



Workout Tracker

Virtues

Workout Sessions

Date Completed

Courage (Fortitude)

Perseverance – Staying in the Game

Temperance – Removing the Junk

Temperance – Getting In Shape

Wisdom/Prudence – Living the Truth

Justice – Giving What is Due

Faith – A Radical Choice

Hope – It Changes Our Lives

Love – An Act of the Will

Workout Teammates

Contact Information

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VIRTUES – Episode 1: Courage (Fortitude)



Team Member Name: _____ Date: _____

Game Strategy – Men we are called to greatness, but what keeps us from responding to that call?

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. All of us are called to greatness but sometimes fear from within prevents us from stepping out. What is keeping you from stepping out and reaching your full potential?
2. The Team cited the fire-fighters on 9/11 as a good example of modern day courage. Who are some men in your life that you looked up to as being courageous in your eyes? How have they affected your life?
3. The martyr, Maximillian Kolbe, showed ultimate courage when he gave up his life for a fellow prisoner. We may never be called upon to lay down our life, but what are some things in your life that take real courage to face? What makes them so difficult?
4. What prevents us from setting the bar high? What prevents you from setting the bar high?
5. We have many obstacles and challenges to face in this life. Where do you go to get the strength and help to courageously deal with them? See Ecc. 4:9-12, Heb. 10:24-25, Phil. 4:13 for insight.
6. The attitude we have in life plays a major role on whether we live our lives in fear or hope. What has your attitude been over the past several months?

VIRTUES -- Episode 1: Courage (Fortitude)

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. Dare to believe that you are called to greatness.
2. Look into your own life to find how you are called to serve.
3. In prayer, ask the Lord to give you the courage to change your ways and make Him first in your life.

Complete your **Personal Action Item**. 

Scripture References

Isaiah 41:6-10
Ecclesiastes 4:9-12
Matthew 6:25-27
Matthew 6:34

John 15:12-19
1 Peter 2:9-10
Hebrews 10:24-25
Philippians 4:13

Coaching Tips

You can't be great and comfortable. Get out of the comfort zone.

Fortitude, or courage, is a willingness to sustain an injury for the sake of the good.

Courage does not mean being without fear.

Part of courage is patience, calm, and serenity of soul. We understand the deep purpose of our lives.

Courage protects us from loving our lives so much that we lose them.

You have been called to greatness. The Lord has the power you need to rise to that greatness. The Lord loves faith and is pleased with those who trust Him.

Catechism Connection

1804 *Human virtues* are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. They make possible ease, self-mastery, and joy in leading a morally good life. The virtuous man is he who freely practices the good.

The moral virtues are acquired by human effort. They are the fruit and seed of morally good acts; they dispose all the powers of the human being for communion with divine love.

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."

1837 Fortitude ensures firmness in difficulties and constancy in the pursuit of the good.

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...

VIRTUES – Episode 2: Perseverance – Staying in the Game



Team Member Name: _____ Date: _____

Game Strategy – It’s one thing to begin well – to start out strong. It’s another to persevere to the finish.

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. What are some of the struggles that you are currently battling? How are you coping with them?
2. Seeing how Jesus endured the suffering of His Passion and death, how has this encouraged you to persevere in the battles that you are facing or have faced? How can the Holy Spirit be helpful to you in this situation? (Romans 5:3-5)
3. Something inside us tells us we could be great – what are some of the ways you are striving to become all that God wants you to be?
4. Men seem to respond to challenges pretty well. What is your disposition when all of a sudden you are faced with a trial or suffering? What is your disposition when these trials or sufferings seem to occur one after the other? (James 1:2-3)
5. “Self pity” tempts us to sometime lose courage and maybe even want to give up – can you cite an occasion when this happened to you?
6. Reading the scriptures is our “sword” in the battle – explain how reading/reflecting on the scriptures can be beneficial for you in your struggle?

VIRTUES -- Episode 2: Perseverance – Staying in the Game

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. Give to God what belongs to God – you!
2. Life’s marathon begins with one step. Ask God what He wants you to do. Then, listen.
3. Build yourself up. Ask the Lord for the strength to change.

Complete your **Personal Action Item**. 

