



## Workout Tracker

### Becoming Disciples

#### Workout Sessions

Knowing Jesus

Following Jesus

Called to Communion

Band of Brothers

Totally Obedient

Truth Sets Us Free

Go Make Disciples

Mission Starts With Me

Family Matters

Young Guns

Never Too Late

We Need Each Other

#### Date Completed

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#### Workout Teammates

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#### Contact Information

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## BECOMING DISCIPLES – *Episode 1: Knowing Jesus*



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

**Game Strategy** – If we really want to find our way in life, men, we must come to know Jesus who is the way, the truth, and the light.

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 Matthew 16:15 Jesus asked his disciples, “Who do you say that I am?” Peter answered, “You are the Christ, the Son of the living God.” If Jesus asked you, “Who do you say that I am?” what would your answer be?
2. The team illustrated three circles with crosses which represent our relationship with Jesus. Explain what each circle means. Where do you stand in your relationship with Jesus Christ?
3. We might know who Jesus is, but even the devil and demons know who he is. More importantly, we must know him personally. Do you have a personal relationship with Jesus? Explain. If not, what do you think is preventing you from doing this?
4. All of us need help to understand and know Jesus better. From where do you think we obtain this knowledge?
5. How will knowing Jesus more personally benefit you in all other aspects of your life?
6. How do you think we can learn more about Jesus and his teachings? What are some helpful resources?

## BECOMING DISCIPLES – *Episode 1: Knowing Jesus*

**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. We want to support you in your conversion to follow Jesus Christ.
2. Keep going! Stand in front of our Lord.
3. Read the gospels over the next 7 days and find out about Jesus.

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 16:15

Mark 16:20

John 1:14

1 Timothy 2:3-4

John 17:3

Acts 4:12

### **Coaching Tips**

Strive not so much to *know more about Jesus* (although it is good to know more about Him) so much as to *know Jesus more*.

*Knowing Jesus more* is only accomplished through prayer, reading of Scripture, frequent participation in the Sacraments, fellowship with other believers and service and witness to others.

"I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them; I ask all of you to do this unfailingly each day." ~ Pope Francis, *Evangelii Gaudium*

"No one should think that this invitation is not meant for him or her, since 'no one is excluded from the joy brought by the Lord'...How good it feels to come back to him whenever we are lost! Let me say this once more: God never tires of forgiving us." ~ Pope Francis, *Evangelii Gaudium*

### **Catechism Connection**

**1** God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life. For this reason, at every time and in every place, God draws close to man. He calls man to seek him, to know him, to love him with all his strength. He calls together all men, scattered and divided by sin, into the unity of his family, the Church. To accomplish this, when the fullness of time had come, God sent his Son as Redeemer and Savior. In his Son and through him, he invites men to become, in the Holy Spirit, his adopted children and thus heirs of his blessed life.

**2** So that this call should resound throughout the world, Christ sent forth the apostles he had chosen, commissioning them to proclaim the gospel: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age."<sup>4</sup> Strengthened by this mission, the apostles "went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended 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...*

## BECOMING DISCIPLES – *Episode 2: Following Jesus*



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

**Game Strategy** – Men, if we are to become disciples of Jesus, the master Himself tells us to, “take up our cross and follow Him.”

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. Jesus says in the Scriptures, “Take up your cross and follow me.” What do you think it means to follow Jesus? What does Jesus mean when he tells us to take up our cross?
2. How are you following Jesus?
3. The basic battle for us as disciples is – are we going to follow the ways of the world or are we going to follow the ways of Jesus and His Church? What are some worldly obstacles that you are attached to that seem to prevent you from totally following Jesus? What are the ways that you can overcome these obstacles?
4. The Apostles were following Jesus up until his passion and then they ran and hid for fear of their lives. What happened at Pentecost that completely transformed their lives to become followers of Jesus regardless of the consequences?
5. In order for us to commit to following Jesus on a daily basis, we need help because we cannot accomplish this on our own. Where does your power source come from and how do you receive this power? Why do you think you need the power of the Holy Spirit to better know Jesus?
6. What are some of the ways in which you can live your life that proves to Jesus that you are a follower of Him?

