

VIRTUES – Episode 4: Temperance – Getting in Shape



Team Member Name: _____ Date: _____

Game Strategy – We live in a world of celebrities, but where are the heroes? We need some great men. We need to become great men.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Getting into shape – we need to replace bad habits with good habits. What are some of the bad habits in your physical, mental, and spiritual life that you would like to change? What are some of the good habits that you would like to replace them with?
2. Temperance requires self-control. What are some of the “things” in your life that get in the way of your pursuit of Jesus Christ? Consider the 7 deadly sins; Pride, Envy, Gluttony, Lust, Anger, Greed and Sloth.
3. Jesus fell down three times carrying the cross – it’s more likely that we will fall multiples times in our pursuit of spiritual conditioning. Whenever you do fall, what will your game plan be for getting back on track?
4. The Team mentioned that a solid prayer life and frequent reception of the Eucharist are instrumental in getting and staying in spiritual shape. Share with the group how prayers and the Eucharist have been a blessing to you.
5. Getting into physical shape requires a time commitment on our part and getting into spiritual shape also requires a time commitment. Are you willing to make this commitment? How will you adjust your schedule to adjust your schedule to accommodate this time commitment?
6. You not only need to get yourselves in spiritual shape but you are also called to lead others down the same path. How will you encourage and lead others to get into spiritual shape? Who would you target first to lead down the spiritual path? Why?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. If I'm hungry, I am going to get filled. Hunger for God.
2. Say yes to God. Say yes in a radical way....to become saints.
3. Sell out for the Lord. For 30 days, ask God to change you inwardly.

Complete your **Personal Action Item**. 

Scripture References

Romans 8:31-39
Wisdom 8:5-7

1 Corinthians 9:24-27
Luke 11:24-26

Coaching Tips

Temperance is the ability to say, "that's enough" to pleasures that can distract us. It can be called "self-control."

If our life is looked at as a ship, then temperance is the rudder.

When we "pull up the weeds" in our life, we need to replant. Replant with good things or the weeds will grow back.

Faith is not passive. Go on the offensive. Get up and take the field. Through the Sacraments we receive the fullness of grace to find a new heart and take the kingdom by storm with an active faith.

Catechism Connection

2407 "In economic matters, respect for human dignity requires the practice of the virtue of *temperance*, so as to moderate attachment to this world's goods;..."

2341 The virtue of chastity comes under the cardinal virtue of *temperance*, which seeks to permeate the passions and appetites of the sense with reason.

1838 Temperance moderates the attractions of the pleasures of the senses and provides balance in the use of created goods.

2187 Sanctifying Sundays and holy days requires a common effort. Every Christian should avoid making unnecessary demands on others that would hinder them from observing the Lord's Day. Traditional activities (sport, restaurants, etc.) and social necessities (public services, etc), require some people to work on Sundays, but everyone should still take care to set aside sufficient time for leisure. With temperance and charity the faithful will see to it that they avoid the excesses and violence sometimes associate with popular leisure activities. In spite of economic constraints, public authorities should ensure citizens a time intended for rest and divine worship. Employers have a similar obligation toward their employees.

1832 The *fruits* of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. The tradition of the Church lists twelve of them: "charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity."

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...