



## Workout Tracker

### Our Father

#### Workout Sessions

#### Date Completed

Our Father Who Art in Heaven

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Hallowed Be Thy Name

\_\_\_\_\_

Thy Kingdom Come

\_\_\_\_\_

Thy Will Be Done

\_\_\_\_\_

Give Us This Day Our Daily Bread

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Forgive Us Our Trespases

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Lead Us Not Into Temptation

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Deliver Us from Evil

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#### Workout Teammates

#### Contact Information

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## OUR FATHER -- *Episode One: Our Father Who Art in Heaven*



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

**Game Strategy** – How do you relate to your father? Do you even know him? In the Lord's Prayer, Jesus invites us to call His Father, Our Father. Who is this Father of ours who art in heaven?

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. How does the image of Jesus on the Cross reveal the Father's love? (John 3:16, 1 John 4:9, Rom 5:9)
2. What can you learn from Jesus' relationship with His Father? (Mat 11:27, John 12:49-50, John 15:9)
3. Name some of the times in your life that God the Father has blessed you. (Psalm 103:1-5)
4. How do you show God the Father your appreciation?
5. Danny mentioned that he chose the wrong road on many occasions that offended the Father. Share a particular occasion when you offended the Father through a poor decision.
6. Name at least one time where your earthly father has been a blessing to you. When has he been a disappointment to you?
7. Name at least one time when being a father has blessed you.

## OUR FATHER -- *Episode One: Our Father Who Art in Heaven*

**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 the life of Jesus and ask Him "Show me the Father".
2. The greatest good in our life is a relationship with the Father.
3. Read and contemplate Psalm 139.

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 6:9-13

Luke 11:1-4

John 14:7-10

Hebrews 12:1-2

Matthew 4:4

Luke 15:11-32

Psalm 139

Psalm 103:1-5

### **Coaching Tips**

"Teach us to pray"

- Praise Our Father
- 7 Petitions
- Summary of the whole Gospel
- Prayer of the Church
- We are the people of God

I invite you also, together with the whole Church, to turn towards God the Father and to listen with gratitude and wonder to the amazing revelation of Jesus: 'The Father loves you!' - *St. Pope John Paul II* message to 14th World Youth Day

To pray the Our Father we have to have a heart at peace with our brothers. We don't pray "my Father," but "our Father," because we are not an only child, none of us are. - *Pope Francis* Mass homily June 20, 2013

### **Catechism Connection**

**2786** "Our" Father refers to God. The adjective, as used by us, does not express possession, but an entirely new relationship with God.

**2789** When we pray to "our" Father, we personally address the Father of our Lord Jesus Christ. By doing so we do not divide the Godhead, since the Father is its "source and origin," but rather confess that the Son is eternally begotten by him and the Holy Spirit proceeds from him. We are not confusing the persons, for we confess that our communion is with the Father and his Son, Jesus Christ, in their one Holy Spirit. The *Holy Trinity* is consubstantial and indivisible. When we pray to the Father, we adore and glorify him together with the Son and the Holy Spirit.

**2797** Simple and faithful trust, humble and joyous assurance are the proper dispositions for one who prays the Our Father.

**2802** "Who art in heaven" does not refer to a place but to God's majesty and his presence in the hearts of the just. Heaven, the Father's house, is the true homeland toward which we are heading and to which, already, we belong.

See Also: **2787, 2788, 2790-2796, 2798-280**

### **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...*

## OUR FATHER -- *Episode Two: Hallowed Be Thy Name*



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

**Game Strategy** – We think we know God guys, but do we honor Him? It's the first petition Jesus teaches us in the Our Father. Empowerment to bring honor to His Father. Why must we keep the name of the Lord holy?

