neighbor.”

Do you know how loved you are?

In order to effectively evangelize, we must anchor ourselves in God's love for us.

And prayer is where we do just that. Prayer is where we encounter

God's love, or in the words of St. John Vianney, **"Prayer is the inner bath of love into which the soul plunges itself."**

What can you do to further solidify your prayer life?

They say, "You can only give what you have first received," or as St. Bernard of Clairvaux once said, "The wise man, therefore, will see his life as more like a reservoir than a canal."

Our Walk With One should result from an overflow of our love for the Lord—like a reservoir—and not merely be something we have to do. If we pour out without filling up, we will inevitably run out like a canal.

CCC 2558 summarizes our relationship with Jesus as our prayer. *Your prayer is your relationship with Jesus.* As we aim to bring someone else into a relationship with Jesus, we strive to get that person into a vibrant prayer life. Therefore, we need to have a vibrant prayer life ourselves.



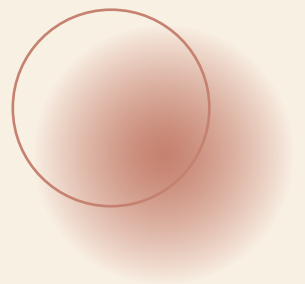
## ACTION STEP

Spend time in silence today — just you and the Lord. Commit to a daily prayer routine.

We recommend you physically take out your schedule and block a window of time each day that's entirely dedicated to prayer. Romano Guardini wrote in his book, *The Art of Praying*, “...preparation is necessary, and it is generally true to say that the prayer will be as good as the preparation for it.”

# JOHN 17:15

*“I do not ask that you take them out of the world  
but that you keep them from the evil one.”*



We don't have the power to change the heart of someone we walk with. It's good for us to understand this early on in our spiritual accompaniment: Only the Lord can change a heart.

That being said, we *can* pray and beg the Lord to do this – and we need to beg the Lord to do this. This type of prayer is called intercession. According to CCC 2635, “**In intercession, he who prays looks ‘not only to his own interests but also to the interests of others...’**”

When we intercede for the person we're walking with, God hears our prayers and changes our hearts!

When we intercede, we're doing something else: slowly and incrementally aligning our hearts with God's will. We're gradually allowing God to use us more efficiently and effectively. And we're ultimately coming to terms with how God wants our Walk With One to turn out!

We don't have the power to change someone else's heart, but our intercession is invaluable in our spiritual accompaniment.

Henceforth, commit to specifically praying for the person you're walking with **by name** every day.

## ACTION STEP

Today, we invite you to craft a small prayer for the person you're walking with. It can be just one to three sentences long. Write it down below and commit to praying it every day.

If it helps, you can pray the National Eucharistic Revival Prayer specifically for the person you're walking with. Just insert the person's name into the blanks provided.

Lord Jesus Christ, you give us your flesh and blood for the life of the world, and you desire that all people come to the Supper of the Sacrifice of the Lamb. Renew in your Church the truth, beauty, and goodness contained in the Most Blessed Eucharist.

Jesus living in the Eucharist, come and live in \_\_\_\_\_.

Jesus healing in the Eucharist, come and heal \_\_\_\_\_.

Jesus sacrificing yourself in the Eucharist, come and suffer in \_\_\_\_\_.

Jesus rising in the Eucharist, come and rise to new life in \_\_\_\_\_.

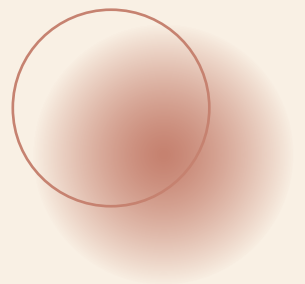
Jesus loving in the Eucharist, come and love in \_\_\_\_\_.

Lord Jesus Christ, through the paschal mystery of your death and resurrection made present in every Holy Mass, pour out your healing love on your Church and on our world. Grant that as we lift you up during this time of Eucharistic Revival, your Holy Spirit may draw \_\_\_\_\_ to join us at this Banquet of Life. You live and reign with the Father and the Holy Spirit, God forever and ever. Amen.

Our Lady of Guadalupe, Mother of the Eucharist, Pray for us.

## JOHN 17:22-23

*“And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me.”*



Specificity is always good – in prayer, work, relationships, and everything we do and are a part of.

Today, pray with specificity as you pray for the person you're walking with. This means to pray with the end goal in mind.

Which begs the question: *What are we walking toward when we walk with someone? What are we aiming to accomplish with our evangelization efforts? What is the end goal of all of this?*

Since its inception, the National Eucharistic Revival has sought to bring the United States into a living relationship with Jesus in the Eucharist. That is our aim as well when we walk with someone.

And why is that? Because Jesus in the Eucharist offers us life and life to the full.

The *Directory for Catechesis*, no. 30, teaches us that **“Evangelization has as its ultimate aim the fulfillment of human life.”**

With this in mind, it's not enough for the person we're walking with to believe in the Gospel – though that should absolutely be a goal!

It's not enough for the person we're walking with to live virtuously – though that should absolutely be a goal!

It's not enough for the person we're walking with to become Catholic – though that should absolutely be a goal!

*We want the person we're walking with to know, love, and serve Jesus in the Eucharist and to be happy with him forever in the life to come. We want him or her to be received by Jesus. Here from Pope St. John Paul II in his encyclical, Ecclesia de Eucharistia:*

**“Incorporation into Christ, which is brought about by Baptism, is constantly renewed and consolidated by sharing in the Eucharistic Sacrifice, especially by that full sharing which takes place in sacramental communion.”**

In a nutshell, our spiritual accompaniment should lead someone into a deep, life-altering friendship with Jesus!

We must want more for the person we're walking with than mere belief in the Real Presence of Jesus in the Eucharist – though that's necessary!

We must want more for him or her than weekly attendance at Mass – though that's necessary!

We must want more for him or her than a consistent prayer life – though that's necessary!



