



Workout Tracker

Godly Man

Workout Sessions

The Godly Man is Patient

The Godly Man is Kind

The Godly Man is Humble

The Godly Man is Honest

The Godly Man is Loyal

The Godly Man is Honorable

The Godly Man is Faithful

The Godly Man is Pure

The Godly Man is Brave

The Godly Man is Zealous

The Godly Man is Joyful

The Godly Man is Merciful

Date Completed

Workout Teammates

Contact Information

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THE GODLY MAN – *Episode 1: The Godly Man is Patient*



Team Member Name: _____ Date: _____

Game Strategy – We want what we want when we want it. We don't like to be kept waiting, do we? But doesn't that attitude show a lack of respect for others?

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. List some of the things that have made you lose your patience over the last month.
2. What seems to cause you not to be patient with others, especially your loved ones?
3. When has the lack of patience caused a problem in your life in the past?
4. Here are some spiritual tools you can use to help you overcome your lack of patience.
Prayer – Phil 4:6-9 Scripture – Psalms Meditation – quiet your mind Rosary Reconciliation
Can you think of any other tools? What tools do you use the most and why?
5. Read Ephesians 5:25, 6:4. How does understanding these verses help you to be more patient with your family members?
6. Can you think of a role model in your life who epitomizes patience? What do you think keeps them so patient?

THE GODLY MAN -- *Episode 1: The Godly Man is Patient*

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. Identify and pray for the person with whom you are the least patient.
2. Give God the first fruits of your time. Pray the rosary.
3. Ask the Lord to give you patience.

Complete your **Personal Action Item**. 

Scripture References

1 Corinthians 13:4
Romans 8:28
Galatians 5:19-24
Ephesians 4:1-3
Philippians 4:6-9
Ephesians 5:25
Ephesians 6:4

Coaching Tips

How can we be more patient?

- Love begins with patience
- Imitate Jesus
- Put on the Lord Jesus Christ

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew.”

~ *St. Francis de Sales*

“Patience is the companion of wisdom.” ~ *St. Augustine*

Catechism Connection

736 By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear “the fruit of the Spirit:... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” “We live by the Spirit”; the more we renounce ourselves, the more we “walk by the Spirit.”

2219 Filial respect promotes harmony in all of family life; it also concerns relationships between brothers and sisters. Respect toward parents fills the home with light and warmth. “Grandchildren are the crown of the aged.” “With all humility and meekness, with patience, [support] one another in charity.”

2668 The invocation of the holy name of Jesus is the simplest way of praying always. When the holy name is repeated often by a humbly attentive heart, the prayer is not lost by heaping up empty phrases, but holds fast to the word and “brings forth fruit with patience.” This prayer is possible “at all times” because it is not one occupation among others but the only occupation: that of loving God, which animates and transfigures every action in Christ Jesus.

See Also: **1832, 854, 2046**

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...

THE GODLY MAN – *Episode 2: The Godly Man is Kind*

Team Member Name: _____ Date: _____



Game Strategy – Even the smallest act of kindness is never wasted, but can we move from the occasional kind act to actually becoming kind?

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 kindness mean to you?
2. Read James 2:1-13. Why are we more kind to the rich person, the person who has status, the person who is a “somebody” and do not have the same kindness to those less privileged?
3. Can you give an example where an act of kindness by you had a positive effect on that person?
4. Can you share a time with the group when you experienced God’s kindness in your life?
5. Peter spoke about how “kind words cheer the heart.” Give an example of when a kind word by you had a positive impact on someone. What about a time when you used an unkind word towards a person that had a negative effect on them?
6. Cite some men in your life who, by being kind towards you, had a positive impact on you.

THE GODLY MAN -- *Episode 2: The Godly Man is Kind*

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 God permission to put His character in your heart.
2. Exhibit kindness to others. Luke 6:38
3. Kindness is a strength, not a weakness.

Complete your **Personal Action Item**.



Scripture References

James 2:1-13

Ephesians 4:31-32

2 Peter 1:7

Titus 3:3-5

Proverbs 14:31

Romans 12:8

Colossians 3:12

Luke 6:38

Coaching Tips

Speak encouraging words to others. Unkind words can often cut deep and create a lasting impression.