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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**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. Why do you think so many people in our society today reject the name of the Lord? Read John 3:19-20 and 2 Cor 4:3-4 and discuss.
2. Consider the honor we give to athletes, movie and rock stars, politicians, etc. On the other hand, how much honor and respect do we give to God? How would you rate yourself in this category?
3. Give some examples of how you hallow God's name not only by your words but also by your actions.
4. Think of the most recent times that you took God's name in vain. What caused you to do this? (Ex. Anger, etc.)
5. When you hear someone in your company take the name of God in vain, what is your reaction?
6. If our society is becoming more and more hostile to the name of the Lord and Christians in general, what should your response to this be as a man of God? (1 Cor 15:58, CCC 2148)

## OUR FATHER -- *Episode Two: Hallowed Be Thy Name*

**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 heart. Stand up and honor the Lord and His Name.
2. Commit to not use the Lord's name in vain. Read CCC 2666.
3. Reflect on your blessings and how you have hurt Him.

Complete your **Personal Action Item**. 

### **Scripture References**

Exodus 20:7	John 3:19-20
Proverbs 1:7	2 Cor 4:3-4
Romans 1:16-19	1 Cor 15:58

### **Coaching Tips**

The first of seven petitions – “hallowed be Your Name” means to have zeal for the honor of God’s holy name.

Don't say "Hallowed be Thy Name" if you invoke God with your lips, but your heart is far from Him.

Blasphemy is contrary to the respect due God and his holy name. It is in itself a grave sin. CCC 2148

It is characteristic of love to think first of the one whom we love. CCC 2804

“If not me, then who? If not now, then when?” - *Danny Abramowicz*

### **Catechism Connection**

**2807** The term “to hallow” is to be understood here not primarily in its causative sense (only God hallows, makes holy), but above all in an evaluative sense: to recognize as holy, to treat in a holy way. And so, in adoration, this invocation is sometimes understood as praise and thanksgiving. But this petition is here taught to us by Jesus as an optative: a petition, a desire, and an expectation in which God and man are involved. Beginning with this first petition to our Father, we are immersed in the innermost mystery of his Godhead and the drama of the salvation of our humanity. Asking the Father that his name be made holy draws us into his plan of loving kindness for the fullness of time, “according to his purpose which he set forth in Christ,” that we might “be holy and blameless before him in love.”

**2808** In the decisive moments of his economy God reveals his name, but he does so by accomplishing his work. This work, then, is realized for us and in us only if his name is hallowed by us and in us.

**2815** This petition embodies all the others. Like the six petitions that follow, it is fulfilled by *the prayer of Christ*. Prayer to our Father is our prayer, if it is prayed *in the name* of Jesus. In his priestly prayer, Jesus asks: “Holy Father, protect in your name those whom you have given me.”

See Also: **2809-2814**

### **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...*

## OUR FATHER -- *Episode Three: Thy Kingdom Come*



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

**Game Strategy** – We call our home our castle. That would make the present day world our acknowledged kingdom, but there is going to be an end to all this. Are we living our lives for the Kingdom to come? Our decision has eternal consequences.

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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**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 the difference between the “kingdom of this world” and the “Kingdom of God?”  
See 1 John 2:15-17 and Matthew 6:33.
  
2. Jesus tells us in scripture that the Kingdom of God will last forever. What is your understanding of eternity (forever)?
  
3. What does it mean to “Plant the flag of the Kingdom of Christ in our hearts”?
  
4. What are some of the obstacles in your life that are preventing you from following the “Kingdom of God”? (Gal 5:19-21)
  
5. John the Baptist came to prepare the people to receive the Kingdom of God. Identify one way you can bring the Kingdom of God into your home -- into your workplace.
  
6. Name one area in your life that you have difficulty surrendering to the Lordship of Jesus.

## OUR FATHER -- *Episode Three: Thy Kingdom Come*

**Team Workout Plan** - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

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

1. The war is over. With Jesus the battle is won. He is alive in you and will lead you to freedom.
2. We were made to be men of action. The kingdom needs warriors.
3. What's your choice? Heaven or eternal damnation? We choose.

Complete your **Personal Action Item**. 