These are all great benchmarks to aim for as we spiritually accompany someone. *Still, our chief aim is for the person we're walking with to find the source and summit of their life in the Eucharist.*

If we can help someone do this, everything else will bear greater fruit. That person will pray and attend Mass out of love rather than obligation. His or her discipleship as a Catholic will be grounded in humility rather than personal accomplishment. He or she will also desire to go forth and evangelize.

As you yourself can testify, once someone has discovered the source of their life in the Eucharist, he or she recognizes that this needs to be shared with others. So, in a succinct but very real way, *the goal of Walk With One is to build someone else up to the point that he or she also Walks With One.*

In *Deus Caritas Est*, Pope Benedict XVI wrote, “‘Worship’ itself, Eucharistic communion, includes the reality both of being loved and of loving others in turn. A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented.”

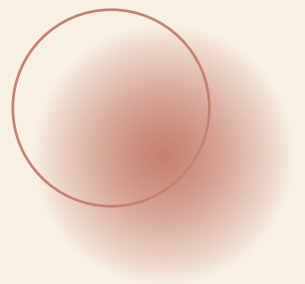
True Eucharistic friendship should beget more Eucharistic friendship.

## ACTION STEP

Anytime you embark on a journey, knowing where you're headed is essential. We invite you to reflect on the question: "What is the end goal of my Walk With One effort?" Journal about your hopes. Cast vision and ask the Holy Spirit to do whatever he wills.

## REVELATION 8:4

*“The smoke of the incense along with the prayers of the holy ones went up before God from the hand of the angel.”*



As we aim to bring someone into friendship with Christ through full communion with the Church, we're inevitably trying to bring him or her into the full communion of saints.

St. Paul wrote to the Hebrews that we are “**surrounded by so great a cloud of witnesses.**” These heroes of the faith are cheering us on from heaven as we spiritually accompany someone here on earth—and they're also cheering on the person you're accompanying!

Therefore, let's ask for their intercession and flood heaven with as many prayers as possible for our evangelization efforts. Remember: *Prayer is the most crucial part of our spiritual accompaniment.*

And the intercessory prayer of the saints is powerful.

No one's prayers (aside from Christ's) are more effective than Mother Mary's. Her intercession is powerful. In fact, her intercession was the impetus for launching Jesus' public ministry (at the Wedding at Cana).

Mother Mary was also the first person to bring Jesus to others (doing so when she was pregnant with Jesus and visited her cousin, Elizabeth, who was pregnant with John the Baptist). She knows what Walking With One takes. Therefore, she's a great resource as we aim to bring Jesus to others.

Just as we remember to include the saints in our efforts, let's include Mother Mary. Her intercession will help us become more receptive to the Holy Spirit and what he wants us to do throughout this process.

## ACTION STEP

Today, we encourage you to do two powerful things:

1. Choose one specific saint whose intercession you will seek daily for the person you're walking with.
2. Pray a Rosary today and ask Mother Mary to intercede for your Walk With One effort.

Spend some time in prayer thinking about which saint you want to intercede for your friend.

The person you're walking with may have mentioned a fondness for a particular saint before.

Maybe you know his or her confirmation saint.

A saint may have something in common with the friend you're walking with. They may share the same name. Perhaps your friend is interested in singing (St. Cecilia) or sports (St. Sebastian).

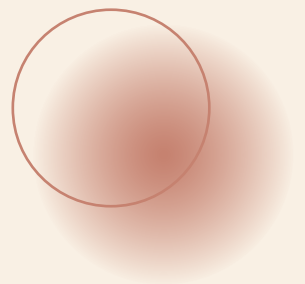
Or you may feel drawn to ask for a particular saint's intercession for no apparent reason!

There's no wrong saint to entreat here as long as it's intentional.

\_\_\_\_\_, please pray for \_\_\_\_\_ and intercede on my behalf so that I might be receptive to the Holy Spirit and so that my efforts will bear fruit.

## ACTS 13:2-3

*“While they were worshiping the Lord and fasting, the holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ Then, completing their fasting and prayer, they laid hands on them and sent them off.”*



Our Lord has a beautiful plan for your Walk With One efforts, for both you and the person you're walking with.

We should incorporate fasting into our spiritual lives to better align our hearts with God's will for all that we do.

Fasting helps us to recognize the superiority of spiritual matters to physical matters. In other words, it strengthens our convictions in the need to evangelize.

Fasting helps us to exercise self-discipline over our minds and bodies. This leads to detachment from the results we hope for and expect while spiritually accompanying someone.

Fasting helps us rely more on God's work in our lives. Because evangelization is ultimately the work of the Holy Spirit, fasting allows us to rely more on the Spirit's work than our own individual efforts.

Finally, fasting helps our prayer be more intentional, selfless, and consistent. It frees our hearts to love God and those around us more fully.

Saying a Rosary for someone is one thing, but sacrificing for them through fasting is another. Giving up a particular food or leisure, such as social media, television, warm showers, etc., is difficult. However, it's one of the most effective ways to intercede for the person we walk with.



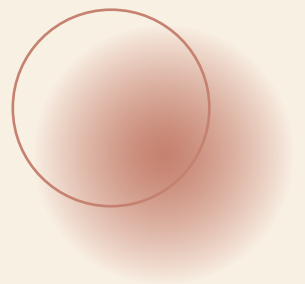
## ACTION STEP

Spend some time thinking about a practical thing you can fast from for the person you're walking with. Here are a few tips for making a good fast:

- Bring this question to your spiritual director if you have one.
- Choose something that is both doable and challenging.
- Choose the duration you will abstain from that thing (i.e., one day, one week, one month, etc.).
- Keep praying during the fast! Fasting without prayer is just discipline. Fasting with prayer is spiritual enrichment.
- If you're married, let your spouse know what you're fasting from to keep them in the loop.
- Avoid advertising your fast to others.

# COLOSSIANS 1:24

*“Now I rejoice in my sufferings for your sake,  
and in my flesh I am filling up what is lacking  
in the afflictions of Christ on behalf of his body,  
which is the church...”*



Upon reading this verse, one might think St. Paul is an ego-maniac.

What could possibly be lacking in Christ's sacrifice?