Scripture References

James 1:23-25
Luke 11:9-13
Romans 12:1-2

1 Corinthians 9:25-27
Romans 5:3-5
James 1:2-3

Coaching Tips

Perseverance is the ability to fight one battle after another and still hang in there.

The battle to become the man God made us to be is in our own heart. Life is a marathon not a sprint.

“Buffet the body” – training in holiness. Pray and use the Scriptures to learn an eternal perspective of “what is worth fighting for?”

Live in the truth and don’t play games. We like a challenge, but have a fear of failure so we must have a commitment to be the best version of ourselves and pray for strength and courage to change.

Look at James 1:2-3. It is interesting that most of us consider it a joyful thing when we **ESCAPE** our trials. But James states that we should consider it a joyful thing when we **ENCOUNTER** trials. Why? It produces perseverance that leads to maturity.

The soul and body both want control. The soul leads the body to heaven and the body leads the soul to hell.

Catechism Connection

1833 Virtue is a habitual and firm disposition to do good.

1839 The moral virtues grow through education, deliberate acts, and perseverance in struggle. Divine grace purifies and elevates them.

1810 Human virtues acquired by education, by deliberate acts and by a perseverance ever-renewed in repeated efforts are purified and elevated by divine grace. With God’s help, they forge character and give facility in the practice of the good. The virtuous man is happy to practice them.

1811 It is not easy for man, wounded by sin, to maintain moral balance. Christ’s gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues. Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

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...

VIRTUES – Episode 3: Temperance – Removing the Junk



Team Member Name: _____ Date: _____

Game Strategy – The world constantly defines life as a pursuit of pleasure. Are we falling for it?

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. What do you think is the world's viewpoint of what constitutes a real man? What is your personal viewpoint of what a real man is?
2. Each day we are confronted with various ads and commercials that tell us we need this thing or that for our pleasure and happiness. Do you think this is causing us to crave more things than we really can afford or need? Explain. Can you list some things that you purchased recently that were not necessary? What was your reaction?
3. How can you show more 'self control' in this area?
4. Coach Danny shared that he got trapped in a lifestyle of "booze and partying" to the point that he hated himself. Have you found yourself trapped in a lifestyle that you are not pleased with? Are you willing to change your lifestyle or do you fear change?
5. Coach Danny replaced a "worldly" lifestyle with one that was "spiritual." Galatians 5:16-25 gives some specific steps for us to take in order to make these changes. Which steps should you take? How do you think God can help you to change?
6. All of us are sinners and we need to change in some way, shape, or form. Once we have gotten rid of the junk in our lives – and God starts to transform us into new man, how do you think that this change in your life will affect the relationship with your wife? Family? Co-workers, etc?

VIRTUES-- Episode 3: Temperance – Removing the Junk

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. Be honest about your sin.
2. We can overcome sin with Christ's help.
3. Put away your ego and admit your faults.

Complete your **Personal Action Item**. 

Scripture References

Sirach 31:5-30
Galatians 5:16-25

1 John 2:15
James 5:16-20

Coaching Tips

Temperance is the ability to say, "That's enough" to pleasures that can distract us -- Self-Control.

Temperance builds on Prudence – stopping us before we cross the line.

Temperance moderates our attraction to certain pleasures-- so we don't undermine our becoming what we were meant to be.

The "flesh" is the drive toward drawing things to ourselves. The flesh distracts us so that we lose the kingdom. This is not punishment, it just happens this way.

The man who has self-control actually gets it all. The man lacking temperance loses both in this life and in eternal life. The pursuit of worldly pleasure is like drinking salt water; it makes you more thirsty. However, God created pleasure; He is the God of pleasure – the ultimate pleasure of living in His presence forever!

Catechism Connection

1809 *Temperance* is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion: "Do not follow your inclination and strength, walking according to the desires of your heart." Temperance is often praised in the Old Testament: "Do not follow your base desires, but restrain your appetites." In the New Testament it is called "moderation" or "sobriety." We ought "to live sober, upright, and godly lives in this world."

To live well is nothing other than to love God with all one's heart, with all one's soul and with all one's efforts; from this it comes about that love is kept whole and uncorrupted (through temperance).

