

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...