And how could he possibly "fill up what is lacking?"

Here from Saint John Paul II in *Salvifici Doloris*:

"The sufferings of Christ created the good of the world's redemption. This good in itself is inexhaustible and infinite. No man can add anything to it. But at the same time, in the mystery of the Church as his Body, Christ has in a sense opened his own redemptive suffering to all human suffering. In so far as man becomes a sharer in Christ's sufferings—in any part of the world and at any time in history—to that extent he in his own way completes the suffering through which Christ accomplished the Redemption of the world."

Translation: It's not that Christ's redemptive work is incomplete or imperfect, but that he has opened up his redemptive suffering so we can participate in it! We can become sharers in the redemptive suffering of Christ!

Like St. Paul, we're invited into each area of Christ's life. Just as we're invited to participate in building up the Kingdom of God by evangelizing and walking with one another, we're invited into Christ's passion by uniting our pains/sorrows/blessings/etc. to his one, holy, perfect sacrifice.

And we do this most especially at Mass.

There, we have the chance to bring all our experiences and “offer them up” on the altar, uniting our suffering with Christ’s suffering for our specific prayer intentions. In doing this, we participate in Christ’s passion and the world’s redemption.

This is what makes a mission Eucharistic. This is what makes a mission bear supernatural fruit that we can’t even see.

So, as you Walk With One, be like St. Paul. Offer up your frustrations/sacrifices/joys/concerns, and unite them to Christ’s Eucharistic Sacrifice for the spiritual benefit of the person you’re walking with. If we can do this, we can intercede on behalf of the person we’re walking with in the most beautiful way!

Moreover, if we can do this, our efforts will help build the Kingdom in more ways than we can imagine.

## ACTION STEP

Spend some time thinking about what sacrifices you can offer to Our Lord the next time you go to Mass. If it helps, you can use the formula below to help you.

Lord, I offer up \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, and I unite them to your holy, perfect sacrifice for the graces of \_\_\_\_\_, \_\_\_\_\_, and the ongoing conversion of \_\_\_\_\_.

- Our primary work in evangelization is fostering our own relationship with God so that we can overflow with his love and witness to the person we're walking with.
  - The chief way we can do this is through prayer.
- While only God can change a person's heart, God does work through us. Intercession involves aligning ourselves with God's holy will and allowing him to change our hearts.
- We need to know our end goal as we Walk With One so that we can pray with specificity.
  - Our goal is to have the person we're walking with find the source and summit of his or her life in the Eucharist.
  - When someone genuinely befriended Christ, that person will inevitably desire others to befriend Christ as well. Therefore, a potential fruit of Walk With One will be helping the person we're walking with reach a point where he or she also Walks With One.
- The communion of saints is rooting us on! Their intercession is powerful in helping us achieve our end goal. Lean on them. Mother Mary is also rooting for us! Lean on her intercession heavily as you Walk With One.

- A powerful way to pray for the person we're spiritually accompanying is by fasting.
  - It helps remove the obstacles in our heart that can prevent us from more effectively evangelizing.
- In order for our Walk With One to be truly Eucharistic, we need to unite our sorrows/fears/frustrations/joys/excitement/etc. to Christ's sacrifice at Mass for the spiritual benefit of the person we're walking with.





# Connect + Invite

SESSION THREE

In this final section, we've created a series of "invitation moments," combining the two distinct Walk With One steps of **connect** and **invite** because of their complementarity. As friendships and connections deepen, appropriate invitations accompany that progress. If those invitations are accepted, our ability to connect only grows.

There are seven of these invitation moments in total. Whether the person you're walking with is brand new to your life or a friend of decades, we recommend spending time in each of these invitation moments.

In the hopes of helping your spiritual accompaniment go fluidly (and enjoyably), this section offers you various "fruits" to look for as you progress in your friendship. Consider these "fruits" as benchmarks to reach before advancing to the next step. Put another way, these "fruits" are greenlights or open doors for you to invite your friend into specific actions.

While the first section of this Companion Guide (Identify) could be completed in a few days, and the second section (Intercede) offers practical things to remember throughout this process, this third section will require time. *We've officially entered the realm of artistry when it comes to evangelization.*

Every person and every friendship is unique. Therefore, this section could take someone a few weeks to complete, while it could take someone else a few years. Unfortunately, there's no universal timeline when spiritually accompanying someone. It's best to do away with any timeline in our minds.

For example, we may be walking with someone who fell away from the Church during COVID and think it will be a quick process. In reality, it could very well take months or years. Similarly, someone who is currently an atheist may have a conversion in a matter of months or even weeks. We may be walking with someone who was a former missionary themselves, and we may assume our Walk With One will be a walk in the park. We do well to listen to Pope St. Paul VI:

“[The Church] is the People of God immersed in the world, and often tempted by idols, and she always needs to hear the proclamation of the ‘mighty works of God’ which converted her to the Lord; she always needs to be called together afresh by Him and reunited. In brief, this means that she has a constant need of being evangelized, if she wishes to retain freshness, vigor and strength in order to proclaim the Gospel” (*Evangelii Nuntiandi*, 15).

Everyone, no matter their background, needs to be constantly evangelized. Therefore, we must remain intentional throughout the process; these invitation moments help ensure that.

As you go about this process, there will likely be an ebb and flow. Keep in mind there's no correct order to these invitation moments—this is merely our recommendation based on our collective decades of experience in evangelization. You'll likely find your own order as you put these into action, which is good. Be open to this as an organic process!

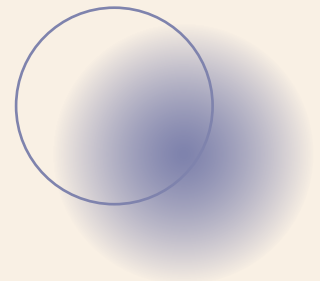
Pope St. Paul VI also once reminded us, “Techniques of evangelization are good, but even the most advanced ones could not replace the gentle action of the Spirit. The most perfect preparation of the evangelizer has no effect without the Holy Spirit” (*Evangelii Nuntiandi*, 75).