No misfortune can disturb it (and this is fortitude). It obeys only [God] (and this is justice), and is careful in discerning things, so as not to be surprised by deceit or trickery (and this is prudence).

2290 The virtue of temperance disposes us to *avoid every kind of excess*: the abuse of food, alcohol, tobacco, or medicine. Those incur grave guilt who, by drunkenness or a love of speed, endanger their own and others' safety on the road, at sea, or in the air.

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...

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 before 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?

VIRTUES -- Episode 4: Temperance – Getting in Shape

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...

VIRTUES – Episode 5: Wisdom/Prudence – Living the Truth



Team Member Name: _____ Date: _____

Game Strategy – Men, we don't have a right to be wrong, even when doing wrong seems right. What is truth?

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.
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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. There are many confusing messages being thrown around in this crazy, mixed-up world – when you want to know what is really true – where do you search for the truth? From where are you gathering your wisdom? Who are you listening to? How much time do you spend on the internet? TV? Listening to talk shows? Listening or talking with the Lord in prayer? Do you have a mentor/spiritual director? Do you read Scripture in order to gather wisdom? How often do you refer to the Catechism of the Catholic Church in order to gain wisdom concerning the teachings of the Catholic Church?
2. Three steps in making a prudent decision:
Take counsel – Where and whom do you seek counsel?
Make a judgement about what is right – What is this judgement based on? Why?
Take action – What type of action should you take?
3. There seems to be a lack of truth in the world. Why do you think this is taking place? Do you find yourself not trusting the word of people, especially the ones in leadership roles? Why? (2 Corinthians 4:1-4).
4. The “truth will set us free” – to be virtuous people we must begin to trust in one another. Who do you trust? Jesus Christ? Why? Catholic Church? Why? Family members? Friends? Co-workers?
5. Personal “quiet time” is essential in order for us to be able to hear God speak to us inwardly to gain some of His wisdom. Spend some time reflecting on your daily schedule and make a list of all the things that distract you from this “quiet time.” What are some ways that you can adjust your schedule in order to free up some “quiet time” with the Lord.

VIRTUES -- Episode 5: Wisdom/Prudence – Living the Truth

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. Beg the Lord to send you His Spirit. Get on your knees and be honest. The Holy Spirit will help you.
2. It's time to grow up. We need to recognize the Church can guide us.
3. The Lord gave us one mouth and two ears. Be quiet and listen. Spend 30 minutes in an Adoration chapel.

Complete your **Personal Action Item**. 

Scripture References

1 Kings 3:6-14

1 Kings 19:9-16

Proverbs 31:1-9

2 Corinthians 4:1-4

Coaching Tips

Prudence is the mother of all virtues. All other virtues – justice, courage, temperance – rely on prudence.

Steps to be prudent...

- Take Counsel – get the wisdom of others
- Make a judgment about what's right based on the truth
- Take action – be bold and do it!

Prudence is defined as the habit and skill of applying moral principles to concrete situations. Its opposite is “reckless, uncontrolled, hasty and careless”.

Prudence makes us look for the truth about reality. It sees what's real. It requires listening to the truth, taking the issue to prayer and finally taking action. Prudence requires work and commitment.

Prudence asks three questions: What is just? What is brave? What is temperate?

Rely on the power of the Holy Spirit. We need to defeat “panic” and let prudence manage the situation.

Catechism Connection

1806 *Prudence* is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it; “the prudent man looks where he is going.” “Keep sane and sober for your prayers.” Prudence is “right reason in action,” writes St. Thomas Aquinas, following Aristotle. It is not to be confused with timidity or fear, nor with duplicity or dissimulation. It is called *auriga virtutum* (the charioteer of the virtues); it guides the other virtues by setting rule and measure. It is prudence that immediately guides the judgment of conscience. The prudent man determines and directs his conduct in accordance with this judgment. With the help of this virtue we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid.

1835 Prudence disposes the practical reason to discern, in every circumstance, our true good and to choose the right means for achieving it.

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...

VIRTUES – Episode 6: Justice – Giving What is Due



Team Member Name: _____ Date: _____

Game Strategy – We all seek justice, but do we only want justice that serves us?