## BECOMING DISCIPLES – *Episode 2: Following Jesus*

**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. Pray to the Holy Spirit every day.
2. Let the Holy Spirit work through you.
3. Using the Scriptures from the last episode, learn the ways of Jesus Christ and follow them.

Complete your **Personal Action Item**. 

### **Scripture References**

Acts 1:5-8

Romans 8:15

John 14:12

John 14:25-26

### **Coaching Tips**

Take up the cross and follow Jesus, walking in the Spirit in a personal relationship with the Living God and gain Eternal Life.

“Children of God, cry out to ‘Abba Father! These two substantial statements speak of the sending and receiving of the Holy Spirit, the gift of the Risen One, who makes us sons in Christ, the Only-begotten Son, and gives us a final relationship with God. ... When we turn to our Father in the privacy of our rooms, in silence and recollection, we are never alone.” ~ *Pope Benedict XVI*

### **Catechism Connection**

**2053** To this first reply Jesus adds a second: "If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me." This reply does not do away with the first: following Jesus Christ involves keeping the Commandments. The Law has not been abolished, but rather man is invited to rediscover it in the person of his Master who is its perfect fulfillment. In the three synoptic Gospels, Jesus' call to the rich young man to follow him, in the obedience of a disciple and in the observance of the Commandments, is joined to the call to poverty and chastity. The evangelical counsels are inseparable from the Commandments.

**1435** Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, the exercise and defense of justice and right, by the admission of faults to one's brethren, fraternal correction, revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness. Taking up one's cross each day and following Jesus is the surest way of penance.

**1694** Incorporated into Christ by Baptism, Christians are "dead to sin and alive to God in Christ Jesus" and so participate in the life of the Risen Lord. Following Christ and united with him, Christians can strive to be "imitators of God as beloved children, and walk in love" by conforming their thoughts, words and actions to the "mind . . . which is yours in Christ Jesus," and by following his example.

See Also: **1344**

### **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...*

## BECOMING DISCIPLES – *Episode 3: Called to Communion*



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

**Game Strategy** – Gentlemen, the road to discipleship is not meant to be walked alone. Jesus sent his disciples out two by two.

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. When we persevere in our walk with the Lord and follow his ways, we become a changed man – a new man. When you look in the mirror in the morning are you pleased with the man that you see? Why? Why not? How can you improve?
2. When others look at you and observe you, what kind of man do you think that they think you are? Why?
3. What do you think it means to be in “communion” with other Christian brothers? What do you think are some of the benefits?
4. God calls you and me to be holy men of God. How do you think we can accomplish this call to holiness? What are some of the ways that the Catholic Church can be beneficial to us in this walk?
5. Called to communion also means living in His visible church. What are some of the ways you and I can defend and support our Catholic Church? Pope? Bishop? Priests?
6. How can you live your faith life more fervently?

## **BECOMING DISCIPLES – Episode 3: Called to Communion**

**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. Go to Church ready to pray and love!
2. Be like Jesus, get involved!
3. Ask God to change your ways!

Complete your **Personal Action Item**. 

### **Scripture References**

Romans 5:16-20

Romans 8:1-5

### **Coaching Tips**

We were made for relationship, a deep intimate personal relationship with God and to be in relationships with each other. God is relationship in Himself, the Holy Trinity, three distinct persons in one God, Father, Son and Holy Spirit in loving communion inviting us to join in that communion.

Jesus prayed that we would all be one (unified). The Holy Spirit wants us to gather with others who love Jesus. He is our brother. His Father is our Father. His Mother is our mother.

We are going to be in eternity together as brothers and sisters!

### **Catechism Connection**

**788** When his visible presence was taken from them, Jesus did not leave his disciples orphans. He promised to remain with them until the end of time; he sent them his Spirit. As a result communion with Jesus has become, in a way, more intense: "By communicating his Spirit, Christ mystically constitutes as his body those brothers of his who are called together from every nation."

