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**Session One | A Heart for Others**

**Group Introduction**

* Tell us a bit about who you are?
* Why did you decide to be part of this training?

**Video Content**

**Group Discussion**

* Take a moment and reflect on two quotes from the tradition of the Church on evangelization.
  + “The proclamation of Christ and his Gospel by word and the testimony of life, in fulfillment of Christ’s command” | *Catechism of the Catholic Church*, 905
  + “Evangelizing is in fact the grace and vocation proper to the Church, her deepest identity. She exists in order to evangelize.” | Pope Paul VI, *Evangelii Nuntiandi*, 14
* What have you thought of previously about the Church’s mission of evangelization?
* What are obstacles to living the Church’s mission in your own life?
* What might you be able to do to overcome these obstacles?
* Take a moment and reflect on a quote from the tradition of the Church on encountering Jesus.
  + “I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them; I ask all of you to do this unfailingly each day. No one should think that this invitation is not meant for him or her, since “no one is excluded from the joy brought by the Lord”. The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realize that he is already there, waiting for us with open arms.” | Pope Francis, *Evangelii Gaudium*, 3

**Pair Share**

* Turn to the person next to you and discuss:
* Share about one person who is really on your heart who hasn’t come back to Mass or engaged with their faith.
* Share about a time when your faith was shaken or when you were far from God for whatever reason. What was it that you needed at the time? What changed for you?
* This session invites you to begin One Percent Prayer. How do you see this practically taking place in your daily life? Where will you pray? When will you pray?

**Application Activity: One Percent Prayer**

* What day this week will our team start praying One Percent Prayer?
* Give out One Percent Prayer Scriptures.
* Explain that there is an audio guide online if you prefer to pray along with a guided reflection.