One final note: As much as we would like evangelization to be a linear progression from one phase to the next, it's often cyclical. People will take two steps forward and one step back, and then one step forward and two steps back. It's all part of the process. You may have to return to an invitation moment that you've already spent time in, and you may have to do this repeatedly. God will move with force as long as we continue moving with faith.

# Connection 01

# 1 CORINTHIANS 13:1-3

*“If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing. If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.”*



In the perfect scenario, spiritual accompaniment would be a swift and steady journey into a deep, Eucharistic friendship. However, few things in life are ever perfect.

When accompanying others, there's one thing we can be certain of: We will encounter obstacles.

As you begin spiritually walking with someone, it should be clear that Eucharistic friendship is hard work. It takes patience, dedication, sacrifice, and—of course—prayer. More than anything else, though, it necessitates **love**.

St. Paul tells us that even if we speak in tongues, have the gift of prophecy, and give away everything we own but fail to love, we gain nothing. This is a strong reminder that knowing every apologetic argument or memorizing numerous scripture verses won't guarantee success in converting people to Jesus.

Jesus converts people to Jesus—ultimately, an encounter with Jesus leads someone to be a disciple. Eucharistic friendship should bring people to encounter moments with Jesus.

While it's good to know our theology and to be able to point people to the truth, it's the way we love and treat people that will ultimately lead them to these encounter moments.

As Pope Benedict XVI once said, “...the Church fulfills her mission to the extent that, in union with Christ, she accomplishes every one of her works in spiritual and practical imitation of the love of her Lord.”

The person you’re walking might be flaky in making plans. He or she might be reluctant to embrace certain Church teachings. He or she might not seem grateful for your intentionality. You’re called to love anyway.

The person you’re walking with might seem disinterested in anything related to Jesus. He or she might have strong opinions that run contrary to your beliefs. He or she might even laugh at your beliefs. You’re called to love anyway.

The first encounter people will have with Jesus might be through you, in how you treat them. We represent Jesus, so if we’re argumentative or impatient, people might associate impatience with Jesus.

It would be wise to expect hardships and setbacks during Walk With One. Frustration and discouragement aren’t strangers to spiritual accompaniment. The key for us is to love others through the ups and downs. After all, isn’t that what Jesus does with us?



And we do this best by uniting our hardships and setbacks to the Eucharistic Sacrifice of Christ's Body and Blood. This is how St. Paul was able to continue enduring arrests, beatings, insults, etc., for the people he evangelized. Without his active participation in the Eucharistic Sacrifice, he would have easily given up on those he ministered to. This is what gave him the strength to continue loving.

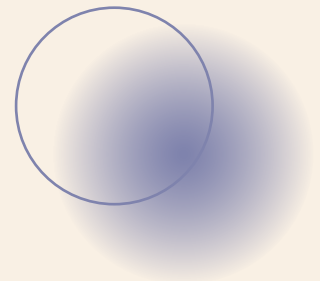
St. Paul exemplifies what a true Eucharistic friend looks like. May we brace ourselves to be like him as we embark upon this journey.

**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**

# Invitation Moment 01

## JOHN 3:22

*“After this, Jesus and his disciples went into the region of Judea, where he spent some time with them baptizing.”*



Jesus spent three years with his twelve apostles. Let's just let that sink in real quick.

Three years.

That's a long time! He played the slow game with them, inviting them into friendship, winning their trust, and slowly revealing more and more of his fullness to them along the way.

We only hear about the highlights of their time together in the Gospels, but he spent time with them. He ate with them, traveled with them, and prayed with them. It's more than reasonable to assume that he sometimes did nothing with them except simply be with them.

It sounds basic, but walking with someone is difficult if you never spend time together.

**A great first invitation to extend to the person you're walking with is to simply spend some time with him or her.** We encourage you to be deliberate about spending time with this person and really get to know him or her.

Grab a coffee or tea with him or her. Share a meal. Go to a baseball game. Run errands. Go for a walk in the park. Simply be with the person you're walking with.

When you're with that person, trust that the Lord is there, too. Ask the Holy Spirit to guide your conversation, and trust that time spent together is indeed progress. Just as spending time before Jesus in the Eucharist transforms us, simply spending time with the person we're walking with plants seeds for meaningful impact in the future.

Don't underestimate the power of presence.

This shouldn't be a one-time invitation. We want to touch base with the person we're walking with as often as is appropriate to the relationship. The classic trope "Out of touch, out of mind" has some merit. In order to build an authentic friendship, we need to invite the person we're walking with to spend time with us, and we need to *continue* inviting them to spend time with us.

### FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION

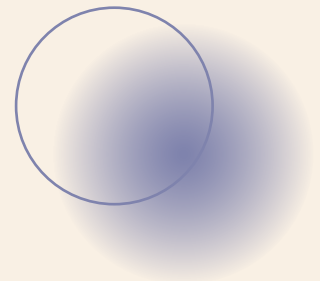
- The person you're spiritually accompanying appears open to connection and spending time with you.
- There is an amicable spirit shared between the two of you.



# Connection 02

# PROVERBS 18:24

*“There are friends who bring ruin, but there are true friends more loyal than a brother.”*





The best relationships are built upon trust and a mutual desire for the other person's good. Love, in short.

**“To love is to will the good of another”** (CCC 1766).

When walking with someone, it can be tempting to see that person as a means to an end or a challenge to be conquered. For our relationship and connection to be true, we must consider people as people, not projects.

When walking with another, we must accept that the other person may never become who we hope them to be. We can't force someone into a relationship with God, but we can be loyal and loving friends who give someone an experience of God.

One of the most important things to build in a friendship is trust. If someone can trust you, then that person will listen to you. And if he or she can listen to you, then your words will be met with openness. Therefore, the person we're walking with must reach a point where he or she can sense our loyalty.

This does not mean we must be loyal to our friend's beliefs, but loyal to him or her as a person with innate dignity. We have to maintain our individuality and our convictions.