**1346** The liturgy of the Eucharist unfolds according to a fundamental structure which has been preserved throughout the centuries down to our own day. It displays two great parts that form a fundamental unity:  
- the gathering, the liturgy of the Word, with readings, homily and general intercessions;  
- the liturgy of the Eucharist, with the presentation of the bread and wine, the consecratory thanksgiving, and communion.

The liturgy of the Word and liturgy of the Eucharist together form "one single act of worship"; the Eucharistic table set for us is the table both of the Word of God and of the Body of the Lord.

**1816** The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it: "All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks." Service of and witness to the faith are necessary for salvation: "So everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in 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...*

## BECOMING DISCIPLES – *Episode 4: Band of Brothers*



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

**Game Strategy** – Discipleship is more than just a bunch of guys running together. Disciples are brothers in Christ.

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. Jesus could have accomplished His mission on earth alone, but instead, He formed a band of brothers called the Apostles. Why do you think He formed this first men's group? What was their ultimate mission?
2. Christianity is not lived in isolation. You have heard the CTG team mention numerous times on the show the importance of joining a men's small workout group. Why do you think it is so important to join such a group? How do you think this would benefit you?
3. All of us have trials, tribulations, sufferings and temptations that we must face in this life. What do you think would be some of the benefits of sharing your struggles? What are some drawbacks?
4. Do you think sharing with your Christian brothers on a consistent basis would help you grow spiritually? Why?
5. Would you be open to asking a trusted brother within your sharing group to help you become accountable for your growth in virtue? Are there reasons this would not be beneficial to you?

## **BECOMING DISCIPLES – Episode 4: Band of Brothers**

**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. Incorporate your faith in your relationships.
2. Man up against your fears in talking about your faith.
3. Find a group of men in your parish to team up with.

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 5:22

Acts 4:47

John 3:12

Ephesians 5:10-11

Matthew 12:50

### **Coaching Tips**

A 3-fold card is not easily broken. We need each other!

There are four ingredients to a healthy Christian Life:

- \* Prayer
- \* The Sacraments
- \* The Apostolic teachings
- \* Fellowship

In order to lead a healthy Catholic Life it is very important to Band together as Brothers, especially for men who are reluctant to reveal who they really are. The devil's strategy is to divide us, to separate, isolate, to accuse, to keep us burdened down in our shame. We have to be able to move out of the darkness in our lives and to allow the Light of Christ to shine upon us. Jesus wants us to be in a relationship with one another, to understand and support one another. When we come together we can share our problems and find solutions. Brothers should get together frequently to share the healing experience that a support group can bring to prevent reversion into sin.

To assist in developing this bond, challenge yourself and one another:

- \* Do you pray every day?
- \* Do you regularly read Scripture?
- \* Do you spend your time constructively?
- \* Are you generous with your treasure?
- \* Are you generous with your time?
- \* Are you honest in your sex life?

### **Catechism Connection**

**960** The Church is a “communion of saints”: this expression refers first to the “holy things” (*sancta*), above all the Eucharist, by which “the unity of believers, who form one body in Christ, is both represented and brought about” (*LG* 3).

**961** The term “communion of saints” refers also to the communion of “holy persons” (*sancti*) in Christ who “died for all,” so that what each one does or suffers in and for Christ bears fruit for all.

**962** “We believe in the communion of all the faithful of Christ, those who are pilgrims on earth, the dead who are being purified, and the blessed in heaven, all together forming one Church; and we believe that in this communion, the merciful love of God and his saints is always [attentive] to our prayers” (Paul VI, *CPG* § 30).

