

MARKS OF A TRUE CHRISTIAN – *Episode 8: Constant in Prayer*



Team Member Name: _____ Date: _____

Game Strategy – It seems impossible to pray without ceasing as St. Paul instructs us in 1 Thessalonians, but when we consider that prayer is a conversation with Christ that makes us his intimate friend, why would we not pray constantly?

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 does prayer mean to you? Do you think that prayer is vital to your well-being? Why?
2. What are the various forms of prayer?
3. How often do you pray? What kinds of prayer? What are the benefits of your prayer?
4. What do you think Paul means when he says, “We should pray constantly?” How is this possible?
5. Do you feel the presence of the Holy Spirit when you pray? Has God answered any of your prayers? Please cite a few examples when this occurred.
6. Do you pray with your wife? Does your family pray together? Explain.

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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. The Holy Spirit will help you.
2. Let God meet you in His word.
3. Ask God to teach you how to pray.

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

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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...