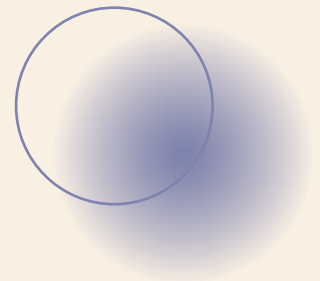
Some people are quicker to give their trust, while others require time. That's unique to each individual, so don't be discouraged by how long this invitation-moment takes. Stay the course, focus on authentic conversations, and continue living alongside this person.

**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**

# Invitation Moment 02

## SIRACH 6:5

*“Pleasant speech multiplies friends, and  
gracious lips, friendly greetings.”*



Once initial trust has been established in a relationship, one of the best things we can do is **invite the person we're walking with to share his or her story with you – as much or as little as he or she is willing.**

This should be done gently and naturally. We're not interviewing; we're simply inviting a deeper conversation to unfold.

It's important not to pry or ask aggressive questions but to follow where your friend takes the conversation. If, for example, you ask, "I'd love to hear more of your story. What was it like growing up where you came from?" and your friend begins diving into their love for the mountains, you can follow up by asking "What do you love about the mountains?"

Actively listen to your friend, read their body language, and ask questions when appropriate.

Hearing someone's story accomplishes a few things: 1) It continues to foster trust in your friendship. 2) It lets you know where your friend has been. 3) It lets you know where your friend currently *is*.

By receiving your friend's ups and downs with genuine curiosity and a charitable ear, we allow him or her to feel more comfortable around us. Also, by understanding his or her past, we receive a fuller picture of who our friend actually is. This context only helps us in our spiritual accompaniment.

Sometimes, people are a little more reserved and are only willing to share their story once we've shared our story first. In this case, share your story with joy. Just be mindful not to orient the conversation around yourself.

Now, maybe the person you're walking with is someone really close to you, and you already know his or her story. You may already have years of established trust and loyalty in your relationship with this person.

Even in this circumstance, it's always good to invite that person to reshare their story – even for the hundredth time. Our stories are powerful and build deeper connections with those we share them with, no matter how often we've shared them. Your renewed sense of curiosity will only fortify trust in your relationship.

Also, now that you're intentionally accompanying this person, the lens by which you view his or her story has been tweaked ever so slightly. You might catch something new as it's shared once again.

### FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION

- The person you're walking with is willing to spend time with you.
- He or she has a sense of trust in you.
- You experience a sense of ease in your conversations with this person.

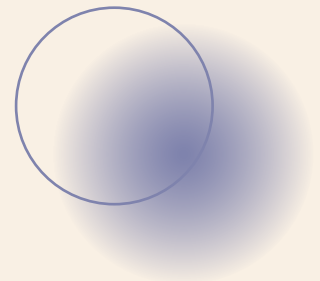


# Connection 03



## 2 TIMOTHY 2:15

*“Be eager to present yourself as acceptable to God, a workman who causes no disgrace, imparting the word of truth without deviation.”*



One of the frustrating realities of friendship is that someone can have trust in you but not be open to you at the same time. For many reasons, we often put up walls around our hearts as we allow people closer to them.

This is one of the many reasons why authentic Eucharistic friendship is complex, and to do it well is more of an art than a science.

*Openness is crucial for effective spiritual accompaniment.*

If someone is not open to the faith, our words might cause that person to stray even further from it. If someone is open to the faith, our words carry tremendous weight in bringing that person closer to Christ.

Venerable Fulton Sheen once put it beautifully, **“The same sun shines upon mud that shines upon wax. It hardens the mud but softens the wax. The difference is not in the sun, but in that upon which it shines.”**

Trust certainly helps someone open up, but our witness is the best impetus for openness. Put another way, how we live our lives has the greatest impact on whether or not someone will be open to hearing about the source of our lives.

*Your witness is your biggest tool when walking with someone.*

Pope St. Paul VI wrote in *Evangelii Nuntiandi* that “Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses.”

Does your life witness to the faith you claim?

Do you radiate joy? “The identification card of a Christian is joy,” Pope Francis reminded us.

Does your life prove transformation is possible? People want proof, not theory.

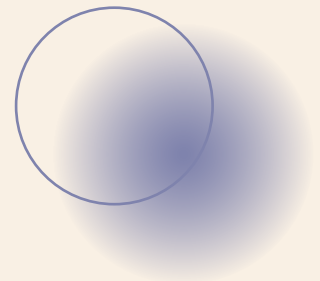
Do your days look any different because of your faith?

**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**

# Invitation Moment 03

## 2 CORINTHIANS 5:20

*“So we are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God.”*



Once a friendship has built trust and stories have been exchanged, a great next step is to **invite the person you're spiritually accompanying to share his or her beliefs.**

What brings your friend purpose?

What does he or she think of God?

Does Jesus mean anything to him or her?

Like listening to your friend's story, hearing your friend's beliefs allows you to understand where they're coming from. This also opens up the ability for a spiritual conversation to take place or, at the very least, to have a place in your friendship. This will be crucial moving forward.

Share your beliefs if you're invited to. Otherwise, simply listen to what your friend has to say and ask questions that enable him or her to share more.

Keep in mind: We're not trying to interrogate anyone. At the same time, it's really useful information to know the religious background of the person we're walking with. If he or she was once Catholic, for example, a different approach would be required of us than if they were a lifelong atheist, and still, a different approach would be necessary if they came from a Protestant background.

It is also important to avoid any potential comments that condone a false belief. It can be tempting to approve of someone's beliefs to avoid any potential awkwardness or discomfort, especially if that person shows any sort of passion and/or asks for your affirmation. Should this ever happen, statements like "I see things a bit differently, but I really appreciate you sharing that with me" plant seeds for fruitful conversations in the future.

Though they can be difficult to hear, faulty ideas of the Church or God do not threaten our faith. It's important to know that we don't need to defend the Church's teaching or attack another's belief system. However, if the opportunity arises, we should clarify what the Church teaches with charity. Disagreeing without being disagreeable is a tremendous seed to plant during this stage of your friendship.