### **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...*

## BECOMING DISCIPLES – *Episode 5: Totally Obedient*



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

**Game Strategy** – As coach would say, “Hey guys! Who are we kidding?” When we do whatever we want whenever we want to, that’s not discipleship. A disciple lives the truth, obedient in all 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.
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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. A true disciple is obedient. As a disciple, how is total obedience expressed in one’s life?
2. If we want to become a true Catholic disciple, to whom and what should we be obedient too? Why?
3. I believe many Catholics find our faith too demanding. Do you think our faith is too demanding? What are some areas that you struggle with regarding being obedient to the faith? Why do you think that is so?
4. Jesus was obedient to his Father by accepting death on the cross. How can you express your obedience to Jesus in the practice of your faith?
5. Scripture says, "Render unto Caesar what is Caesar's and to God what is God's." What does it mean to be obedient to the State? What does it mean to be obedient to the Church? Which should take precedence? Why? If the Pope and Bishops are the teaching magisterium of the Church, how should you show your obedience to their teaching in matters of faith and morals?

## **BECOMING DISCIPLES – Episode 5: Totally Obedient**

**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. Examine your level of obedience. Turn shortcomings over to the Lord.
2. There is obedience in the Church. If you are away, come back to your parish.
3. Pray the rosary daily and ask the Lord to help you walk His way, not yours.

Complete your **Personal Action Item**. 

### **Scripture References**

John 8:31-32

Romans 1:5-6

Luke 10:16

John 6:66-67

John 6:53-60

Matthew 6:33

### **Coaching Tips**

A disciple is passionate about the truth. The truth is a person – *Jesus Christ* – not an idea. We learn and follow the truth through God's words and those teachings conveyed by the Bishops of the Catholic Church.

All power and authority belongs to Jesus Christ. Jesus said the way to happiness is to accept reality. God is God and we are not. Obedience is the heart of Discipleship. Obedience to God and His Church.

### **Catechism Connection**

**144** To obey (from the Latin *ob-audire*, to "hear or listen to") in faith is to submit freely to the word that has been heard, because its truth is guaranteed by God, who is Truth itself. Abraham is the model of such obedience offered us by Sacred Scripture. The Virgin Mary is its most perfect embodiment.

**148** The Virgin Mary most perfectly embodies the obedience of faith. By faith Mary welcomes the tidings and promise brought by the angel Gabriel, believing that "with God nothing will be impossible" and so giving her assent: "Behold I am the handmaid of the Lord; let it be [done] to me according to your word."

**2716** Contemplative prayer is *hearing* the Word of God. Far from being passive, such attentiveness is the obedience of faith, the unconditional acceptance of a servant, and the loving commitment of a child. It participates in the "Yes" of the Son become servant and the *Fiat* of God's lowly handmaid.

**2087** Our moral life has its source in faith in God who reveals his love to us. St. Paul speaks of the "obedience of faith" as our first obligation. He shows that "ignorance of God" is the principle and explanation of all moral deviations. Our duty toward God is to believe in him and to bear witness to him.

**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.

See Also: **1269**

### **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...*

## BECOMING DISCIPLES – *Episode 6: Truth Sets Us Free*



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

**Game Strategy** – How would you like to be truly free? Even though it may hurt sometimes, truth is the only answer.

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. Jesus told his disciples: “The truth will set you free.” What does this statement mean to you?
2. What is your understanding of truth?
3. What does it mean to be free?
4. By living our lives in the truth, how do you think this sets us free? On the other hand, if we live a life of lies, how do you think this keeps us in bondage?
5. This country was founded on truth and freedom; what are some obstacles to the truth in our culture today? What are some of the obstacles to truth that you experience personally?
6. Relativism and secularism seems to be capturing the minds of our culture. The truth sets us free from what? Do you consider yourself a truthful and honest person? Why? Why not?
7. Share a particular situation in your life when holding on to the truth, to the very end, eventually set you free.
8. Currently, in this country, do you feel as though our religious freedom is being challenged? What are some of the ways this is occurring? How can you as a Catholic stand up to this challenge?

## BECOMING DISCIPLES – *Episode 6: Truth Sets Us Free*

**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. Read about the lives of the martyrs (Saint Stephen, Polycarp)
2. Live the message you preach.
3. Having doubts? Ask the Lord to reveal the truth to you.