### **Scripture References**

Ephesians 6:12  
Joshua 24:15  
John 1:3-5  
John 16:32-33  
1 Cor 15:55-58

Matthew 7:21-23  
1 John 2:15-17  
Matthew 6:33  
Galatians 5:19-21

### **Coaching Tips**

“Jesus is the Everlasting Kingdom”

- Jesus is a Warrior
- Raise the Flag of Christ in your Heart
- He won the battle on the cross
- Where Jesus is, that is where the Kingdom is!
- Seek holiness and you will find happiness.

To keep a lamp burning we have to keep putting oil in it. - *Mother Teresa*

### **Catechism Connection**

**2818** In the Lord's Prayer, “thy kingdom come” refers primarily to the final coming of the reign of God through Christ's return. But, far from distracting the Church from her mission in this present world, this desire commits her to it all the more strongly. Since Pentecost, the coming of that Reign is the work of the Spirit of the Lord who “complete[s] his work on earth and brings us the fullness of grace.”

**2820** By a discernment according to the Spirit, Christians have to distinguish between the growth of the Reign of God and the progress of the culture and society in which they are involved. This distinction is not a separation. Man's vocation to eternal life does not suppress, but actually reinforces, his duty to put into action in this world the energies and means received from the Creator to serve justice and peace.

**2821** This petition is taken up and granted in the prayer of Jesus which is present and effective in the Eucharist; it bears its fruit in new life in keeping with the Beatitudes.

See Also: **2816, 2817, 2819**

### **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...*



## OUR FATHER -- *Episode Four: Thy Will Be Done*



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

**Game Strategy** - Is our will on a collision course with God's will?  
How do we even know what His will is for us?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

### **Pregame Film Study**

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3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

**Huddle Up** – Use these questions for personal reflection to share with your team at the workout.

### **Warm-up Questions:**

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

### **Workout Questions:**

1. "Thy will be done" involves trusting the Lord more than ourselves. In what areas of your life do you have the most difficulty trusting the Lord?
2. It is hard to hear the Lord when we are surrounded by noise. What are your favorite places to go and spend quiet time?
3. Throughout history, the Saints have listened and followed the will of God. Share a favorite story of when a Saint followed the will of God.
4. Think back to a time when God's will was obvious in your life. Share this story with your brothers in Christ.
5. How do you think that you can determine if you are actually doing the will of God? See Eph 5:17-32.
6. Who in your family needs most to hear the Good News? What can you do to share God's love with them?

## OUR FATHER -- *Episode Four: Thy Will Be Done*

**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 doing God's will? Review how you spend money.
2. Direct your frustrations and passions toward building the Kingdom of God.
3. Jesus is the way, the truth and the life. Follow Him!

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 26:39

Mark 14:36

Luke 22:42

John 17:9-11

John 5:30

Romans 12:2

Ephesians 5:17-32

1 Thessalonians 4:3

### **Coaching Tips**

The Four States of Man's Will - *Saint Augustine*

- Before the Fall: Able to sin; Able to not sin
- After the Fall: Able to sin, Unable to not sin
- After Baptism: Able to sin; Able to not sin
- After the Resurrection: Able to not sin; Unable to sin

You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them. - *Saint Therese of Lisieux*

Lord, grant that I might not so much seek to be loved as to love. - *Saint Francis of Assisi*

### **Catechism Connection**

**2759** Jesus "was praying at a certain place, and when he ceased, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.'" In response to this request the Lord entrusts to his disciples and to his Church the fundamental Christian prayer. St. Luke presents a brief text of five petitions, while St. Matthew gives a more developed version of seven petitions. The liturgical tradition of the Church has retained St. Matthew's text.

**2822** Our Father "desires all men to be saved and to come to the knowledge of the truth." He "is forbearing toward you, not wishing that any should perish." His commandment is "that you love one another; even as I have loved you, that you also love one another." This commandment summarizes all the others and expresses his entire will.

**2826** By prayer we can discern "what is the will of God" and obtain the endurance to do it. Jesus teaches us that one enters the kingdom of heaven not by speaking words, but by doing "the will of my Father in heaven."

See Also: **2823, 2824, 2825, 2827**

### **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...*

## OUR FATHER -- *Episode Five: Give Us This Day Our Daily Bread*



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

**Game Strategy** – We can feel all kinds of anxiety about our investments, work, family issues, kids; you name it, but Jesus shows us to be anxious for nothing, to trust the Father for everything, just for today.