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

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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. Golden Rule: Do unto others as you would have them do unto you. Do you give a person the benefit of the doubt? Or are you quick to judge that person? Explain. Do you serve others? Or, are you a person who thinks “every man for himself?” What is your philosophy?
2. The first act of justice is loving God and the second act of justice is loving our neighbor. If you are not doing one of them, you’re not doing justice. What are some ways that you are showing God your love? Give some examples of your love for your neighbor? Consider 1 Corinthians 13:4-7.
3. Read the parable of the “Prodigal Son” (Luke 15:11-32) which is totally about justice and forgiveness. Give a brief description of what you got out of this reading. Can you relate to some of the things that occurred in this parable – in your own personal life?
4. “Do right even when it seems right to do wrong.” Can you give an example(s) in your life when you were tempted to do wrong? What caused you to succumb to temptation? What prevented you from doing wrong? Did you try to justify your actions? How?
5. It is said that a just man sins seven times a day. You can’t become perfect overnight. List some ways, that with God’s help, you can become a more just and truthful person.

VIRTUES -- *Episode 6: Justice – Giving What is Due*

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. The road to justice begins in mercy. Trust in God’s mercy.
2. Progress toward perfection. Focus on incremental progress.
3. Do right even when it seems right to do wrong.

Complete your **Personal Action Item**. 

Scripture References

Mark 12:13-17
Luke 10:25-37

Luke 15:11-32
1 Corinthians 13:4-7

Coaching Tips

Justice – the habit and skill of giving to others what is due to them and giving to God what is due to Him.

- Justice and mercy meet at the cross.
- Justice is what makes things right in the world.

The first act of justice is to love God and the second act of justice is to love your neighbor. If you are not doing either of these, you are not doing justice.

How do you do justice to God? Through Adoration, Worship, Praise, Thanksgiving and loving Service and Witness to others less fortunate than yourself.

Catechism Connection

1807 *Justice* is moral virtue that consists in the constant and firm will to give their due to God and neighbor. Justice toward God is called the “virtue of religion.” Justice toward men disposes one to respect the rights of each and to establish in human relationships the harmony that promotes equity with regard to persons and to the common good. The just man, often mentioned in the Sacred Scriptures, is distinguished by habitual right thinking and the uprightness of his conduct toward his neighbor. “You shall not be partial to the poor or defer to the great, but in the righteousness shall you judge your neighbor.” “Masters, treat your slaves justly and fairly, knowing you also have a Master in heaven.”

1928 Society ensures social justice when it provides the conditions that allow associations or individuals what is their due, according to their nature and their vocation. Social justice is linked to the common good and the exercise of authority.

2446 St. John Chrysostom vigorously recalls this: “Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs.” “The demands of justice must be satisfied first of all; that which is already due in justice is not to be offered as a gift of charity.”

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...

VIRTUES – Episode 7: Faith – A Radical Choice



Team Member Name: _____ Date: _____

Game Strategy – We all believe in something. The world often tells us we need to believe in ourselves, but true faith is really abandoning ourselves and making the bold decision to believe in something far greater.

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

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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. “Faith comes from...hearing the Word of Christ.” (Romans 10:17) and is a gift from God that we need to nourish and help to grow. How do you rate your faith? What is it grounded on - just facts, or the person, Jesus Christ? Explain. Do you have a personal relationship with Jesus Christ? Explain.
2. The Apostles Creed describes the content of the Roman Catholic Faith. Please read and reflect on the Creed. What parts of it are you comfortable with? What parts do you struggle with? Why?
3. Faith requires a personal commitment to God made possible through the help of the Holy Spirit. What are some of the ways that you can utilize, to help you to better know more about Jesus and become closer to Him? How can you learn more about your Catholic faith?
4. Faith must be the center. Be truthful, make a list of your priorities in life (such as work, school, family, faith, etc.) in the order of importance. How much time do you dedicate to your faith in comparison with other priorities? Do you feel this is the proper balance? Should faith be #1? Why?
5. Faith is passed on many times by the example of others. Who in your life has had the most impact on your faith? Why? Do you feel that the way you practice your faith is setting a good example to your family? Relatives? Friends? Co-workers, etc? Why?