Complete your **Personal Action Item**. 

### **Scripture References**

John 18:37-38  
2 Timothy 2:14-15

John 8:31-36  
Ephesians 4:15

### **Coaching Tips**

“Follow the Truth”

The Holy Spirit leads us to all Truth.

Bear witness to the Truth.

Die to Self - Yielding to the Truth leads to true freedom which is the ability to do what we ought to do.

Freedom is intimately tied to obedience to God.

The Truth shall set you Free

### **Catechism Connection**

**2466** In Jesus Christ, the whole of God's truth has been made manifest. "Full of grace and truth," he came as the "light of the world," *he is the Truth*. "Whoever believes in me may not remain in darkness." The disciple of Jesus continues in his word so as to know "the truth [that] will make you free" and that sanctifies. To follow Jesus is to live in "the Spirit of truth," whom the Father sends in his name and who leads "into all the truth." To his disciples Jesus teaches the unconditional love of truth: "Let what you say be simply 'Yes or No.'"

**2671** The traditional form of petition to the Holy Spirit is to invoke the Father through Christ our Lord to give us the Consoler Spirit. Jesus insists on this petition to be made in his name at the very moment when he promises the gift of the Spirit of Truth. But the simplest and most direct prayer is also traditional, "Come, Holy Spirit," and every liturgical tradition has developed it in antiphons and hymns.

**2467** Man tends by nature toward the truth. He is obliged to honor and bear witness to it: "It is in accordance with their dignity that all men, because they are persons; are both impelled by their nature and bound by a moral obligation to seek the truth, especially religious truth. They are also bound to adhere to the truth once they come to know it and direct their whole lives in accordance with the demands of truth."

**1744** Freedom is the power to act or not to act, and so to perform deliberate acts of one's own. Freedom attains perfection in its acts when directed toward God, the sovereign 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...*

## BECOMING DISCIPLES – *Episode 7: Go Make Disciples*



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

**Game Strategy** – Men, it’s not enough to be disciples ourselves. Jesus gave us a direct command, a great commission to go out and make disciples of all nations.

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. Just before he ascended into Heaven Jesus instructed his disciples to go out into the entire world and preach the gospel (Mark 16:15). What exactly do you think he wanted these common ordinary men to do?
2. Since this was such a huge task, where do you think the disciples received the strength and energy to take on this mission?
3. In today's Catholic Church, do you think that one of our main missions is to evangelize? What are some ways that you think that this can be accomplished?
4. Saint John Paul II and Pope Benedict XVI have both strongly encouraged the laity to take up the Church's call to evangelize. What do you think they mean by this statement? What is your understanding of evangelization?
5. In what ways do you think that you are called to evangelize? Who do you think that you are called to personally evangelize? How can you accomplish this task?
6. Many Catholic men feel intimidated by the thought of evangelizing. What are some of the obstacles that have prevented you from answering God's call to help the Church evangelize? Do you feel that each and every Catholic has a responsibility to evangelize?
7. Statistics show that approximately 25-30% of Catholics in the U.S. attend Sunday Mass on a regular basis and the percentage of men is even lower. What are some of the ways that you can encourage other men to come back to the Catholic faith?

## BECOMING DISCIPLES – *Episode 7: Go Make Disciples*

**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. We cannot be content when we consider those who live in ignorance of the love of God.
2. Prove to be my disciples. John 15:8
3. Get into a men's group.

Complete your **Personal Action Item**. 

### **Scripture References**

Acts 1:4-5, 8

Acts 2:32-38

Mark 16:14-20

John 15:8

### **Coaching Tips**

“No believer in Christ, no institution of the Church can avoid this supreme duty: to proclaim Christ to all peoples” ~ *Pope Saint John Paul II, Redemptoris Missio, no. 3*

“To this end, it is more necessary than ever for all the faithful to move from a faith of habit, sustained perhaps by social context alone, to a faith which is conscious and personally lived. The renewal of faith will always be the best way to lead others to the Truth that is Christ” ~ *Pope Saint John Paul II*

### **Catechism Connection**

**863** The whole Church is apostolic, in that she remains, through the successors of St. Peter and the other apostles, in communion of faith and life with her origin: and in that she is "sent out" into the whole world. All members of the Church share in this mission, though in various ways. "The Christian vocation is, of its nature, a vocation to the apostolate as well." Indeed, we call an apostolate "every activity of the Mystical Body" that aims "to spread the Kingdom of Christ over all the earth."