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. What new insights did you gain about the Christian approach to money?
2. What would your reaction be towards God if, tomorrow, you lost your job or your retirement fund dwindled by 50%? Why do you think that you would react this way? Read Job 1:1-22. How did Job act when he lost most of his wealth?
3. How much money or how many material goods do you need to be content? Have you reached that place of contentment? (Phil 4:12-13; 1 Tim 6:6-10)
4. What are some ways that God can supply you and your family with your daily bread?
5. Share an experience of how God provided for you or your family.
6. Share an experience when God led you to a place where you had to grow and trust in Him.
7. Do you tithe? If so, share how God led you to do that. If not, why should you consider starting that discipline? (Malachi 3:7-12)

## OUR FATHER -- *Episode Five: Give Us This Day Our Daily Bread*

**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. Seek first the Kingdom of God.
2. Be fed on a daily basis. Make God first.
3. Trust in the Lord. He will supply your daily needs.

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 6:11

John 6:26-36

Job 1:1-22

Philippians 4:12-13

1 Timothy 6:6-10

Malachi 3:7-12

### **Coaching Tips**

Seeking happiness in material things is a sure way of being unhappy. - *Pope Francis*

The mission of the Holy Angels with respect to our daily bread is threefold: 1) their solicitude for our temporal needs as stewards of the material creation; 2) their mission as guides in the spiritual life; and 3) their liturgical offices as friends and ministers of the Bridegroom of our souls. St. Ambrose teaches: "when the Body of Christ is present, it is not to be doubted but that the Angels are likewise present" (On Luke 1,12); they minister to Christ and help us to a more perfect union with Him. Naturally, it is especially for this Eucharistic Bread that we pray, "give us this day our daily bread." *Opus Sanctorum Angelorum, Work of the Holy Angels, 1999*

### **Catechism Connection**

**2828** "*Give us*": The trust of children who look to their Father for everything is beautiful. "He makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." He gives to all the living "their food in due season." Jesus teaches us this petition, because it glorifies our Father by acknowledging how good he is, beyond all goodness.

**2830** "*Our bread*": The Father who gives us life cannot not but give us the nourishment life requires - all appropriate goods and blessings, both material and spiritual. In the Sermon on the Mount, Jesus insists on the filial trust that cooperates with our Father's providence. He is not inviting us to idleness, but wants to relieve us from nagging worry and preoccupation. Such is the filial surrender of the children of God:

**2833** "Our" bread is the "one" loaf for the "many." In the Beatitudes "poverty" is the virtue of sharing: it calls us to communicate and share both material and spiritual goods, not by coercion but out of love, so that the abundance of some may remedy the needs of others.

**2837** .....The Eucharist is our daily bread. .... This also is our daily bread: the readings you hear each day in church and the hymns you hear and sing. All these are necessities for our pilgrimage.

See Also: **2829, 2831-2832, 2834-2837**

### **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...*

## OUR FATHER -- *Episode Six: Forgive Us Our Trespasses*



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

**Game Strategy** – Two little words in the Our Father, “as we”, perhaps carry the most weight. Jesus makes it crystal clear; if we won’t forgive, then we won’t be forgiven. This is tough.

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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**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. Who do you relate more to in the Gospel story (Mat 18:23-35), the unforgiving servant, or the lord who is angry over someone else’s lack of forgiveness? Why?
2. How do you think that having trust in Jesus, will help you to forgive those who have hurt you?
3. What should the attitude of your heart be towards those who have hurt you? Read Ephesians 4:31-32. What should the attitude of your heart be towards those you have hurt?
4. Do you forgive others as Christ forgives you? What makes this great command of the Lord so difficult for you?
5. Is it possible, to truly say that you love God, if you are carrying a huge burden of anger and lack of forgiveness in your heart? See I John 4:20-21.
6. Who in your life has shown you what true forgiveness is? How did they do that?

