



# SCHOOL OF MISSIONARY DISCIPLESHIP

*Fall in love, stay in love, let love make all the difference*

*12 week course*

## **FAQ**

### **What is the School of Missionary Discipleship?**

The School of Missionary Discipleship is run by the office of Discipleship and Evangelization for the Diocese of Sioux Falls. It is a multi-year program which offers formation in prayer, scripture, church teaching, virtue and accompanying others closer to Jesus in order to form participants as fruitful missionary disciples.

### **What is the 12 week course you're offering in 2025?**

The 12 week course is the beginning steps in the multi-year schooling process. It is a prerequisite for all subsequent courses. The focus of this first course is on prayer.

### **When does the course start?**

This course is typically offered twice a year, once beginning in January/February and once beginning in August. (Find the exact dates on the website). Registration is due 2 weeks before the first class.

### **What are the topics that will be covered in the 12 week course?**

The title for the program is Fall in Love, Stay in Love and Let Love Make all the Difference. Since prayer is the basis to cultivating our love for God and of understanding his unfathomable love for us, the focus over the 12 weeks will be on prayer. Specifically:

- Introduction to prayer
- Relational habits
- Daily prayer/spiritual boot camp
- Silence and solitude
- Christian imagination
- Receptivity
- Ignatian meditation and contemplation
- Discernment of spirits and rules of discernment
- Virtues

### **If I register for the 12 week course, does that mean I'm committed to other courses down the road?**

No, the 12 week course can be attended as a standalone program. However, it is a prerequisite for all other subsequent classes.

**What is the cost for the 12 week course?**

The cost for the program is \$50.

**How will classes be held?**

Classes are held via weekly Zoom calls as a time of small group discussion and Q&A. Small groups tend to be organized by proximity of participants so as to create a sense of community that often continues after the classes are finished.

**Do I need to be in the Diocese of Sioux Falls to attend the class?**

No, anyone from anywhere is welcome to attend.

**What is the weekly time commitment?**

Each week contains materials that participants will spend time covering at their own pace. Participants then submit questions on the material in anticipation of a weekly hour long Zoom call where the material will be discussed and questions will be answered in a small group setting.

**Who will lead the 12 week course?**

The course will be led by Father Scott Traynor who is the Vicar for Lay and Clergy Formation for the Diocese of Sioux Falls. Father Scott is recognized nation-wide as an authoritative voice on prayer and spiritual discernment.

**If I don't attend the 12 week course, can I attend courses held afterwards?**

No, you must attend this course in order to attend later courses in this multi-year program.

**How often do you offer the 12 week course?**

This course is typically offered once or twice a year.

**I'm not really sure how to pray or I don't pray often. Is this course for me?**

If you're interested in prayer but not praying or not praying often, or if you desire to bring your existing prayer life to another level, then this course is for you.