**737** The mission of Christ and the Holy Spirit is brought to completion in the Church, which is the Body of Christ and the Temple of the Holy Spirit. This joint mission henceforth brings Christ's faithful to share in his communion with the Father in the Holy Spirit. The Spirit *prepares* men and goes out to them with his grace, in order to draw them to Christ. . . He *makes present* the mystery of Christ, supremely in the Eucharist, in order to reconcile them, to *bring them into communion* with God, that they may "bear much fruit."

**2226** *Education in the faith* by the parents should begin in the child's earliest years. This already happens when family members help one another to grow in faith by the witness of a Christian life in keeping with the Gospel. Family catechesis precedes, accompanies, and enriches other forms of instruction in the faith. Parents have the mission of teaching their children to pray and to discover their vocation as children of God. The parish is the Eucharistic community and the heart of the liturgical life of Christian families; it is a privileged place for the catechesis of children and parents.

See Also: **873**

### **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...*

## BECOMING DISCIPLES – *Episode 8: Mission Starts With Me*



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

**Game Strategy** – Men, we are on an urgent mission. Our recent Popes have made it clear. “Compelled by love, the mission of making disciples must begin with me.”

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 spreading the gospel mean to you? From where do you think our desire and motivation to spread the gospel originates?
2. Why are we so open to spreading news concerning sports, politics, business, etc., even gossip, but we are hesitant to spread the word about our faith?
3. St. Francis of Assisi is reported to have said, "We should always proclaim the Gospel and use words when necessary." What does this mean to you?
4. If you truly believe in Jesus Christ and the teachings of His Holy Catholic Church, then why wouldn't you want to spread the good news?
5. List some things that you think prevent you and many other men from feeling comfortable about spreading the word of God?
6. The CTG Team mentioned that spreading the word of God is really a “team” effort. What does that statement mean?

## **BECOMING DISCIPLES – Episode 8: Mission Starts With Me**

**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. To follow Jesus involves living as He lived.
2. “Go set the world on fire.” – St. Ignatius of Loyola
3. Have your friends watch the CTG show.

Complete your **Personal Action Item**. 

### **Scripture References**

John 3:16	Matthew 28:18-20
Matthew 5:14-16	Luke 14:27
2 Timothy 2:2	Mark 3:13-15

### **Coaching Tips**

How can we witness the Gospel?

Family	Find some friends
Team Sport	Live it

“To be Christian means to be missionaries, to be Apostles. It is not enough to discover Christ. You must bring Him to others! You must have the courage to speak about Christ, to bear witness to your faith through a lifestyle inspired by the Gospel.” ~ *Pope St. John Paul II*

“To follow Jesus involves living as He lived, accepting His message, adopting His way of thinking, embracing His destiny and sharing in His project, which is the plan of the Father: It involves inviting everything into communion with the Trinity and having the burning desire to invite others to encounter the One whom we have encountered. This is the start of the evangelizing mission of the whole Church.”  
~ *Pope St. John Paul II*

### **Catechism Connection**

**1877** The vocation of humanity is to show forth the image of God and be transformed into the image of the Father's only Son. This vocation takes a personal form since each of us is called to enter into the divine beatitude; it also concerns the human community as a whole.

**1879** The human person needs to live in society. Society is not for him an extraneous addition but a requirement of his nature. Through the exchange with others, mutual service and dialogue with his brethren, man develops his potential; he thus responds to his vocation.