“A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship and he who plants kindness gathers love.” ~ *St. Basil*

“Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.” ~ *Blessed Mother Teresa*

“Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.” ~ *Blessed Mother Teresa*

Catechism Connection

1937 These differences belong to God’s plan, who wills that each receive what he needs from others, and that those endowed with particular “talents” share the benefits with those who need them. These differences encourage and often oblige persons to practice generosity, kindness, and sharing of goods; they foster the mutual enrichment of cultures: I distribute the virtues quite diversely; I do not give all of them to each person, but some to one, some to others.... I shall give principally charity to one; justice to another; humility to this one, a living faith to that one.... And so I have given many gifts and graces, both spiritual and temporal, with such diversity that I have not given everything to one single person, so that you may be constrained to practice charity towards one another.... I have willed that one should need another and that all should be my ministers in distributing the graces and gifts they have received from me.

214 God, “He who is,” revealed himself to Israel as the one “abounding in steadfast love and faithfulness.” These two terms express summarily the riches of the divine name. In all his works God displays not only his kindness, goodness, grace, and steadfast love, but also his trustworthiness, constancy, faithfulness, and truth. “I give thanks to your name for your steadfast love and your faithfulness.” He is the Truth, for “God is light and in him there is no darkness”; “God is love,” as the apostle John teaches.

See Also: **257, 736, 1832, 2346**

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...

THE GODLY MAN – *Episode 3: The Godly Man is Humble*



Team Member Name: _____ Date: _____

Game Strategy – “Oh Lord it’s hard to be humble when you’re perfect in every way.” Remember that line from the old Mac Davis song? Being humble is really being willing to accept the truth about ourselves.

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. A humble man “does not think less of himself, but he thinks of himself less.” Do you consider yourself to be a humble man? Why? Why not?
2. In Philippians 2:3-8 Paul talks about Jesus Christ taking the form of a servant – and humbled himself even to death on a cross for us. What can we learn from this passage that will help us better understand the real meaning of humility?
3. Read 2 Corinthians 12:10. How does accepting the trials, sufferings, and tribulations in our life help us to become more humble?
4. Everything that we have is a gift from God. Do we use these gifts and talents to exult ourselves or to exult God? Explain.
5. Do you think that your society today humbles itself and gives God the glory or do we have a self-sufficient attitude that we don’t need God?
6. Who is the most humble man that you know? What makes him so special?

THE GODLY MAN -- Episode 3: The Godly Man is Humble

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. Think about how you can be a better servant.
2. Allow yourself to be humble before God. Micah 6:8
3. Reflect on these humble people -Mary, Joseph, John the Baptist.

Complete your **Personal Action Item**.



Scripture References

Philippians 2:3-8
Romans 1:18
Colossians 2:1
James 4:6

2 Corinthians 12:10
Proverbs 29:23
Micah 6:8

Coaching Tips

“It was pride that changed angels into devils; it is humility that makes men as angels.” ~ *St. Augustine*

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.” ~ *St. Augustine*

God made many promises to the humble. He tells us that, “He will hear your cry. He will not forget your cry. He will not forget you. You will hear the good news and be glad. You will see and be glad. He will uphold you. He will revive you. He will save you. He will give you grace. He will exalt you.”

Catechism Connection

520 In all of his life Jesus presents himself as our model. He is “the perfect man,” who invites us to become his disciples and follow him. In humbling himself, he has given us an example to imitate, through his prayer he draws us to pray, and by his poverty he calls us to accept freely the privation and persecutions that may come our way.

2779 Before we make our own this first exclamation of the Lord’s Prayer, we must humbly cleanse our hearts of certain false images drawn “from this world.” *Humility* makes us recognize that “no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him,” that is, “to little children.” The *purification* of our hearts has to do with paternal or maternal images, stemming from our personal and cultural history, and influencing our relationship with God. God our Father transcends the categories of the created world. To impose our own ideas in this area “upon him” would be to fabricate idols to adore or pull down. To pray to the Father is to enter into his mystery as he is and as the Son has revealed him to us.