VIRTUES -- *Episode 7: Faith – A Radical Choice*

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. Faith = Risk. Make a decision to invite Jesus Christ to be Lord of your life and keep repeating that decision every day.
2. Now is the time to call on Christ.
3. Make Jesus the center of your life.

Complete your **Personal Action Item**. 

Scripture References

1 Corinthians 12:12-22
James 2:14-24

Matthew 14:22-33
Romans 10:17

Coaching Tips

Faith – a way of knowing the truth about what God the Father has done through His Son.

- Faith is not easy
- Faith is a gift from God
- Faith comes through hearing
- Faith is all in or not in at all

At the heart of Faith is a relationship with a person – Jesus Christ. We need to lean on that person. When we seek Him, we find Him. He speaks to us in Scripture.

The Church’s mission is to spread the Gospel in the world. Radical faith is needed to participate in the Church’s mission. Once we have faith, we can turn the world upside down, like the apostles did. The world is waiting for us to wake up and come to life.

Catechism Connection

1814 Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because he is truth itself. By faith “man freely commits his entire self to God.”⁷⁸ For this reason the believer seeks to know and do God’s will. “The righteous shall live by faith.” Living faith “work[s] through charity.”

1815 The gift of faith remains in one who has not sinned against it. But “faith apart from works is dead”: when it is deprived of hope and love, faith does not fully unite the believer to Christ and does not make him a living member of his Body.

153 When St. Peter confessed that Jesus is the Christ, the Son of the living God, Jesus declared to him that this revelation did not come “from flesh and blood,” but from “my Father who is in heaven.” *Faith is a gift of God, a supernatural virtue infused by him.* “Before this faith can be exercised, man must have the grace of God to move and assist him; he must have the interior helps of the Holy Spirit, who moves the heart and converts it to God, who opens the eyes of the mind and ‘makes it easy for all to accept and believe the truth.’”

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...

VIRTUES – Episode 8: Hope – It Changes our Lives



Team Member Name: _____ Date: _____

Game Strategy – Men, life can seem so meaningless, our world filled with hopelessness. Maybe it's because we're hoping for things that are temporary: a new car, a better job, winning the lotto. But true hope causes us to live differently. It changes our lives.

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. What is your personal definition of Hope?
2. Our Hope is based on the Cross and the Resurrection. Cite how the Cross can be the reason for our Hope. Cite some reasons why the Resurrection is a reason for our hope.
3. How was St. Maximilian Kolbe able to overcome torture and fear at Auschwitz and turn it into hope for himself and his fellow prisoners?
4. There seems to be a growing “lack” of hope in this world. Why do you think that the “lack of hope” is so prevalent? How do you think we can change this attitude of despair and bring it back to a positive attitude of “hope?”
5. Has there been a time in your life that you were on the verge of losing hope? What cause this? What measures did you use to correct it? (Romans 5:3-5).
6. How do you think that surrounding ourselves with other solid Christian men can build-up our hope?
7. Facing trials, tribulations, and sufferings can often lead to hopelessness and despair. How does practicing our faith give us the strength to deal with these events in our life without losing hope? Can you cite an example in your own life or the life of someone you know, when faith pulled them through?

VIRTUES -- Episode 8: Hope – It Changes Our Lives

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. Ask the Holy Spirit for help! (Romans 5:5)
2. Take God at His Word. He wants the best for you. Trust Him.
3. For the next 30 days, turn your life over to the Lord through prayer, Scriptures and going to Mass more than on Sunday.

Complete your **Personal Action Item**. 

Scripture References

Isaiah 40:31

2 Maccabees 7:14

Romans 5:3-5

Romans 8:24

1 Peter 1:3

Coaching Tips

Hope actualizes faith and results in love.

Hope changes our lives because it changes the way we see the world around us including the people around us.

We must maintain hope in the face of all challenges.

What we see in Christ is for us also. Jesus rose from the dead. We too will rise not only from our current challenges but one day we will rise to eternal life with Jesus!