**2226** *Education in the faith* by the parents should begin in the child's earliest years. This already happens when family members help one another to grow in faith by witness of a Christian life in keeping with the Gospel. Family catechisms precedes, accompanies, and enriches other forms of instruction in the faith. Parents have the mission of teaching their children to pray and to discover their vocation as children of God. The parish is the Eucharistic community and the heart of the liturgical life of Christian families; it is a privileged place for the catechesis of children and parents.

### **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...*

## BECOMING DISCIPLES – *Episode 9: Family Matters*



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

**Game Strategy** – Discipleship begins at home, men, especially when we're raising sons.

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 did you learn about your role as a father in the family by listening to Chris Burak (the father)?
2. What did you learn from Peter, his son, as he explained what it was like growing up in the Burak family?
3. Describe what your family life was like when you were growing up.
4. Why is it important for you and your wife to have a "game plan" when it comes to raising a family?
5. What do you see as your total role in the family? What do you think your wife's role should be?
6. Do you think that "disciplining children" plays a big part in the stability of the family? What is your philosophy on disciplining children? Are you and your wife on the same page?
7. How critical of a role does faith play in building a spiritual foundation in your family now and into the future? What is your role in this faith process? Is there anything you would like to change to improve your current plan?

## BECOMING DISCIPLES – *Episode 9: Family Matters*

**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. Accept the call to disciple. The Lord will help you in the most difficult situations.
2. Make a pledge to step up.
3. Family time is FAMILY time.

Complete your **Personal Action Item**. 

### **Scripture References**

*Coming Soon!*

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

### **Coaching Tips**

“To maintain a joyful family requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others.”

~ *Pope St. John Paul II*

“As the family goes, so goes the nation and so goes the whole world in which we live.” ~ *Pope St. John Paul II*

"Let's not be naive: this isn't a simple political fight, it's an attempt to destroy God's plan. This is no mere legislative bill. It is a move by the father of lies to confuse and deceive the children of God."

~ *Pope Francis on Argentina's gay marriage bill*

"As the fundamental nucleus of society, the family has a right to the full support of the State in order to carry out fully its particular mission." ~ *Pope St. John Paul II*

### **Catechism Connection**

**542** Christ stands at the heart of this gathering of men into the “family of God.” By his word, through signs that manifest the reign of God, and by sending out his disciples, Jesus calls all people to come together around him. But above all in the great Paschal mystery—his death on the cross and his Resurrection—he would accomplish the coming of his kingdom. “And I, when I am lifted up from the earth, will draw all men to myself.” Into this union with Christ all men are called.

**2207** The family is the *original cell of social life*. It is the natural society in which husband and wife are called to give themselves in love and in the gift of life. Authority, stability, and a life of relationships within the family constitute the foundations for freedom, security, and fraternity within society. 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.

See Also: **2205, 2232**

### **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...*

## BECOMING DISCIPLES – *Episode 10: Young Guns*



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

**Game Strategy** – Why would a young college rugby star with exceptional business savvy become a campus missionary? He's one of a new breed of disciples.

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 kind of spiritual life did (do) you have in your college or young adult days?
2. At this critical time of life, what were/are some of the tactics that the devil used or is using to draw you away from your faith?
3. Do you believe that the college/young adult years are the most vulnerable time for young people and many struggle with and sometimes end up losing their faith? Why do you think this is an opportune time for the evil one to tempt a person?
4. Did anyone try to evangelize you during your college/young adult years? Why do you think it is extremely important to have campus groups like FOCUS whose mission is to evangelize college students?
5. Do you think that having your high school/college/young adult children involved in either a service project or mission will be beneficial for their moral and spiritual growth? Explain.
6. When searching for a college for your children, what are some of the things that you look for? Should your child make the final decision? Why or why not?
7. What is your biggest fear as a parent as you send your child off to college and beyond into their young adult years? How can you help them?

## **BECOMING DISCIPLES – Episode 10: Young Guns**

**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. How can we talk about Christ and create a desire to know Him if we are not His disciples?
2. Our goal is to teach teachers how to teach the faith to others.
3. Parents, guide your children!