2554 The baptized person combats envy through good-will, humility, and abandonment to the providence of God.

See Also: **2559, 2219, 2712-2713, 299, 2631, 2800**

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...

THE GODLY MAN – *Episode 4: The Godly Man is Honest*

Team Member Name: _____ Date: _____



Game Strategy – The truth will set us free and being Godly men means being honest, especially with ourselves. We have been called to live the 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.
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. Read Proverbs 12:17-22. To be honest one must always tell the truth. Why is lying so bad?
2. The team mentioned that we should “do right even when it seems right to do wrong.” Share an experience when you did the right thing when it could have been very easy to do the wrong.
3. A recent survey divulged that 50% of Americans think “truth is relative.” Why do you think we don’t tell the truth? What causes us not to tell the truth?
4. Have you ever been accused of not telling the truth? What was your reaction?
5. In your own family, if you catch your child in a lie, how do you deal with this?

THE GODLY MAN -- *Episode 4: The Godly Man is Honest*

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. Living the truth means living in freedom.
2. Rejoice in the truth. 1 Corinthians 13:6
3. Do right even when it seems right to do wrong.

Complete your **Personal Action Item**.



Scripture References

Proverbs 12:17-22

Proverbs 13:6

Romans 13:13

1 Thessalonians 4:11

John 17:3

Romans 1:18

Luke 8:15

1 Corinthians 13:6

Coaching Tips

Jesus was born to bear witness to the truth. We are wired for the truth. We are made for relationships and not telling the truth destroys relationships. We like to be with honest people – friends and ourselves. The truth sets us free.

“If you tell the truth you don’t have to remember anything.” ~ *Mark Twain*

“You can’t undo anything you’ve already done, but you can face up to it. You can tell the truth. You can seek forgiveness. And then let God do the rest.” ~ *Tertullian*

Catechism Connection

2468 Truth as uprightness in human action and speech is called *truthfulness*, sincerity, or candor. Truth or truthfulness is the virtue which consists in showing oneself true in deeds and truthful in words, and in guarding against duplicity, dissimulation, and hypocrisy.

2469 Men could not live with one another if there was no mutual confidence that they were being truthful to one another. The virtue of truth gives another his just due. Truthfulness keeps to the just mean between what ought to be expressed and what ought to be kept secret: it entails honesty and discretion. In justice, “as a matter of honor, one man owes it to another to manifest the truth.”

2483 Lying is the most direct offense against the truth. To lie is to speak or act against the truth in order to lead someone into error. By injuring man’s relation to truth and to his neighbor, a lie offends against the fundamental relation of man and of his word to the Lord.

2486 Since it violates the virtue of truthfulness, a lie does real violence to another. It affects his ability to know, which is a condition of every judgment and decision. It contains the seed of discord and all consequent evils. Lying is destructive of society; it undermines trust among men and tears apart the fabric of social relationships.

See Also: **2505**

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...

THE GODLY MAN – *Episode 5: The Godly Man is Loyal*



Team Member Name: _____ Date: _____

Game Strategy – As independent creatures it's pretty tough for us to follow and remain loyal to a leader, standing by him through thick and thin.

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. A loyal friend is one that stands by us through thick and thin. Can you name a friend or friends that you consider to be a loyal friend? What makes him/them special?
2. Read Hebrews 13:5-6. God is our most loyal friend. He is there for us all the time. Do I show Him this same kind of loyalty? How?
3. For those of you who are married or are contemplating marriage, we make a covenant on the day of our marriage to be loyal to our wives. What are some of the ways that we can show our loyalty to our wives? To our children?
4. Our church, more than ever, needs our loyalty. Have you been loyal to the church? In what ways do you show your loyalty?
5. Band of brothers – the team always mentions the importance of belonging to small groups. Do you currently belong to a small group? Would you like to belong to a small group? Why do you think belonging to a small group would be helpful? Read Ecclesiastes 4:9-12.

THE GODLY MAN -- Episode 5: The Godly Man is Loyal

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 with team. Take note of the tips from the CTG team:

1. Is there someone in your life you have been disloyal to? Take a step in faith to be loyal and repair the situation.
2. Jesus wants your loyalty. Matthew 10:32
3. Think about your loyalties.

