

DECEMBER 5TH, 2018 - JUNE 5TH, 2019

EVERY KNEE SHALL BOW

5 Practical Tips from
each episode

Prepared by: Ascension Presents
Authors: Michael Gormley and Dave VanVickle

02

BE UNASHAMED OF THE GOSPEL

5 Practical Evangelization Tips:

1. Pick a person in your life who needs to know the Lord. Start praying for that person by name everyday to accept the Lord into their life. This is called intercessory prayer. (See 8:59 in the podcast)
2. It's not enough to just want someone to convert. Pray for yourself, for God to make an opportunity for you to evangelize. (See 11:23 in the podcast)
3. Take some time every day this week and reflect on the change in your life that started your relationship with Jesus Christ. How did Jesus change you? What difference did a relationship with Jesus create in my life? This is your testimony. (See 12:27 in the podcast)
4. Being in Christ is what changes your life. As you grow in holiness, you are actually growing in conformity to who Jesus Christ is. When you sit down to pray, open your Bible to Ephesians Chapter 1. Make note of every time St. Paul mentions abiding in Jesus (in him, in Christ, in the Beloved, etc...). (See 14:09 in the podcast.)
5. Go out and evangelize. Share God's love with another person. You could sit and take evangelization classes for the next ten years, but the only thing that makes you ready to go evangelize is actually getting out there. (See 15:55 in the podcast.)

03

HOW TO GIVE YOUR CHRISTIAN TESTIMONY

5 Practical Tips:

1. Read Acts 26.
2. Take a few days to write your twenty minute testimony using the four basic principles listed below.

4 Basic Principles of Writing Your Testimony:

1. Remember your testimony is not actually yours. You do not own it, it is God's story of what he has done in your life.
2. Being specific about the amount or gravity of sin, does not usually add to your testimony. Be careful not to glorify the sin, it robs the limelight from God.
3. Your Christian testimony is about God's pursuit, and your cooperation and surrender. Remember, he plays the primary role and you play the secondary role. We should try to showcase what God has done rather than on what we did to follow him.
4. Writing a testimony can be a bit like writing an examination of conscience. There may be a part of writing it that calls you to repentance.

04

THE REALITY OF RELIGIOUS CONVERSION: STORIES, FAILURES, AND TIPS FROM CATHOLIC EVANGELISTS

5 Practical Tips:

1. Evangelization is much more than a hobby, but just like a hobby, you need to invest in it. Take time to invest in yourself and read the book *Forming Intentional Disciples*.
2. Read "Man's Response to God" in the *Catechism of the Catholic Church* (paragraphs 142-175). It only takes 10 min. This is the best and most wonderful understanding of faith, as it lays out the individual and ecclesial dimensions of faith.
3. We want to be comfortable with the basic Gospel message, so read Acts 4:8-12.
4. To continually prepare your heart and engage in spiritual evangelization, go to your church, walk the whole perimeter, and pray the rosary for religious conversion.
5. It's important to know what we don't know about our Faith. Take the Apostles' Creed and prayerfully meditate on it. Work through the different tenets of the Creed.

05

THE HISTORY OF THE KERYGMA AND THE POWER OF THE GOSPEL

5 practical tips to help you enter into the Kerygma and start proclaiming it:

1. If you do not have a vital relationship with Christ, start with Mark's Gospel. Read it as straight through as you possibly can. Ask yourself as you are going through it: "What do the words and deeds of Jesus reveal to me about God the Father's heart?"
2. In the book of Acts there are eight different kerygmatic sermons that the apostles give. Prayerfully take one of them (we suggest Acts 2:14-36) and meditate on it.
3. Write down in your own words the basic gospel message.
4. Intentionally go and ask someone if they have some need in their life that you can pray for.
5. Start to build a relationship with a non-believer by inviting them to do something that is mutually enjoyable.

06

PHYSICIAN HEAL THYSELF: HOW PRAYER CREATES A TRUE CATHOLIC EVANGELIST

5 Practical Tips:

1. Confession doesn't remove the need to repent. Read the section of the *Catechism of the Catholic Church* on interior penance (1430-1433).
2. It is important to have self-knowledge now what we are, who we are, and how we are doing well or not doing well. Add into your day the daily Examen or a daily examination of conscience. You are not going to find many saints that did not make this a daily part of their life. Sit down, ask the Holy Spirit to enlighten you, and reflect on how you have responded to God's grace during the day. Reflect on the things you have done to strengthen your relationship with God and also where you have fallen short. It only takes five minutes.
3. Read Psalm 51 prayerfully.
4. What is the one thing in your life keeping you from God? What is your besetting sin? It is so easy to let sin be a part of your life. We need to be serious about the sin in our life and we have to take an intentional look at how we can stop those sins and put God first. Make a plan to try and stop that one thing that is keeping you from the Lord.
5. Go to confession. In your Examen, say "Why do I commit those sins?"