Complete your **Personal Action Item**. 

### **Scripture References**

2 Timothy 2:2

*More Coming Soon!*

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

### **Coaching Tips**

*Coming Soon!*

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

### **Catechism Connection**

*Coming Soon!*

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

### **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...*

## BECOMING DISCIPLES – *Episode 11: Never Too Late*



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

**Game Strategy** – Are you a man who has done it all? So why does it still feel like something's missing? The CEO of an international senior home care company found out rather late in life that mission work brings fulfillment.

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. Larry was evangelized by another person that convinced him to convert to the Catholic faith. Cite an occasion when someone evangelized you either back to the faith or helped strengthen your faith.
2. Do you believe that each of us can, as Catholics, evangelize in the workplace, school, community, etc., without being pushy? How would you accomplish this?
3. Many Catholics either don't know how or are fearful about evangelizing. Cite some ways that you could evangelize: your immediate family and relatives, co-workers, neighbors, acquaintances in the community, at sporting events, school activities, etc.
4. Volunteering to help the less privileged is one aspect of evangelization. What type of charity work do you think would interest you?
5. Many people observe Christians who lack joy and say to themselves, why would I want to be a Christian? What is your attitude like at home, work, in the community? Do you think that people see you as a happy and content person?
6. We need to win people over before we can evangelize them. What are some fun things you do as a family that your children see that you can have some fun? What are some other fun things that you can do as a family?
7. Mentoring is another aspect of evangelization. So many young people are in desperate need for role models to mentor them. Can you name a few men in your life that mentored you? Explain. Are there any people in your life that you know are in need of mentoring? How can you help them?

## **BECOMING DISCIPLES – *Episode 11: Never Too Late***

**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. Our life is full of words and deeds. We need to respond to the work of the Spirit.
2. God will never be outdone in generosity!
3. Turn your life and business over to Jesus Christ.

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!*

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

### **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...*

## BECOMING DISCIPLES – *Episode 12: We Need Each Other*



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

**Game Strategy** – This discipleship thing isn't easy but we have plenty of company on the journey.

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. Do you really want to become a disciple of Jesus? Why? How do you think you prepare yourself for this calling?
2. In Matthew 10:32-33 Jesus tells us, "If you deny me before man, I will deny you before my heavenly Father." What are some things that might hold you back from becoming a true disciple of Jesus?
3. Do you think the Lord needs and wants each of us to disciple one another? What are some ways that you can accomplish this in your personal life, family, business, community, and friends?
4. What are some key areas that you think men need one another?
5. In what area(s) of your life do you think that you need to be a disciple?
6. When you are called home to the Lord, what would you like Him to say to you? If it should happen today, would Jesus say, "Well done good and faithful servant (disciple)? Why or why not?"

## **BECOMING DISCIPLES – *Episode 12: We Need Each Other***

**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. Get involved with other men. Join a small discipleship group.
2. Choose to be a disciple.
3. With Jesus we can change the world.

Complete your **Personal Action Item**. 

### **Scripture References**

Luke 14:27

Mark 3:13-15

2 Timothy 2:2

1 Thessalonians 2:8

Matthew 5:14-16

### **Coaching Tips**

“To be Christian means to be missionaries, to be Apostles. It is not enough to discover Christ. You must bring Him to others! You must have the courage to speak about Christ, to bear witness to your faith through a lifestyle inspired by the Gospel.” ~ *Pope St. John Paul II*

*More Coming Soon!*

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

### **Catechism Connection**

**2226** *Education in the faith* by the parents should begin in the child’s earliest years. This already happens when family members help one another to grow in faith by witness of a Christian life in keeping with the Gospel. Family catechisms precedes, accompanies, and enriches other forms of instruction in the faith. Parents have the mission of teaching their children to pray and to discover their vocation as children of God. The parish is the Eucharistic community and the heart of the liturgical life of Christian families; it is a privileged place for the catechesis of children and parents.

*More Coming Soon!*

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

### **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...*