Complete your **Personal Action Item**.



Scripture References

- | | |
|---------------------|---------------------|
| Ecclesiastes 4:9-12 | Sirach 40:12 |
| Hebrews 13:5-6 | Sirach 44:20 |
| Joshua 14:9 | Proverbs 18:24 |
| Psalms 31:24 | Matthew 10:32 |
| Psalms 89:3 | Matthew 28:20 |
| Sirach 1:24 | Hebrews 2:14 |
| Sirach 15:19 | 2 Maccabees 6:17-31 |

Coaching Tips

Keys to being loyal:

- Stand up for marriage, family, church and country.
- Bear the cross together.
- Loyalty is rooted in God
- The Lord is your loyal friend

God will be with us until the end of the ages. The true test of loyalty is when it costs something. The time is now to be loyal to our brothers in Christ, loyal to our wives, families, church and country.

“Do not let kindness and truth leave you; bind them around your neck, write them on the tablet of your heart.” ~ *Proverbs 3:3*

“Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I will never desert you, nor will I ever forsake you.’” ~ *Hebrews 13:5*

Catechism Connection

1880 A *society* is a group of persons bound together organically by a principle of unity that goes beyond each one of them. As an assembly that is at once visible and spiritual, a society endures through time: it gathers up the past and prepares for the future. By means of society, each man is established as an “heir” and receives certain “talents” that enrich his identity and whose fruits he must develop. He rightly owes loyalty to the communities of which he is a part and respect to those in authority who have charge of the common good.

2238 Those subject to authority should regard those in authority as representatives of God, who has made them stewards of his gifts:⁴³ “Be subject for the Lord’s sake to every human institution.... Live as free men, yet without using your freedom as a pretext for evil; but live as servants of God.”⁴⁴ Their loyal collaboration includes the right, and at times the duty, to voice their just criticisms of that which seems harmful to the dignity of persons and to the good of the community.

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.

Take I commit to becoming spiritually fit by...

THE GODLY MAN – *Episode 6: The Godly Man is Honorable*



Team Member Name: _____ Date: _____

Game Strategy – Do we honor what is honorable? Do we honor the church? The cross? The flag?

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. In 1 Timothy 3:2-13 we see the qualities listed for both a bishop and a deacon. These qualities will make any man, not just a bishop or deacon, honorable. List these qualities. Which ones do you struggle with the most?
2. The honorable man gives honor to others – beginning with God. Who and how do you give honor to others?
3. Many times our society honors dishonorable things and dishonorable people. Take a few moments and share how we can honor:
 - a. Parents/Grandparents
 - b. Elderly
 - c. Armed Forces/Vets
4. When meeting a person for the first time, whether it is a guest or just someone you are just acknowledging, how do you honor this person? How do you teach your children to greet someone, especially for the first time?
5. Within your families, point out some ways in which we can honor one another? Read 1 Peter 3:8-9.

THE GODLY MAN -- *Episode 6: The Godly Man is Honorable*

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. Are you showing honor to the things that Lord has called you to honor? Do you go to Mass each week?
2. The Christian gaze should be upward. Philippians 4:8
3. Honor God. Be in awe of Him.

Complete your **Personal Action Item**. 

Scripture References

1 Timothy 3:2-13	1 Samuel 2:30
1 Peter 3:8-9	Luke 14:11
Proverbs 3:9, 3:16	Romans 12:10
Proverbs 22:4, 26:1, 31:25	Isaiah 58:6-14
Psalms 91:14, 96:6, 104:1	Philippians 4:8

Coaching Tips

How can we be honorable men?

- Honor God
- Have respect for others.
- Recognize sacredness of life.

You need to begin by honoring God, our creator. Characteristics of an honorable man include: total awe of God; faithful to wife/family; provide for and defends family; honor mother and father; and respect fellow man. You need to recognize the dignity of each person, know what is right and stick to it and practice customs that show honor. Being honorable is a learned behavior. It's not old fashioned, it's timeless.

