

Discipleship Formation
Based on the Four Pillars

Discipleship - Consciously living as one called to follow Jesus Christ

Four Pillars of integral formation:

Human: Fostering a proper integration of the person (body and soul) that provides a foundation for living a well ordered (virtuous) life.

Rationale: A perennial question for humanity is expressed well in Psalm 8 “What is man?” The human person is body and soul intimately joined. Because of sin there is a disharmony within the human person. Grace raises the human person beyond their natural capacity and invites the person to live fully a human life.

Spiritual: Fostering a conscious recognition of ones own path to holiness and a sensitivity to that of others.

Rationale: Spirituality is the pathway to holiness that one follows as a disciple. The Saints demonstrate there are many paths that lead to the Kingdom of Heaven. Cultivating a conscious discernment of how liturgy and devotional life aid in our response to our vocation as a Christian in our particular state of life and within our life circumstances.

Intellectual: Forming a deeper understanding of the Truth.

Rationale: Reason and Faith are complimentary in the ancient Christian tradition. We are called to know, love and serve. Seeking knowledge to strengthen Faith opens up opportunities to love and serve. Beyond our general education of the world around us, we benefit from systematic study of the things related to God (Theology).

Apostolate: Conscious awareness of the constant opportunities, both formal and Informal, to put Love into service in our participation in building the Kingdom of God.

Rationale: Through Baptism, Confirmation, and Eucharist we are commissioned to carry out the apostolic work of building the Kingdom of God. Pope Benedict XVI reminds the world that Love has to be put into action. A disciple should be aware of the many Informal apostolates in life. There are also formal apostolates that are particularly directed by the Church and which require specific formation (e.g. Catechesis, Youth).

June 7, 2007 Further reference: JP2, Apostolic Exhortation Pastores Dabo Vobis, 1992.