## OUR FATHER -- *Episode Six: Forgive Us Our Trespasses*

**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. Is there someone you need to forgive?
2. Be mindful of the impact you have on others.
3. Remember what you do when you point.

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 6:14-15  
Luke 23:34  
Matthew 5:7  
Matthew 10:8

Matthew 18:15-17  
Matthew 18:21-35  
Ephesians 4:31-32  
1 John 2:20-21

### **Coaching Tips**

This concept is the foundation of Christianity, the heart of God.

He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart. - *St. Faustina*

They will know we are Christians by our love. - *Hymn*

### **Catechism Connection**

**2838** This petition is astonishing. If it consisted only of the first phrase, “And forgive us our trespasses,” it might have been included, implicitly, in the first three petitions of the Lord’s Prayer, since Christ’s sacrifice is “that sins may be forgiven.” But, according to the second phrase, our petition will not be heard unless we have first met a strict requirement. Our petition looks to the future, but our response must come first, for the two parts are joined by the single word “as.”

**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. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father’s merciful love; but in confessing our sins, our hearts are opened to his grace.

**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.” It is impossible to keep the Lord’s commandment by imitating the divine model from outside; there has to be a vital participation, coming from the depths of the heart, in the holiness and the mercy and the love of our God. Only the Spirit by whom we live can make “ours” the same mind that was in Christ Jesus. Then the unity of forgiveness becomes possible and we find ourselves “forgiving one another, *as* God in Christ forgave” us.

See Also: **2839, 2841, 2843-2845**

### **Personal Action Item**

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*I commit to becoming spiritually fit by...*

## OUR FATHER -- *Episode Seven: Lead Us Not Into Temptation*



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

**Game Strategy** – Sometimes we try to fool ourselves into thinking we can manage sin. We'll only go so far, right? Not a good idea. We need to stay out of sin or sin will do us in.

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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. David the king was tempted by a glance that led him to sin. What are some of the other devices which the devil uses to tempt you to fall into sin? (An example might be money)
2. In the news, we hear on a regular basis, how prominent figures in our society fall prey to temptation. What is your reaction to that? Why?
3. When you are tempted, what are some of the ways to help prevent you from falling into sin? See James 1:13-15; James 4:7 and 1 Corinthians 10:12-13.
4. What is the biggest temptation that you are currently facing? What steps are you taking to help combat this temptation?
5. The Holy Spirit is our protection against the temptation of the devil. What are some other spiritual resources of the Catholic Church which can be helpful to you in avoiding the near occasion of sin?
6. Why do you think gathering as a team of Christian men on a weekly basis is beneficial in the struggle with temptation? Read Ecclesiastes 4:9-12.



## OUR FATHER -- *Episode Seven: Lead Us Not Into Temptation*

**Team Workout Plan** - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

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

1. The Lord will fight for you.
2. Read the Gospel of John and Proverbs.
3. When you are tempted, run to Jesus!

Complete your **Personal Action Item**.



### **Scripture References**

Luke 4:1-13

Romans 6:12-14

Hebrews 12:4-6

James 1:12-15

James 4:7

1 Corinthians 10:12-13

Ecclesiastes 4:9-12

### **Coaching Tips**

When tempted, invoke your Angel. He is more eager to help you than you are to be helped! Ignore the devil and do not be afraid of him: He trembles and flees at the sight of your Guardian Angel. - *St. John Bosco*

### **Catechism Connection**

**2846** This petition goes to the root of the preceding one, for our sins result from our consenting to temptation; we therefore ask our Father not to “lead” us into temptation. It is difficult to translate the Greek verb used by a single English word: the Greek means both “do not allow us to enter into temptation” and “do not let us yield to temptation.” “God cannot be tempted by evil and he himself tempts no one” on the contrary, he wants to set us free from evil. We ask him not to allow us to take the way that leads to sin. We are engaged in the battle “between flesh and spirit”; this petition implores the Spirit of discernment and strength.

