

A person wearing a white robe is seen from behind, walking along a sandy path in a desert. The sun is low on the horizon, creating a warm, golden glow across the sky and landscape. A large, dark tree stands on the right side of the path. The overall scene is serene and evocative of a journey.

Journey WITH *James*

A CALL TO DISCIPLESHIP



Journey WITH *James*TM

A CALL TO DISCIPLESHIP

a  FONT & SWORD Series

Jansen Bagwell & Amanda Bagwell
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WELCOME

Hi there!

I am so delighted to welcome you to the Journey with James series. This is an opportunity to learn from a Biblical author and direct follower of Christ, exactly what it means to me a true disciple. James is full of wisdom and insight on the Christian life and I am so excited to share this study with you.

During this series, you will have the chance to dig deep, look inward, and allow God to form you more perfectly into the person He created you to be. You will discover from James, how to better open your heart to God, how to deepen your own desire and willingness to follow Him and how to fully commit to Him in all things.

I believe that this series has the potential to draw you closer to Our Lord in a profound way. I hope that after this series, you will find yourself in a deeper and more meaningful relationship with Christ than ever before.

May God bless you richly on your journey toward heaven.
Sincerely,

Jansen Bagwell

JANSEN BAGWELL

B.A. in Theology; M.A. in Counseling; M.S. in Religion, Spirituality & Health; Certification in Exorcism & Liberation Prayer from Regina Apostolorum in Rome; and Certified Life Coach

With over 35 years of ministry leadership experience, Jansen Bagwell is a leader in the area of deliverance and the role of the laity in deliverance ministry. He founded Whole Catholic, a coaching business focused on helping people move forward in faith and life through a practical discipleship approach to deliverance and healing. Using his education and experience, Jansen has developed Font & Sword Discipleship Deliverance, a properly ordered, systematic, and practical guide for personal deliverance and spiritual growth that is grounded in scripture and the teachings of the Church. His goal is to help you discover, release, and use your charisms for the Kingdom and Glory of God!



MAKING A PLAN FOR LENT

Intentional Discipleship

When making a plan for Lent, **first** ask for the Holy Spirit to guide you to what God wants you to do, and **then** ask yourself these questions:

- **What needs Purification?** What is in my life that cannot be there if I am to grow closer to and follow after Jesus?
- **Where can I seek Enlightenment?** What steps do I need to take or what practices do I need to put in place so I can better follow after Christ and start conforming my will to His?
- **Ultimately:** What will bring me closer to becoming a saint?

Giving up chocolate might not (and probably won't) make you a saint. So what will? According to Jesus: Prayer, Fasting and Almsgiving. Pick ONE thing in each of these areas and do that ONE thing well. Be very intentional. And remember, it's not about how hard it is, it's about conforming your heart to Jesus and conforming your will to the will of the Father.

PRAYER

How can I develop my relationship with Jesus through prayer this Lent?

FASTING

What kind of fast is Jesus calling me to in order to grow closer to Him?

ALMSGIVING

How can I allow God to use me this Lent to bless others?

BE SMART THIS LENT

Use the SMART method of goal setting to help you make a plan for Lent this year.

SPECIFIC Name the exact thing you plan to do, don't be vague

MEASURABLE Have a way to keep track of what you're doing

ACHIEVABLE Don't choose things that are too over the top (*watch out for pride and scrupulosity*)

RELEVANT Is this really bringing me closer to Jesus?

TIME-BASED This is done for you! You're doing it for Lent.

OTHER

Is there anything else God is placing on your heart for this Lenten season?

PRAYER INTENTIONS

Use this space to list your intentions for each day of Lent.
These can be intentions for specific people, organizations,
world issues, or the intentions you have on your own heart.

1	Ash Wednesday	24	
2		25	
3		26	4th Sunday
4		27	
5	1st Sunday	28	
6		29	
7		30	
8		31	
9		32	
10		33	5th Sunday
11		34	
12	2nd Sunday	35	
13		36	
14		37	
15		38	
16		39	
17		40	6th Sunday
18		41	
19	3rd Sunday	42	
20		43	
21		44	
22		45	
23		46	

JAMES CHAPTER ONE

A Call to Discipleship

[illegible]

JAMES CHAPTER ONE

A Call to Discipleship

Handwriting practice lines for the chapter text.

A Call to Discipleship

This image shows a full page of handwriting practice paper. It features ten identical rows of horizontal dashed lines, each row consisting of three parallel lines spaced evenly apart. The entire page is white, providing a clean background for practicing letter formation and alignment.

JAMES CHAPTER TWO

A Call to Discipleship

Handwriting practice lines consisting of 20 horizontal dashed lines.

JAMES CHAPTER THREE

A Call to Discipleship

[illegible]

JAMES CHAPTER THREE

A Call to Discipleship

Handwriting practice lines for the chapter text.

JAMES CHAPTER FOUR

A Call to Discipleship

This image shows a full page of handwriting practice paper. It features ten identical rows of horizontal dashed lines, each row consisting of three parallel lines spaced evenly apart. The lines are light gray and extend across the entire width of the page, providing a guide for letter height and placement. There is no text or other markings on the page.

JAMES CHAPTER FOUR

A Call to Discipleship

[illegible]

JAMES CHAPTER FIVE

A Call to Discipleship

This image shows a blank sheet of white paper designed for handwriting practice. It features ten identical horizontal rows of dashed lines, evenly spaced from top to bottom. Each row consists of three parallel dashed lines, providing a guide for letter height and placement. The lines are light gray and extend across the entire width of the page. There is no text or other markings on the paper.

JAMES CHAPTER FIVE

A Call to Discipleship

Handwriting practice lines consisting of 20 horizontal dashed lines.

Resources

Whole Catholic Resource Links



Whole Catholic Website

www.WholeCatholic.com



Font & Sword Discipleship Deliverance Course

www.FontAndSword.com



Whole Catholic LinkTree

Access to all of our freebies, webinars, podcasts, resources and more...all in one place!

www.linktr.ee/wholecatholic



Whole Catholic Member Community

www.patreon.com/wholecatholic



Join Our Email List

Stay up-to-date on all things Whole Catholic!

<https://lp.constantcontactpages.com/su/qsikE5D/wholecatholic>



www.wholecatholic.com

www.fontandsword.com

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