



NATIONAL
Eucharistic
Revival

Walk with One



Walk With One



In the Scriptures, we hear over and over how Jesus invited people one by one to follow him. He also invites us to follow him more deeply and, just like him, to “walk with one” person to a new or renewed experience of God’s love.

Evangelization, or “bringing the Good News,” typically happens in one-on-one moments that are not planned or scripted. This can happen at the grocery store, the bus stop, or a sporting event. As Pope Francis has noted, “Anyone who has truly experienced God’s saving love does not need much time or lengthy training to go out and proclaim that love” (*Evangelii Gaudium*, no. 120).

You might be asking yourself: Where do I start with inviting someone to take a step closer to Jesus? How might I invite them forward in their faith? Here’s a simple four-stage process of accompaniment that focuses on a “heart-to-heart” approach:

- 1. Identify someone in a spirit of humility**
- 2. Intercede for that person in communion with the Holy Spirit**
- 3. Connect in Eucharistic friendship**
- 4. Invite that person on a path most suitable for him or her**

In this guide, we have included some practical suggestions for how you—as an individual—can carry out each of these four steps. We have also included suggestions for how a parish can encourage participation in each of these steps, as we all *Walk With One*.

Throughout each stage of your “Walk with One” journey, we encourage you to pray the Eucharistic Examen to help you discern the path the Lord is calling you to follow (you can find this examen at www.eucharisticrevival.org/walk-with-one). The bottom line is this: If you can open your heart to speak about how Jesus has touched your life, your heart will touch the heart of whomever the Holy Spirit leads you to accompany.

Walk With One



Getting Started:

- Pray for the graces necessary to follow through on these steps
- Frequently partake in the Sacraments: Eucharist and Confession
- Meet regularly with a spiritual director to discuss your progress and bring up any concerns

For Parishes:

- At Mass, in the bulletin, and in parish communications, make announcements to explain this initiative and encourage parishioners to participate
- Encourage parishioners to sign up in a registry, then follow up with them to see how things are going and if any support could be offered
- Pastors and deacons are available to offer guidance to individuals

***By virtue of our Baptismal calling,
the Lord is sending each of us to give
witness to his saving love.***

STEP 1

Identify someone in a spirit of humility:

Prayerfully begin to discern whom God is calling you to accompany.



Before you begin the process of inviting someone into a deeper relationship with Jesus Christ and the Catholic Church, spend time in prayer, inviting the Holy Spirit to guide you in this process. Ask the Holy Spirit to show you the person that he wants you to accompany. Consider going to Eucharistic adoration or committing to a period of silent prayer in a church to allow the Holy Spirit to speak to you.

Getting Started:

- Write down a list of people you know and pray over the list
- Visit our Lord in Eucharistic adoration and ask him to show you whom to reach out to
- Do a novena to the Holy Spirit asking for increased discernment and guidance

For Parishes:

- Have a homily on how to identify someone to accompany
- Plan a communal prayer service, interceding for the community
- Do a parish-wide novena to the Holy Spirit for increased discernment and guidance

STEP 2

Intercede for that person in communion with the Holy Spirit:



Pray for the grace to be able to accompany the person whom the Lord has laid on your heart.

Now that the Lord has identified a person whom you know, commit to pray for them for a specific period of time, asking God to open the opportunity for a conversation. Pray for any struggles the person might be facing with brokenness or sin, and for any obstacles that might impede this person from drawing closer to Jesus and exploring the Catholic faith more deeply. Consider offering a holy hour or a novena of prayer for that person.

Getting Started:

- Write down the person's name on a sticky note and keep it in your wallet to remember during prayer
- Ask for God to open the heart of the person you are called to meet, to be receptive to him
- Offer a Mass or a holy hour for the person

For Parishes:

- Offer a communal Mass or holy hour dedicated to interceding for the people each parishioner is called to accompany
- Have an intention for people who are open to or exploring the possibility of joining the Church
- Offer small groups that will support and pray for one another throughout this work

STEP 3

Connect in Eucharistic friendship:

Look for ways to accompany the person you have prayed for, to build a deeper relationship, and to practice the art of empathetic listening.

Eucharistic friendship builds upon the dynamic that Jesus revealed in his relationships with the disciples and, above all, at the Last Supper—he takes bread, blesses it, breaks it, and gives it. It is important to take or receive what the other person has to share, to bless or lift it up in prayer, to let the Holy Spirit help break open an area for potential growth, and then to give of yourself in response. It is also important to recognize that this may not be a “one and done” conversation but is more likely to be a series of conversations and invitations, developing a real friendship with that person. Find an appropriate time to begin growing in your friendship, perhaps over coffee or lunch. Listen deeply for promptings from the Holy Spirit as you get to know your friend’s joys and struggles. Share with them some of your own.

Listen respectfully when the conversation turns to spiritual matters, including their relationship with God and questions or concerns about the Church, and reserve judgment about their opinions. Some people might be ready to discuss the spiritual life after only a conversation or two, while for others it might take more time.



Getting Started:

- Meet up for coffee
- Share lunch together
- Plan a weekly phone call with someone you plan to walk with throughout the year

For Parishes:

- Provide opportunities for small groups to meet together
- Host regular events, meals for social gatherings, or a family movie night
- Organize a public service project where parishioners could meet people in the community in a friendly, non-threatening way, such as a parish car wash, park clean-up, etc.

STEP 4

Invite that person on a path most suitable for him or her:

Follow the promptings of the Holy Spirit to invite him or her to a concrete next step in fostering a personal relationship with Jesus and the Church.

It is important to remember that it may not be easy to invite a person to come to Mass, particularly someone who has been away for some time or someone who has had no religious formation. It may be better to begin with an invitation to a parish small group experience, a service opportunity, or a social event. For those who need healing or an experience of God's merciful love, an invitation to accompany them to the Sacrament of Reconciliation could be appropriate.

If you discern that inviting the person to Mass is the best next step, encourage them to come with you and your family or with a group of friends. Your invitation could be as simple as: "Our family/my friends and I always look forward to celebrating Sunday Mass. It is a source of strength and hope for us, and it reaffirms our trust in Jesus. My family/friends and I would love for you to come with us. We are going to the 10:30 am Mass at St. John Parish on Sunday, and you are welcome to come with us to Mass and to lunch afterwards. If you need a ride, let me know!"

If the person shuts down the conversation, do not take it personally. Maybe they are not yet ready. Follow up with a statement that keeps the door open. "I understand. Thank you for talking with me about this. If you ever want to talk about your faith, I am always here for you." No matter what the outcome is, keep persevering in your friendship and ask the Lord to continue to guide you. After every encounter, thank God for the conversations that you have been having and remember to keep this person in your prayers.

Getting Started:

- Invite the person to a Bible study or book club group
- Invite a person to join you for Mass and coffee afterward
- Invite the person over for dinner where you could have a personal conversation and share your faith

For Parishes:

- Encourage parishioners to be welcoming to any and all newcomers
- Provide opportunities for visitors or newcomers to connect with others in the community
- Allow a parishioner to share a testimony from the ambo after Mass, giving witness to how they have accompanied someone and shared the Gospel