07

Q&A AND RESOURCE RECOMMENDATIONS WITH EVERY KNEE SHALL BOW

5 Practical Tips:

1. Open up your computer and see what churches or movements in your area are doing well with evangelization.
2. Read *Culture Making: Recovering our Creative Calling* by Andy Crouch
3. Pray for a specific priest that they might be able to communicate the gospel well.
4. Watch “A Bishop and a Rabbi Discuss Religion” from the Rubin Report on YouTube.
5. Start an evangelization journal. Get a notebook dedicated for growing as an evangelist. Write about who you are praying for, mistakes you made, things you want to try, talks you have given, basically anything to do with evangelization. Write our practical tips and how well you did. This will help you grow as an evangelist.

08

THE ART OF THE INVITATION TO CHRISTIAN LIFE

5 Practical Tips:

1. Create one gathering of friends doing some activity. Invite someone who is on the “outside” of your group to take part.
2. Acts 10:34/43 Peter is preaching the *Kerygma*. Take it line by line and pray through it.
3. Meet one of your neighbors that you haven’t met yet.
4. Start your own group of intercessors. Ask one person to specifically pray for the people you will encounter and that you and others be open to the Lord’s words.
5. Go to Adoration for thirty minutes and pray for those specific people you will encounter and evangelize.

09

UNDERSTANDING THE PERSONAL AND ECCLESIAL DIMENSION OF OUR CATHOLIC FAITH

5 Practical Tips:

1. Meet someone at your parish that you have never met before. It can be as simple as introducing yourself.
2. Read 2Timothy 2.
3. Read CCC 176-184.
4. Pray for the staff of your parish all week long.
5. Look at the four steps of the *kerygma* below and compare them to your personal testimony. Pencil in what parts of your testimony line up with the *kerygma*. This will help you make the *kerygma* center stage of your testimony and not your personal story.

4 Steps of the Kerygma:

1. God has a plan for your life.
2. Sin interrupts that plan and separates you from God.
3. Jesus Christ died and rose so that you could be forgiven of these sins and be united to God in heaven.
4. Through faith and his Church, you can be united to God forever.

10

EVANGELIZATION IN A POST-CHRISTIAN SOCIETY: THE PURPOSE OF THE CHURCH

5 Practical Tips:

1. Read *Evangelii Nuntiandi*.
2. Fast for someone at your parish.
3. Pray and reflect on St. Augustine's Prayer to the Holy Spirit.
4. Read 2 Timothy 4.
5. Write down and reflect on this quote "She exists in order to evangelize." What parts of your life exemplify this? What parts do not?

11

SPIRITUAL WARFARE IN EVERYDAY CHRISTIAN LIFE

5 Practical Tips:

1. Pray the St. Michael the Archangel prayer.
2. Rekindle your relationship with your guardian angel.
3. Read about St. Joseph terror of demons.
4. Read Colossians 1-2.
5. Do a Marian consecration. There are many different forms.

12

CHRIST AND CULTURE: HOW TO BE IN THE WORLD BUT NOT OF THE WORLD

5 Practical Tips:

1. Spiritual Practice: Do an examination of conscience of a secularist mindset. What parts of your life have you brought in from the culture that you really should not have?
2. Read: Jeremiah 29 (the whole chapter).
3. Go Fishing: Do small pious acts in public.
4. Community: Become a regular at one restaurant.
5. Intercessory Prayer: Pray for the conversion of your favorite secular artist.

13

ASK A CATHOLIC EVANGELIST: HOW CAN I SHARE THE GOSPEL WITH MY FAMILY, PARISH, AND COMMUNITY?

5 Practical Tips:

1. Kerygma: Refresh yourself on what the *kerygma* is and isn't.
2. Community: Meet up for Eucharistic Adoration and drinks.
3. Reading: *Jesus Shock* by Peter Kreeft.
4. Intercession: Pray a decade of the Rosary every day for clergy who need conversion.
5. Lent: Don't let Lent pass you by, be intentional! Prayerfully consider what God wants from you this Lent. Take an hour and figure it out.

