

ignite

A GUIDED GROUP COACHING EXPERIENCE TO DISCOVER
AND RESPOND TO YOUR UNIQUE GOD-GIVEN MISSION

WHAT IS IGNITE?

Too many people drift through life searching for mission and purpose. Ignite offers Catholics a path to discover their unique call as missionary disciples. Across 12 sessions, participants prayerfully explore mission insights that open their hearts to God's unique and personal call.

This journey is not meant to be ventured alone. With the guidance of a trained Mission Coach from Metanoia Catholic, participants get the support they need with coaching and community as they discover greater clarity in God's unique mission for their life.

Specifically, participants explore areas of:

- *Interests*
- *Passion Activities*
- *Talents*
- *Problems They Solve and Needs They Fill, and*
- *Who They Serve and the Roles They Play*

With these insights and our mission formula, participants craft a personal mission statement and, with their coach, explore practical ways to live it out with greater intention.



WHY EXPERIENCE IGNITE?

Jesus says, "seek and you shall find." When people ardently and prayerfully seek their mission through IGNITE, they:

- *Experience a greater meaning and sense of purpose in their life,*
- *Are more engaged and active in their prayer life and Christian community,*
- *Draw others to the Faith by their passion, vitality, and personal witness, and*
- *Embrace their call to missionary discipleship, knowing they have a mission unlike any other!*

SESSION TITLES + OVERVIEW

ORIENTATION:

This session provides an overview of IGNITE, the materials and assessments involved, and invites participants to build their goals for the program.

SESSION 1: Uncovering Your Prayer Language

This session will help participants uncover their prayer language and Prayer-Place for enhancing mental prayer.

SESSION 2: Mining Temperament for Mission Insights

This session shows participants how to draw key mission insights from their temperament.

SESSION 3: Exploring APEST for Mission Insights

This session introduces the APEST assessment and shows participants how to draw key mission insights from their report.

SESSION 4: Unpacking Interests

This session guides participants through an exploration of those things that capture their interest and hold their attention.

SESSION 5: Getting Lost in Passion

This session helps participants identify those activities that maximize their level of mental engagement, absorption, and performance.

SESSION 6: Unearthing Talents

This session helps participants explore areas of natural gifts and talents that shape the way they make a contribution to the world.

SESSION 7: Pinpointing Problems You Solve and Needs You Fill

This session helps participants identify the problems that attract them and the needs they effortlessly fill.

SESSION 8: Aiming Your Mission

This session helps participants aim their mission to a specific "who" so they can develop practical action steps.

SESSION 9: Applying the Mission Formula

This session guides participants to distill their mission insights into a meaningful mission statement.

SESSION 10: Activating Mission

This session helps participants identify practical action steps to engage their mission and build proactive strategies to overcome resistance.

SESSION 11: Staying on Mission

This session helps participants create a game plan for encouragement and accountability to stay engaged with their unique mission.