Catechism Connection

1968 The Law of the Gospel fulfills the commandments of the Law. The Lord's Sermon on the Mount, far from abolishing or devaluing the moral prescriptions of the Old Law, releases their hidden potential and has new demands arise from them: it reveals their entire divine and human truth. It does not add new external precepts, but proceeds to reform the heart, the root of human acts, where man chooses between the pure and the impure, where faith, hope, and charity are formed and with them the other virtues. The Gospel thus brings the Law to its fullness through imitation of the perfection of the heavenly Father, through forgiveness of enemies and prayer for persecutors, in emulation of the divine generosity.

1817 Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. "Let us hold fast the confession of our hope without wavering, for he who promised is faithful." "The Holy Spirit... he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life."

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.

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...

VIRTUES – Episode 9: Love – An Act of the Will



Team Member Name: _____ Date: _____

Game Strategy –Men, what does the word love bring to mind? Romance? Pleasure? Maybe a good feeling toward another? Perfect love is the choice to love as God loves us. We only need to look to the cross to realize love won't always feel good.

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. What is your definition of love?
2. 1 John 4:16 “God is love, and he who abides in love abides in God, and God abides in Him. How do you show your love for God? How has God showed his love to you? How do you show your love to the Catholic Church that Christ founded?
3. Was there ever a time in your life when you felt that God didn't love you? What caused this? How did you overcome this feeling?
4. Love is something we all need desperately. We receive love from God first and then from family. How did you receive love from your family while growing up, especially from your father? How did you show your love to them?
5. Married men, how do you show your love to your family? What are some ways that you show your love to your wife? What are some ways that you show your love to your children? How do you think you can improve in each of these relationships? Here is a hard one – Is your love unconditional?
6. Love your neighbor as yourself. How is your relationship with your relatives? Are there some obstacles? How are you dealing with this person(s)? Have you asked God for his help?
7. How is your relationship with friends and fellow workers? Are there some obstacles? How are you dealing with this/these situations? Have you asked God for his help?
8. Love your enemies – it is an act of the will. This is by far the most difficult. Is there someone currently or in the past that has hurt you by their actions and you have not forgiven them? Do you want to forgive them? How do you think you go about accomplishing this? If the answer is no – what is preventing you from forgiving them? Have you asked the Holy Spirit for his help?

VIRTUES -- *Episode 9: Love – An Act of the Will*

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 there is no love, put love, and you will find love.
2. Christ wants to speak into your life. He wants to give you His love so that you can share that love with others.
3. Tell your family you love them...and then show them!

Complete your **Personal Action Item**. 

Scripture References

Matthew 3:17	John 13:33-35
Romans 8:31-32	1 Corinthians 13:1-3
Romans 8:38-39	1 Corinthians 13:4-7
1 John 4:16	1 Corinthians 13:13
John 3:16	Colossians 3:14

Coaching Tips

Love is a decision. Make a daily decision to love.

Love is not something you *have*, but something you *do*.

Love *always* involves self-sacrifice for the benefit of the beloved.

Catechism Connection

1825 Christ died out of love for us, while we were still “enemies.” The Lord asks us to love as he does, even our *enemies*, to make ourselves the neighbor of those farthest away, and to love children and the poor as Christ himself.

1828 The practice of the moral life animated by charity gives to the Christian the spiritual freedom of the children of God. He no longer stands before God as a slave, in servile fear, or as a mercenary looking for wages, but as a son responding to the love of him who “first loved us”

If we turn away from evil out of fear of punishment, we are in the position of slaves. If we pursue the enticement of wages,... we resemble mercenaries. Finally if we obey for the sake of the good itself and out of love for him who commands... we are in the position of children.

1829 The *fruits* of charity are joy, peace, and mercy; charity demands beneficence and fraternal correction; it is benevolence; it fosters reciprocity and remains disinterested and generous; it is friendship and communion:

“Love is itself the fulfillment of all our works. There is the goal; that is why we run: we run toward it, and once we reach it, in it we shall find rest.” – St. Augustine

1844 By charity, we love God above all things and our neighbor as ourselves for love of God. Charity, the form of all the virtues, “binds everything together in perfect harmony” (Col 3:14).

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...