14

HOW TO SHARE THE FAITH BOLDLY

5 Practical Tips:

1. Pray for Boldness.
2. Read Acts 4 and journal as you read it.
3. Pray that God will set up a Divine Appointment this week.
4. Have a book on hand to give out as a resource.
5. Share some form of the gospel with a stranger.

15

EVANGELIZING AND MORALITY: BIRTH CONTROL AND SAME-SEX ATTRACTION

5 Practical Tips:

1. Read and Reflect on *Inter Mirifica*.
2. Read and Reflect on "The Sermon on the Mount."
3. Be self-reflective on an issue of morality in your own life that was a hurdle for you.
4. Have someone who will hold you accountable.
5. Share something evangelical through your social media.

16

BRINGING THE NEW EVANGELIZATION TO YOUR PARISH

5 Practical Tips:

1. Read paragraphs 1- 21 of the *Catechesi Tradendae* by Pope John Paul II.
2. Consider joining or starting a Bible study at your parish.
3. Begin a conversation with the pastor, DRE, or director of religious evangelization about evangelization at the parish.
4. Look for touchstone moments (baptism class, marriage prep class) and how you can be a volunteer in those ministries.
5. Buy a Catholic Bible for someone who doesn't have one in your life.

17

BECOMING AN ACTIVATED DISCIPLE (WITH JEFF CAVINS)

Jeff's 5 Practical Tips:

1. Get to know the 7 points of the basic proclamation of the Gospel (the *Kerygma*).
2. Find your way of conveying the message.
3. Practice situational awareness and look for opportunities around you.
4. Ask questions.
5. Suggest your next step or next get together with that person.

18

KERYGMA AND PARISH TOUCH POINTS

5 Practical Tips:

1. Pray the prayer that Mother Teresa loved: "The Radiating Christ Prayer."
2. Make a concrete plan of how to use your gifts of the Holy Spirit.
3. Go into the *Catechism of the Catholic Church* and read paragraphs 1262-1274 on baptism.
4. Pick a ministry at your church and do a prayer campaign for it.
5. Ask one person (preferably someone you don't know well) how you can pray for them this week.

19

TOOLS FOR THE NEWLY CONVERTED

5 Practical Tips:

1. Watch Fr. Mike Schmitz's video, "Making a Good Confession," on Ascension Presents.
2. Intercession: Pray for the New Catholics!
3. Community: Read and discuss together the "Battle of Prayer" in the CCC.
4. Daily Scripture Readings: Identify one of Jesus' hard sayings that changed you, and form your testimony around that.
5. Watch my three-part series on sorrow, sin, and satisfaction.

20

DIGITAL EVANGELIZATION

5 Practical Tips:

1. Do a digital examination of what your parish offers and what you offer.
2. Look into digital content resources (content management and strategy).
3. Look at the spiritual and corporate works of mercy and accomplish one digitally.
4. Create something new that speaks directly to your passion in the Church.
5. Pray for Christians who are in danger for sharing and practicing their faith.

21

BEING A LEADER IN EVANGELIZATION

5 Practical Tips:

1. Priests: Ask yourselves honestly, and ask others “how is your leadership holding back the parish?”
2. Kerygma: Explicitly share the gospel with someone.
3. Employees: Are you waiting for empowerment or permission to serve the gospel? Identify areas where you can be more active in the *kerygma* and come up with an action plan to start implementing this.
4. Prayer: Prayerfully read Acts 14 and read the *kerygma* from Paul and Barnabbas.
5. Volunteers: Spend more time praying for those people God has placed in your ministry.

22

LEADING WHEN NOT IN CHARGE

5 Practical Tips:

1. Go to NewAdvent.org and search the name of a church father (St. Ignatius of Antioch, St. Athanasius ...)
2. Pray for the CCD staff (or another staff group) and their openness to the gospel.
3. Listen to Mike's talks on the *kerygma* at Soundcloud.com/AMDGomer.
4. Meet once a week with your pastor and discuss the *kerygma*.
5. Send this podcast to your CCD Staff—especially this episode!

23

10 PRINCIPLES OF SPIRITUAL WARFARE

1 Practical Tip:

1. If you've never thought of yourself as a spiritual warrior, take some time to see how you have entered into the spiritual battle.

24

HOW DO YOU EVANGELIZE AN ATHEIST?

5 Practical Tips:

1. Think about how you would change your testimony if you knew there was an atheist in the audience.
2. Memorize names and facts about your community members to show that you care about them.
3. Pray with us for the conversion of the boys at this high school.
4. Build a database of online answers to atheism.
5. Practice reverse mentoring. Ask someone younger than you to teach you something.