"Nobody can acquire honor by doing what is wrong." ~*Thomas Jefferson*

"The most tragic thing in the world is a man of genius who is not a man of honor." ~*George Bernard Shaw*

Catechism Connection

1900 The duty of obedience requires all to give due honor to authority and to treat those who are charged to exercise it with respect, and, insofar as it is deserved, with gratitude and good will.

2207 The family is the community in which, from childhood, one can learn moral values, begin to honor God, and make good use of freedom. Family life is an initiation into life in society.

2479 Detraction and calumny destroy the reputation and honor of one's neighbor. Honor is the social witness given to human dignity, and everyone enjoys a natural right to the honor of his name and reputation and to respect. Thus, detraction and calumny offend against the virtues of justice and charity.

2248 According to the fourth commandment, God has willed that, after him, we should honor our parents and those whom he has vested with authority for our good.

See Aso: **2211, 2214**

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...

THE GODLY MAN – *Episode 7: The Godly Man is Faithful*



Team Member Name: _____ Date: _____

Game Strategy – There will always be disappointment and obstacles in our lives. We need faithfulness to overcome them.

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. Read 1 Corinthians 4:2. What does it mean to be faithful?
2. We must be faithful to God first and foremost. What are some ways God is faithful to us? Cite some ways that we are faithful to God.
3. Faithfulness to one another is a key in relationships starting with our families. How do we show our faithfulness to our wives? Family? Friends?
4. What are some of the things that prevent us from being more faithful men?
5. Read Matthew 25:14-21. Why is this servant faithful? What is the reward for faithfulness? Why is this reward something your heart longs for?

THE GODLY MAN -- *Episode 7: The Godly Man is Faithful*

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. Think about what the Lord will say to you at the time of your death. Sirach 1:7
2. Plant the flag within your own home.
3. It's not too late to be faithful.

Complete your **Personal Action Item**.



Scripture References

1 Corinthians 4:2
Matthew 25:14-21
John 20:30-31
Peter 4:1-11
Matthew 24:45-51

John 14:11-14
Luke 10:16
Luke 8:5-8
Revelation 2:10
Joshua 24:15

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...

Coaching Tips

Being faithful:

- We can count on God
- Faithful to a person - Jesus.
- Be deeply in love with Jesus

How do you become a Godly man who is faithful? You must surrender to God, you must be patient with yourself, and you must have regular direct contact with the Almighty through conversational prayer.

“Be faithful in small things because it is in them that your strength lies.” ~ *Blessed Mother Teresa*

“By faithfulness we are collected and wound up into unity within ourselves, whereas we had been scattered abroad in multiplicity.” ~ *St. Augustine*

Catechism Connection

146 Abraham thus fulfills the definition of faith in Hebrews 11:1: “Faith is the assurance of things hoped for, the conviction of things not seen”: “Abraham believed God, and it was reckoned to him as righteousness.” Because he was “strong in his faith,” Abraham became the “father of all who believe.”

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.’”

1062 In Hebrew, amen comes from the same root as the word “believe.” This root expresses solidity, trustworthiness, faithfulness. And so we can understand why “Amen” may express both God’s faithfulness towards us and our trust in him.

THE GODLY MAN – *Episode 8: The Godly Man is Pure*

Team Member Name: _____ Date: _____



Game Strategy – All the willpower in the world can't save us from impurity, but God's grace is sufficient.

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. In our society today, there seems to be an attack on purity on all fronts. What are some of the tactics that the devil uses to lure us into impurity? Read James 1:13-15.
2. What are some of the spiritual devices that we can use to protect our purity?
3. The King David succumbed to temptation and sins of lust and murder – by just a glance. What are the things that we are glancing at that lead us into temptation and sin?
4. If we have continuously fallen into sins of impurity, what are some of the ways, that the team mentioned with the help of the Holy Spirit, that we can overcome these temptations and sins?
5. If we continually fall into sins of impurity, what are some of the things we can do to break this bad habit (addiction)? Read James 4:7-8.

THE GODLY MAN -- *Episode 8: The Godly Man is Pure*

Team Workout Plan - Watch the Kickoff, Game Plan and ReZone 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. Find someone you trust and be honest about your struggles.
2. Psalm 119:9-11
3. Ask the Blessed Mother for help and pray the rosary.

