

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.
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 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?

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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 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...