**2848** “Lead us not into temptation” implies a *decision of the heart*: “For where your treasure is, there will your heart be also.... No one can serve two masters.” “If we live by the Spirit, let us also walk by the Spirit.” In this assent to the Holy Spirit the Father gives us strength. “No testing has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, so that you may be able to endure it.”

**2849** Such a battle and such a victory become possible only through prayer. It is by his prayer that Jesus vanquishes the tempter, both at the outset of his public mission and in the ultimate struggle of his agony. In this petition to our heavenly Father, Christ unites us to his battle and his agony. He urges us to *vigilance* of the heart in communion with his own. Vigilance is “custody of the heart,” and Jesus prayed for us to the Father: “Keep them in your name.” The Holy Spirit constantly seeks to awaken us to keep watch. Finally, this petition takes on all its dramatic meaning in relation to the last temptation of our earthly battle; it asks for *final perseverance*. “Lo, I am coming like a thief! Blessed is he who is awake.”

See Also: **2847**

### **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...*



## OUR FATHER -- *Episode Eight: Deliver Us From Evil*



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

**Game Strategy** – Guys, we’ve got good news and bad news. The bad news first: the devil is real. The good news is he can’t harm us if we are in right relationship with God and the Church.

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. Ephesians 6:12 tells us our struggle is not with flesh and blood but against evil spirits. Why is it impossible to overcome sin and evil without the help of the Holy Spirit?
2. Why would Jesus, who is able to conquer all evil, want us, frail and sinful men, to join Him in this battle against sin? See 2 Timothy 2:1-5.
3. What holds you back in the battle against evil? Is it an obstacle within or something on the outside? See Matthew 23:25-26.
4. What are some spiritual weapons that you can utilize to help you in your struggle with sin? See Ephesians 6:13-17.
5. In John 16:33, Jesus tells us to “Take courage, He has overcome the world.” If you believe this message, what are the ways that you are living it out in your daily life?
6. How can you build up other men, so that, they might become stronger and more unified in the army of the Lord? See Hebrews 10:24-25.

## OUR FATHER -- *Episode Eight: Deliver Us From Evil*

**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. Make a decision to get into the game.
2. Ask God to give you a personalized mission.
3. Temptation may be constant, but in Christ we can beat it.

Complete your **Personal Action Item**. 

### **Scripture References**

Matthew 6:13	Psalm 37:39-40
Psalm 34:15-17	James 5:16
Matthew 26:41	Matthew 11:28-30
2 Corinthians 11:14-15	1 John 3:8

### **Coaching Tips**

We have three enemies, the world, the devil and the flesh.

Flog your enemies with the Name of Jesus, for there is no weapon more powerful in heaven or on earth. - *St. John Climacus*

He who desires to go on advancing from virtue to virtue, from grace to grace, should meditate continually on the Passion of Jesus. - *St. Bonaventure*

### **Catechism Connection**

**2850** The last petition to our Father is also included in Jesus' prayer: "I am not asking you to take them out of the world, but I ask you to protect them from the evil one." It touches each of us personally, but it is always "we" who pray, in communion with the whole Church, for the deliverance of the whole human family. The Lord's Prayer continually opens us to the range of God's economy of salvation. Our interdependence in the drama of sin and death is turned into solidarity in the Body of Christ, the "communion of saints."

**2851** In this petition, evil is not an abstraction, but refers to a person, Satan, the Evil One, the angel who opposes God. The devil (*dia-bolos*) is the one who "throws himself across" God's plan and his work of salvation accomplished in Christ.

**2853** Victory over the "prince of this world" was won once for all at the Hour when Jesus freely gave himself up to death to give us his life. This is the judgment of this world, and the prince of this world is "cast out." "He pursued the woman" but had no hold on her: the new Eve, "full of grace" of the Holy Spirit, is preserved from sin and the corruption of death (the Immaculate Conception and the Assumption of the Most Holy Mother of God, Mary, ever virgin). "Then the dragon was angry with the woman, and went off to make war on the rest of her offspring." Therefore the Spirit and the Church pray: "Come, Lord Jesus," since his coming will deliver us from the Evil One.

See Also: **2852, 2854**

### **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...*