Complete your **Personal Action Item**.



Scripture References

James 1:13-15	1 Chronicles 28:9
James 4:7-8	Psalm 139:23-24
Matthew 5:8	Psalm 119:9-11
Matthew 15:19-20	Jeremiah 31:33
Matthew 6:33	1 Peter 4:2
Matthew 22:37	Ephesians 1:16-18

Coaching Tips

The Battle for Purity:

- The heart is the seat of the decision
- To be pure is what God wants
- Keep the eyes of your heart open
- Seek and hunger for righteousness
- Be single minded for God
- God has the victory

“When you have sought the company of a sensual satisfaction, what loneliness afterward!”

~St. Josemaria Escriva

Lust indulged starves the soul, but fools hate to turn from evil. ~ Proverbs 13:19

Catechism Connection

2525 Christian purity requires a *purification of the social climate*. It requires of the communications media that their presentations show concern for respect and restraint. Purity of heart brings freedom from widespread eroticism and avoids entertainment inclined to voyeurism and illusion.

2532 Purification of the heart demands prayer, the practice of chastity, purity of intention and of vision.

2519 The pure in heart are promised that they will see God face to face and be like Him. Purity of heart is the precondition of the vision of God. Even now it enables us to see according to God, to accept others as neighbors; it lets us perceive the human body – ours and our neighbor’s – as a temple of the Holy Spirit, a manifestation of divine beauty.

2530 The struggle against carnal lust involves purifying the heart and practicing temperance.

2533 Purity of heart requires the modesty which is patience, decency, and discretion. Modesty protects the intimate center of the person.

See Also: **2523, 2527, 2531**

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...

THE GODLY MAN – *Episode 9: The Godly Man is Brave*



Team Member Name: _____ Date: _____

Game Strategy – “I ain’t scared of anything.” You know how we can be, but is that being brave? Hardly. Fear actually brings us to courage.

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 a brave man? How does being bold fit in to being brave? Read Acts 4:29-31.
2. Fear many times prevents us from being brave. Quote - “it is easy to be brave at a safe distance.” Name some time in your life that you did a brave act. Name a time when fear prevented you from performing a brave act.
3. Pope John Paul II spoke, on his visit to Denver, told Curtis Martin and the FOCUS staff, “BE SOLDIERS FOR CHRIST.” Our church is going through some difficult times now. How can we be brave soldiers for Christ and stand up for the Church?
4. Peter told the story of the priest whom the Lord spoke to during adoration – telling him “he was afraid of offending men.” Have there been times in your life when you showed the lack of bravery because you were afraid of offending men? Explain.

THE GODLY MAN -- *Episode 9: The Godly Man is Brave*

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 with team. Take note of the tips from the CTG team:

1. Continue preaching the gospel with boldness and confidence.
2. Have faith and be courageous. Hebrews 2:14-15
3. Take a stand against dirty jokes and gossip.

Complete your **Personal Action Item**.



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...

Scripture References

Hebrews 12:2

2 Timothy 1:7

Hebrews 2:14-15

Coaching Tips

“Teach us to be brave”

- Be brave. Stand up for the church.
- God is calling you out of your comfort zone.

“The Christian is brave, that is, he is prepared to suffer injury and, if need be, death for the truth and for the realization of justice.” ~ *The sixth of St. Thomas Aquinas’ seven virtues*

“Courage is almost a contradiction in terms. It means a strong desire to live taking the form of readiness to die.” ~ *G. K. Chesterton*

“Hope has two beautiful daughters – their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are.” ~ *St. Augustine*

“Courage is being scared to death...and saddling up anyway.” ~ *John Wayne*

Catechism Connection

1805 Four virtues play a pivotal role and accordingly are called “cardinal: all the others are grouped around them. They are: prejudice, justice, fortitude, and temperance. “If anyone loves righteousness, labors are virtues; for she teaches temperance and prudence, justice and **courage**. These virtues are praised under other names in many passages of scripture.

1808 Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of 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.”

