



**“Come, follow me”**

Matthew 4:19

## **Stepping Forward**

**Read:** Mark 1:14-20

In this week’s gospel we encounter Jesus as he begins his public ministry. Emerging from the desert, he calls the people to repentance and to believe in the Gospel. He then goes on to invite Simon Peter and his brother Andrew to follow him. What Jesus is ultimately doing is prescribing steps for discipleship.

There are several steps that Jesus wants us to take when it comes to following him. These steps are simple concrete ways that anyone can grow in his or her faith. Every step that Jesus recommends is about simplifying our lives, and drawing us into a deeper relationship with him.

The first step Jesus gives us is “repent”. Repent comes from the Greek word *metanoia*, which means, “change direction.” Repentance means we must evaluate our behaviours, repent, and change our actions so they align with God’s will.

This leads us to the second step, “believe in the Gospel.” We cannot change our direction if we don’t know where we are going. The Bible, the Church and the Holy Spirit give us the roadmap we need to follow in order to enact God’s will.

The third step is “follow me”. Unlike the disciples, we are not necessarily called to relinquish everything. However, we are all called to put off our old selves and be entirely open to Christ, and the action of the Holy Spirit in our lives.

Jesus’ discipleship steps require that we constantly evaluate our actions, repent when we fall off track, and do our best to live according to the gospel message. It is a daily challenge that enables us to be transformed into the person God has called us to be. We are all invited to follow Jesus.