Along those same lines, if you're asked a question to which you don't know the answer, it's more than acceptable to say, "That's a good question, and I don't know. But I'll look into it and let you know if you're still interested." If your friend is indeed interested, make sure to follow up! It's always better to say "I don't know" than to fumble through an answer you're unsure about.

Through your continued witness to the faith, the person you're walking with will eventually open themselves up to any point of disagreement.

## FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION:

- Conversations have become deeper and more personal, perhaps focusing on matters of belief or philosophy.
- The person you're walking with has expressed a curiosity about your beliefs or how you live.
- Trust is established, and you enjoy one another's company.
- The person you're walking with has shared his or her faith (or lack of faith) and expressed a hunger for more.
- The person you're walking with has expressed a discontent with the world and/or a desire for more.

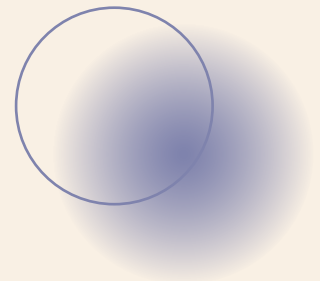




# Connection 04

# LUKE 6:31

*“Do to others as you would have them do to you.”*



Let us not forget the profundity of the Golden Rule: Do to others as you would have them do to you. We've likely heard this rule countless times, but this pithy statement holds a deep truth that can be easily missed.

When accompanying someone, it can be overwhelming to discern how to best assist them in their walk with the Lord. However, the key to accompaniment is often found in the simple daily actions or the considerate gestures we desire other people to extend to us.

*If we want something done for us, then it's a good thing to do for the person we're walking with.*

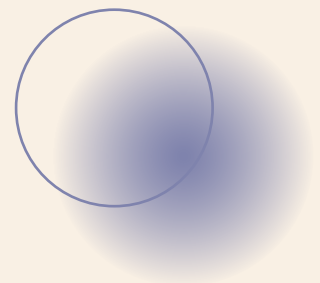
Don't overcomplicate the foundations of a relationship. Engaging in active listening, showing empathy, being available, offering guidance when sought, and providing constructive feedback when someone's willing and receptive are all behaviors that cultivate connection with others.

**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**

# Invitation Moment 04

## ROMANS 15:5-6

*“May the God of endurance and encouragement grant you to think in harmony with one another, in keeping with Christ Jesus, that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ.”*



After spending time and building a genuine friendship with the person you're spiritually accompanying, it's important to invite him or her to join you for occasions of prayer.

### **Invite the person you're walking with to pray with you.**

It's normal to feel nervous when doing something vulnerable and when there's a chance of rejection. However, love implores us to do what's best for others, even when it feels risky. Encouraging others to encounter Jesus can profoundly transform their lives, and the rewards of this invitation far exceed any possible rejection.

This invitation doesn't have to be extended through a grand gesture. It can be as simple as asking your friend to pray a Hail Mary with you when an ambulance zooms by.

You can also invite your friend to attend daily Mass, stop by the adoration chapel with you, or pray a Rosary with you on a long car drive. Any kind of prayer works! Simply allow that person to join you in what is already part of your daily routine.



Inviting the person you're walking with to join you in a moment of prayer is a milestone moment when accompanying someone. Even if your offer is declined, you'll likely gain insight into how open the person is to God. If enough trust has been established, a rejection to join you in prayer can eventually provide an opportunity to explore why the other person isn't interested.

### FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION

- The person you're walking with is open to hearing what you have to say about religion/faith.
- He or she also has an openness to ideas contrary to their own.
- You have seen a lightbulb "aha!" moment in your friend when you mention religion/faith.
- The person you're walking with has experienced a moment that merits a prayer response or bringing that person to Jesus (e.g., he or she is discerning a career change and is unsure of the right decision, he or she has a baby due soon, etc.).
- Together, you've shared at least one meaningful spiritual conversation.

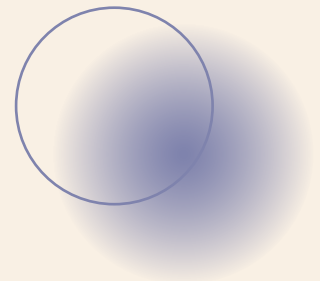




# Connection 05

# MATTHEW 16:26

*“What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life?”*



This was the question that St. Ignatius of Loyola asked Francis, the young man he was walking with.

It was buried in Francis's mind and ultimately helped lead to his conversion. Today, we know that young man as St. Francis Xavier, one of the patron saints of Catholic missions (along with St. Thérèse of Lisieux).

Ignatius spiritually accompanied Francis. He put up with Francis' antics and jokes and slowly won over his trust. As their friendship deepened, Ignatius eventually challenged Francis to pursue truth wholeheartedly. He didn't force the faith upon him, but he charitably shared the opportunity to love Christ more profoundly. Ignatius would have allowed Francis to continue mocking him should Francis have chosen to do so. He maintained proper boundaries and allowed Francis's decision to be made in freedom.

This is the natural progression of any Eucharistic friendship.

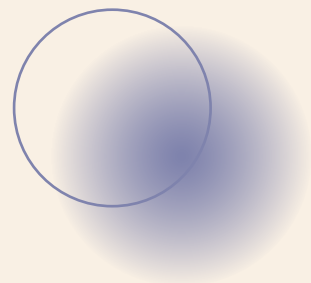
There eventually comes a point when we need to challenge our friends to aspire toward greatness. We cannot fully love another without doing the absolute best for him or her – a life surrendered to Christ. We also cannot fully love another without giving him or her the freedom to choose this for themselves – just as God does with us and just as St. Ignatius of Loyola did with Francis.

**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**

# Invitation Moment 05

# ROMANS 1:16

*“For I am not ashamed of the gospel. It is the power of God for the salvation of everyone who believes: for Jew first, and then Greek.”*



Curiosity and intrigue may lead people to learn about Jesus and the Catholic Church, especially if genuine Christian witnesses surround them. However, there comes a point when the Gospel demands a personal response.