1520 *A particular gift of the Holy Spirit.* The first grace of this sacrament is one of strengthening, peace and **courage** to overcome the difficulties that go with the condition of serious illness or the frailty of old age. This grace is a gift of the Holy Spirit, who renews trust and faith in God and strengthens against the temptations of the evil one, the temptation to discouragement and anguish in the face of death.¹³⁵ This assistance from the Lord by the power of his Spirit is meant to lead the sick person to healing of the soul, but also of the body if such is God’s will.¹³⁶ Furthermore, “if he has committed sins, he will be forgiven.

THE GODLY MAN – *Episode 10: The Godly Man is Zealous*



Team Member Name: _____ Date: _____

Game Strategy – Does our zeal for the Lord consume us? It should. The Lord knows we can be pretty zealous about a lot of other things.

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. Coach Danny mentioned in the Kickoff some of the characteristics of a zealous man. Can you name some? Can you think of more?
2. The word “zealous” and “eager” refer to the same passion. Read Titus 2:11-14. Name some things in your life that you are eager to do, that you have a passion for, a zealousness to do God’s work and will.
3. John Paul II spoke, on numerous occasions, that we must have zeal for a new evangelization – in other words – spreading the Gospel. Do you agree that all of us are called to spread the Gospel? What are some of the ways that you are spreading the Gospel? If not, then why?
4. Name some zealous men that you have come across in your lifetime. What separates them from the pack?

THE GODLY MAN -- *Episode 10: The Godly Man is Zealous*

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. Are we willing to be zealous for the Lord?
2. You have to have courage. Man up.
3. Make a commitment to take it to the next level.

Complete your **Personal Action Item**.



Scripture References

Revelations 3:19

Romans 10:2

Titus 2:11-14

Isaiah 59:17

Psalms 119:139

2 Corinthians 9:2

Coaching Tips

What does it mean to be zealous?

- Zeal is constructive.
- Jesus was a warrior.
- Know God is with you, leading you with the Holy Spirit

“There is a holy anger, excited by zeal, that moves us to reprove with warmth those whom our mildness failed to correct.” ~ *St. John of the Cross*

“We ought to blush with shame when we see how the men of time pursue the things of time with greater zeal and passion than we pursue the things of eternity.” ~ *St. Ignatius of Loyola*

Catechism Connection

828 The saints have always been the source and origin of renewal in the most difficult moments in the Church’s history. Indeed, holiness is the hidden source and infallible measure of her apostolic activity and missionary zeal.

584 Jesus went to the temple as the privileged place of encounter with God. For Him, the Temple was the dwelling of His father, a house of prayer, and he was angered that its outer court had become a place of commerce. He drove the merchants out. His disciples remembered that it was written, “Zeal for your house will consume me.”

579 This principle of integral observance of the Law not only in letter but in spirit was dear to the Pharisees. By giving Israel this principle they had led many Jews of Jesus’ time to an extreme religious zeal. This zeal, were it not to lapse into “hypocritical” casuistry, could only prepare the People for the unprecedented intervention of God through the perfect fulfillment of the Law by the only Righteous One in place of all sinners.

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...

THE GODLY MAN – *Episode 11: The Godly Man is Joyful*



Team Member Name: _____ Date: _____

Game Strategy – Joy is more than happiness. Jesus endured the cross for the joy set before Him. Can we do the same?

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. Read Philippians 4:4 and 1 Thessalonians 5:16. Joy is one of the characteristics that should mark a Christian. Why do you think this is so?

2. Scripture tells us that we should even be joyful in times of trials and suffering. Read James 1:2-4. Why should we be joyful during times of trial and suffering?

3. Scripture also says, “the joy of the Lord is our strength.” Do you really believe that statement? And, how do we gain strength from the joy of the Lord?

4. It seems as though there is a lack of joy in the world. Why is joy missing in many people’s lives? Is it missing in your life? Why?

THE GODLY MAN -- *Episode 11: The Godly Man is Joyful*

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 you want joy, pursue God. Psalm 16:9
2. Recommit yourself to unity with the Catholic Church.
3. Check your attitude. Do you have a joyful spirit?

Complete your **Personal Action Item**.



