

## MARRIAGE AND FAMILY -- *Episode 3: Staying in the Game*



Team Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Game Strategy** – Marriage and Family are a blessing, and are worth the work for an intimate relationship that brings all closer to Jesus!

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. As your marriage continues on and your family grows, you begin to experience some difficulties. What are some of the challenges that you and your spouse have faced in your marriage? How have you dealt with these challenges?
2. Have these challenges been a strain on your marriage or have they strengthened your marriage as a result of both of you working through them? Explain.
3. I believe marriage is not 50/50 but 100/100. In what ways do you lift one another up when the other might be struggling a bit? Do you let your spouse know how much you love and appreciate them? Explain.
4. Sometimes marriages begin to lose some steam-----due to the hectic lives of raising a family and outside commitments. What are some ways that you think you could help recharge your marriage?
5. Do you set aside some time for each other to be alone-----date night? Why do you think this would be beneficial for both spouses?
6. Spend some time reflecting back on the early years of your marriage. Do you still have that same love, passion and devotion for your spouse? How do you think you can recapture some of the old flame?
7. Marriage is for the "long haul" and it is inevitable that arguments and disagreements will take place. When these disagreements take place, how do you usually handle them? Are you apologetic? Do you keep the lines of communication open?
8. How can you change personally that will better improve your marriage?

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**Team Workout Plan** - Watch the Kickoff, Game Plan and Red Zone video segments as a team.

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

1. Forgive and forget. Don't keep a record of wrongs.
2. Drink deeply of the present moment.
3. Remember, they are the children, you are the parent!

Complete your **Personal Action Item**. 

### **Scripture References**

1 Corinthians 13:4-8  
Proverbs 22:6  
Ephesians 5:28

Colossians 3:13  
Proverbs 31:10-31  
Ephesians 6:1-4

### **Coaching Tips**

We must build each other up and feed our souls with prayer, spending time alone together and having some fun!

Marriage is a 100/100 proposition. We give all of ourselves to our wives expecting nothing in return and our wives give all of themselves to us expecting nothing in return and thus we are both fed! Pope Saint John Paul II called it "Total self-donation"

### **Catechism Connection**

**1603** "The intimate community of life and love which constitutes the married state has been established by the Creator and endowed by him with its own proper laws.... God himself is the author of marriage." The vocation to marriage is written in the very nature of man and woman as they came from the hand of the Creator. Marriage is not a purely human institution despite the many variations it may have undergone through the centuries in different cultures, social structures, and spiritual attitudes. These differences should not cause us to forget its common and permanent characteristics. Although the dignity of this institution is not transparent everywhere with the same clarity, some sense of the greatness of the matrimonial union exists in all cultures. "The well-being of the individual person and of both human and Christian society is closely bound up with the healthy state of conjugal and family life."

**1615** This unequivocal insistence on the indissolubility of the marriage bond may have left some perplexed and could seem to be a demand impossible to realize. However, Jesus has not placed on spouses a burden impossible to bear, or too heavy—heavier than the Law of Moses.<sup>108</sup> By coming to restore the original order of creation disturbed by sin, he himself gives the strength and grace to live marriage in the new dimension of the Reign of God. It is by following Christ, renouncing themselves, and taking up their crosses that spouses will be able to "receive" the original meaning of marriage and live it with the help of Christ.<sup>109</sup> This grace of Christian marriage is a fruit of Christ's cross, the source of all Christian life.

**1622** "In as much as it is a sacramental action of sanctification, the liturgical celebration of marriage... must be, per se, valid, worthy, and fruitful." It is therefore appropriate for the bride and groom to prepare themselves for the celebration of their marriage by receiving the sacrament of penance.

See Also: **1612-1614, 1616-1617**

### **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...*