**Invite the person you're walking with to make the Gospel the centerpiece of his or her life.**

A relationship with Jesus should inform and direct every aspect of our lives. Our faith is not meant to be a mere accessory or addition to our lives but the very thing that our lives are predicated upon. When accompanying someone, there will come a point when we must share this truth.

And you should only share this truth if you're confident the person you're walking with is familiar with the Gospel. To be sure, this invitation is twofold: You should **first invite the person you're walking with to hear the Gospel, and then second invite the person you're walking with to conversion.**

The *Directory for Catechesis*, no. 31, says evangelization “explicitly declares the Gospel through the *first proclamation*, issuing the call to *conversion*.”



There needs to be a moment in which you clearly discuss the depth of God's personal love with the person you're spiritually accompanying – how we were made for an intimate relationship with God, how we rebelled against him and sold ourselves into slavery, how Jesus' sacrifice on the cross has wiped away our transgressions, how he now offers us the ability to transform through the Church and sacraments he instituted, and how we can enter into an ever-deepening relationship with him today in the Eucharist.

This is the kerygma in a nutshell, the proclamation of Jesus Christ as the Savior of the world, and the kerygma always requires a response.

Here from *Evangelii Nuntiandi* and Pope St. Paul VI again: “...there is no true evangelization if the name, the teaching, the life, the promises, the kingdom and the mystery of Jesus of Nazareth, the Son of God, are not proclaimed.”

In short, there's no Walk With One without sharing the Gospel. And there's no Walk With One without the call to conversion.

Even if someone grew up in the Catholic faith, there's a chance they never heard the Gospel outright proclaimed. Everyone deserves the chance to clearly hear the saving message of Christ.

So once you've had this conversation and shared the life-saving news of Jesus, you should then invite the person you're walking with to conversion.



If he or she has been baptized Catholic before, this means inviting them to deeper, ongoing conversion. Practically speaking, this means inviting your friend back to Confession and to regular weekly attendance at Mass. You should remain in this particular invitation moment until they go to Confession and attend Mass each week.

Suppose the person you're walking with has been baptized in a non-Catholic tradition. In that case, this means inviting him or her into full communion with the Church. Practically speaking, this means inviting your friend to seriously consider joining the Order of Christian Initiation of Adults (OCIA). Should he or she accept this invitation, you should remain in this particular invitation-moment until they enter the Church, helping them prepare for their first confession, confirmation, and first Communion.

Suppose the person you're walking with has never been baptized. In that case, inviting him or her to conversion means inviting them to be baptized. Practically speaking, this also means inviting your friend to join OCIA. It is through baptism that we become disciples of Christ! Should he or she accept this invitation, you should remain in this invitation-moment until they enter the Church, helping them prepare for the sacraments of initiation (baptism, confirmation, and the Eucharist).

This is a really big step! This is admittedly the biggest leap between invitation moments.

We must keep in mind that the call to conversion is the call to an ongoing process, one in which your spiritual accompaniment will be greatly needed.

You should help your friend find a confession time that will work with their schedule. You should help him or her contact your parish's point of contact for OCIA. You might need to help answer questions (or find the answer) that arise as your friend continues exploring the faith. Be ready to walk with your friend in whatever way he or she needs during this period.

Your testimony can be a powerful tool when inviting someone to conversion. Affirming how Jesus has moved in your life through your Catholic faith can give the person you're walking with the confidence they need to trust him, too.

*It's worth noting that this invitation moment may take multiple invitations before someone is finally ready to commit to the Gospel and to a serious conversion.*

Our job is not to force anyone into the Church but to invite them into a life-changing relationship with Jesus. While this invitation can feel intimidating, we can rest assured that God will be with us and guide us in the moment. There's nothing more beautiful than sharing the Gospel and inviting someone to give their hearts to Jesus.

## FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION:

- The person you're walking with has expressed a desire to know about Jesus and the faith.
- He or she has shared a sense of admiration for Jesus.
- He or she has indicated a desire to turn away from sin.

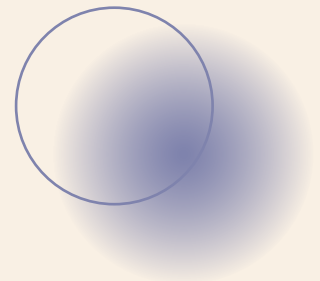




# Connection 06

# 1 TIMOTHY 3:15

*“But if I should be delayed, you should know how to behave in the household of God, which is the church of the living God, the pillar and foundation of truth.”*



Congratulations! Let's take a moment to appreciate how far you've walked with your friend.

Up to this point, you've:

- built a genuine friendship
- won your friend's trust
- fostered spiritual conversations
- invited that friend to hear the Gospel and to conversion

That's a tremendous journey thus far. Well done. Very well done!

It's good to look back on the successes of your journey thus far. At the same time, it's good to recognize that there's still work ahead. We can't let our foot off the gas pedal.

We need the gifts of the Catholic Church, specifically the sacraments, to truly live a life oriented around the Gospel.

CCC 1131 says, "The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us."

We have access to Christ's divine life. What greater gift could we enjoy? The fullness of our human experience flows from the Church's sacramental life. May we strive to live sacramentally in our lives, embracing these great gifts as often as possible, and may we bring the person we're walking with into this abundant way of life.

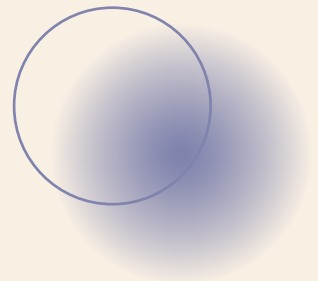
**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**



# Invitation Moment 06

## ACTS 2:42

*“They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.”*



As you continue your already-impressive journey with your friend, we want to encourage him or her to follow through on their commitment to ongoing conversion. This entails helping your friend live a life structured around the sacraments.

### **Invite the person you're walking with to live a sacramental life.**

Now that the person you're walking with has either returned to confession, made their first confession, or can finally receive confession, encourage them to build a rhythm of receiving the sacrament of reconciliation. Per CCC 1446, **"...the sacrament of Penance offers a new possibility to convert and to recover the grace of justification."** To experience ongoing conversion, we need the sacrament of Penance!

