

## 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.

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

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

1. 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, 2798-2801**

### **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...*