

SHOCKING CLAIMS OF JESUS – *Episode 10: Overcome the World*



Team Member Name: _____ Date: _____

Game Strategy – Sometimes we can feel a little overwhelmed, even discouraged. Cheer up! Jesus has overcome the world.

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. Many people have given up hope because they have allowed themselves to reflect on too much negative news. What are some of the negative issues that have a tendency to drag you down? How can you prevent this from happening?
2. Maybe we are looking for love, joy, peace, and happiness in all the wrong places. Let's take some time and make a comparison between what the world offers you and what Jesus offers you. What does the world say will bring you love, joy, peace and happiness? What does Jesus say will bring you true love, joy, peace and happiness?
3. Just because you turn your life over to Jesus Christ, does not mean that all your trials, tribulations, temptations, sufferings will go away – and never return? Whenever trials, tribulations, and sufferings come into your life, how do you deal with them? How do you think you can improve in this area?
4. Sometimes, brothers, we might feel overwhelmed trying to deal with obstacles on our own. We don't know where to turn. How do you think that turning to the Holy Spirit could be beneficial to you? How do you think that turning to Christian brothers could be helpful?
5. Jesus fell three times during His Passion, but He also got up three times. By this act – what is Jesus telling you about the obstacles that you will face in life?
6. When Jesus said in this passage, "Be of good cheer, I have overcome the world," does this mean that we have to wait until we go to Heaven to receive cheer, or can you and I experience this cheer on a regular basis here on earth? Is this a believable statement to you? Why or why not?

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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. You can have a personal relationship with Jesus Christ! Tell others about Jesus!
2. God wants you to be a world-changer!!
3. Join a CTG small group or start one at your parish!

Complete your **Personal Action Item**. 

Scripture References

John 16:33
1 John 5:4-5

1 John 3:9
2 Corinthians 4:16-18

Coaching Tips

When it is all over, you will not regret having suffered; rather you will regret having suffered so little; and suffered that little so badly. - *St. Sebastian Valfre*

Jesus tells us He has it all under control, but we have to trust in Him. When we stay with Him, we too will overcome the world.

In the “big picture” of eternal life, our troubles on this earth are but a “slight, momentary affliction preparing for us an eternal weight of glory beyond all comparison.” (2 Cor 4:17)

On our worst day we can be close to Jesus on his worst day. By uniting our sufferings to His, we too can overcome the world through Him and in Him.

Catechism Connection

1808 *Fortitude* is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. “The Lord is my strength and my song.” “In the world you have tribulation; but be of good cheer, I have overcome the world.”

1821 We can therefore hope in the glory of heaven promised by God to those who love him and do his will. In every circumstance, each one of us should hope, with the grace of God, to persevere “to the end” and to obtain the joy of heaven, as God’s eternal reward for the good works accomplished with the grace of Christ. In hope, the Church prays for “all men to be saved.” She longs to be united with Christ, her Bridegroom, in the glory of heaven:

Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one. Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end.

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...