Scripture References

Psalm 28:7	Galatians 5:21-22
Psalm 13:5-6	1 Thessalonians 5:16-18
Romans 5:1-4, 8:12	James 1:2-4
Romans 14:17	Acts: 13:52
Romans 15:13	Philippians 2:2; 4:4

Coaching Tips

Keys to being joyful:

Joy is found in Christ alone.
No one can steal your joy.

Have a positive attitude
Your heart is made for God

Walk in the Spirit to receive
more joy

“Laugh and grow strong.” ~ *St. Ignatius of Loyola*

“Joy is a net of love by which you can catch souls.” ~ *Blessed Mother Teresa*

“Man cannot live without joy; therefore when he is deprived of true spiritual joys it is necessary that he become addicted to carnal pleasures.” ~ *St. Thomas Aquinas*

Catechism Connection

1765 There are many passions. The most fundamental passion is love, aroused by the attraction of the good. Love causes a desire for the absent good and the hope of obtaining it; this movement finds completion in the pleasure and joy of the good possessed.

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 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.

1772 The principal passions are love and hatred, desire and fear, joy, sadness, and anger.

2657 The Holy Spirit, who instructs us to celebrate the liturgy in expectation of Christ’s return, teaches us to pray in hope. Conversely, the prayer of the Church and personal prayer nourish hope in us. The psalms especially, with their concrete and varied language, teach us to fix our hope in God: “I waited patiently for the LORD; he inclined to me and heard my cry.”⁸ As St. Paul prayed: “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

See Also: **2015, 2500, 2615**

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...

THE GODLY MAN – *Episode 12: The Godly Man is Merciful*

Team Member Name: _____ Date: _____



Game Strategy – We struggle receiving God’s mercy. Do we even think we need it and are we willing to show mercy to others?

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. Christ showed the ultimate sign of mercy by dying on the cross for each of us. How can we show our gratitude for such an awesome gift?
2. God continues to pour love and mercy on us each and every day of our lives and all he wants in return is for us to show love and mercy towards others. Cite an occasion when you showed love and mercy to another. What is Jesus’ promise to us if we show mercy? Read Matthew 5:7.
3. Do you believe that there is no limit to God’s mercy? Why? Look again at Matthew 5:7 as well as James 2:13. What does this say about the way you treat people?
4. Jesus instituted the Sacrament of Confession in order for us to experience God’s mercy through the absolution of our sins by His representative – the priest. Do you utilize this sacrament? If so, how often? If not, why not?
5. How did you feel prior to going to confession? How did you feel after the priest gives you absolution?

THE GODLY MAN -- *Episode 12: The Godly Man is Merciful*

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. God loves you and there is nothing you can do about it.
2. Find a church and talk to a priest.
3. What does God's mercy mean to you?

Complete your **Personal Action Item**.



Scripture References

Ephesians 2:1-9
Matthew 5:7
James 2:13
Matthew 6:14-15

Ephesians 1:7
1 John 1:9
Psalms 103:11
Romans 12:1

Coaching Tips

What it takes to be merciful:

- Pray without ceasing.
- Go to church.
- Reflect on the cross and its mercy.
- God's mercy knows no limits

“Look into My heart and see there the love and mercy which I have for humankind, and especially for sinners.” ~ *Jesus Christ to St. Faustina*

“Forgiveness is the remission of sins. For it is by this that what has been lost, and was found, is saved from being lost again.” ~ *St. Augustine*

“God loves each of us as if there were only one of us.” ~ *St. Augustine*

Catechism Connection

2842 This “as” is not unique in Jesus’ teaching: “You, therefore, must be perfect, as your heavenly Father is perfect”; “Be merciful, even as your Father is merciful”; “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another”.

2840 Now—and this is daunting—this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see.

2086 When we say ‘God’ we confess a constant, unchangeable being, always the same, faithful and just, without any evil. It follows that we must necessarily accept his words and have complete faith in him and acknowledge his authority. He is almighty, merciful, and infinitely beneficent.... Who could not place all hope in him? Who could not love him when contemplating the treasures of goodness and love he has poured out on us?

See Also: **1458, 613, 589, 1470, 1990**

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...