Also, encourage the person you're walking with to receive the Blessed Sacrament as often as is appropriate for their circumstances. "The Eucharistic Sacrifice is the source and summit of the Christian life." As such, we need to ensure that it is indeed the source and summit of our lives.

And finally, encourage your friend to spend time with Jesus in Eucharistic adoration. The Blessed Sacrament has everything we need to become the men and women we're called to be. As St. Augustine once said, **"It is our duty to adore the Blessed Sacrament. No one receives the Blessed Sacrament unless he adores it...and not only do we not sin by adoring, we do sin by not adoring."**

In short, invite your friend to *continue leaning in*.

Jesus didn't become one of us so we could be "good people." He came for our *abundance* and *transformation* and left us the sacraments as the ordinary means to receive his abundant transformational grace.

Our evangelization efforts cannot stop at helping someone believe in the Gospel; they must also help someone live out the Gospel.

### FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION

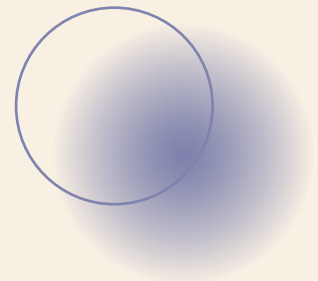
- The person you're walking with is actively learning about the faith on his or her own.
- He or she is willing to participate in a small group or class that teaches the faith.
- He or she attends Mass each week.
- He or she has a sense of excitement about the faith.
- He or she has already completed the Order of Christian Initiation of Adults or has decided to enroll.



# Connection 07

## MATTHEW 28:16-20

*“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.’”*



When Jesus called his apostles into discipleship, he told them they would one day become “fishers of men.” Their mission was put before them from the onset of their walks with Jesus – they would help bring people into the fullness of life.

During their time walking with Jesus, they were sent out in pairs to heal people and announce the Kingdom of Heaven. Their discipleship with Jesus included practice for their mission of building the Kingdom.

And then, just before Jesus ascended into heaven, he called his apostles to go forth and make disciples of all nations.

Their mission was always before them—at the beginning, the middle, and the end of their time with Jesus. Their discipleship was a training ground for their mission.

Similarly, our spiritual accompaniment was training grounds for our friend to go and do likewise.

As we’ve said, our efforts in evangelization cannot stop at helping someone believe in the Gospel but in living out the Gospel. *And we cannot live out the Gospel if we do not go forth and bring the Gospel to others.*



Here from Cardinal Tagle in the final address at the 10th National Eucharistic Congress:

“Go! Go! Go! And what you have heard, touched, and tasted, you must share with others. We have received the gift of Jesus. Let us go to proclaim Jesus zealously and joyfully for the life of the world.”

Your time spiritually walking with your friend has built them up to the point that he or she can also go and Walk With One. The faith cannot stop spreading with the person you’ve walked with. He or she cannot be an endpoint.

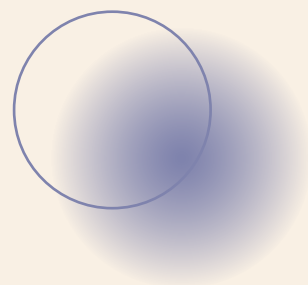
The faith must penetrate through your friend and continue spreading to others. This is not only a mark of authenticity for his or her discipleship but a point of deeper transformation for him or her.

**SPEND SOME MOMENTS IN SILENCE BEFORE CONTINUING  
TO THE INVITATION MOMENT.**

# Invitation Moment 07

## SIRACH 6:17

*“Those who fear the Lord enjoy stable friendship, for as they are, so will their neighbors be.”*



It wouldn't be wrong to say that Walk With One's goal is really to Walk With One More.

We want the person we're walking with to be built up in the faith and to then walk with someone else. And then we wish that someone else be built up and walk with another person. We want the Gospel to reach the ends of the earth, and one person at a time is an attainable way to get there.

**Invite the person you're walking with to go and walk with someone else.**

It's important to remember that evangelization is often cyclical. This means you're not "done" with the person you're walking with. Hopefully, the friendship you've built up to this point is genuine, and you now have a lifelong friend.

You'll be a great resource to the person you've walked with as he or she begins walking with someone else. Because you've gone through the process of spiritual accompaniment, you can give your friend pointers here and there whenever he or she encounters an obstacle.

Continue to encourage your friend in his or her spiritual life and enjoy your Eucharistic friendship together.

This particular step might take some time, and that's okay. We must remain patient and prudent when extending this invitation.

This is the method of evangelization Jesus left us with: Disciples go and make disciples. It's slow, but it's effective—difficult but beautiful.

As you commission your friend deeper into the mission of the Church, one more invitation remains: **We invite you to walk with someone else.**

Evangelization is not a one-time event. Evangelization is our lifelong call. And if you've made it this far, you're as equipped as anyone to do this well.

So go forth. **"Make disciples of all nations."**

#### FRUIT TO LOOK FOR BEFORE MAKING THIS INVITATION

- **The** person you're walking with has a strong conviction to follow Jesus.
- He or she has actively reordered his or her life to follow Jesus better.
- He or she has a daily spiritual life.

- As a spiritual friendship progresses, certain invitations allow the friendship to progress even further.
- We've identified seven of these "invitation moments":
  - 1) Invite the person you're walking with to spend time with you.
  - 2) Invite the person you're walking with to share his or her story.
  - 3) Invite the person you're walking with to share his or her beliefs.
  - 4) Invite the person you're walking with to pray with you.
  - 5) Invite the person you're walking with to hear the Gospel and convert.
  - 6) Invite the person you're walking with to live a sacramental life.
  - 7) Invite the person you're walking with to go and walk with someone else.
- The end goal of evangelization is not simply the acceptance but the full embrace of the Gospel.
  - This entails living a sacramental life and sharing the faith with others.
  - Therefore, the end goal of Walk With One is to Walk With One More – for your friend to walk with someone and for you to walk with someone else.