

SHOCKING CLAIMS OF JESUS – *Episode 2: Be Perfect*



Team Member Name: _____ Date: _____

Game Strategy – Jesus literally tells us that we’re to be perfect, but isn’t that impossible? On our own it is, but God’s grace gives us the power to do the impossible.

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. Read Chapter 5 of Matthew; it will be helpful. As you focus on the word “perfect” in verse 48, give your best definition. With that definition in mind, what do you think Jesus means when he tells us that we must be perfect as the heavenly Father is perfect? Is He expecting us to do the impossible or is He just asking us to give our best effort?
2. Read 2 Corinthians 5:21. Jesus took upon himself our imperfections (our sins) and gives us His perfection (His righteousness). This is the greatest trade in the history of the universe! Read also Hebrews 10:14. How does this make you feel? (See Hebrews 10:19-22). What should be your response to God?
3. Only Christ **in you** can make you perfect. Self striving leads to failure. And too often when we do succeed, it leads to pride. But trusting in Christ and HIS perfect life leads to success and joy. What are some practical steps you can take in trying to attain Christ’s perfection in your everyday life? What would be your personal prayer to God as you ask for His help?
4. We know that it is impossible to become perfect on this earth without Christ. Do or did you know someone who trusts Christ so fully that they have moved as closely as possible to a life of perfection? What sets that person apart from others?
5. The devil loves to intervene to discourage us. What are some things from the past or present that may cause you to think that you cannot attain perfection? What would it take for you to detach from these things?
6. What is the best way in which you can lead your loved ones on the path to perfection?

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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. Don't worry. Jesus can and will help you be perfect.
2. God wants to be with us. He will change us so we can be.
3. Ask Jesus to reveal to you what stands in your way.

Complete your **Personal Action Item**. 

Scripture References

Matthew 5:1-48
2 Corinthians 5:21

Hebrews 10:14
Hebrews 10:19-22

Coaching Tips

Mediocrity is not an option. It's heaven or hell.

To live is to change and to be perfect is to have changed often.
– *Cardinal Newman*

We can't be perfect due to our sin. Jesus is perfect. He gives us His life, we yield to Him and He perfects us.

We trust God to make us perfect. Jesus says keep coming to me. Do we want to pay the price to pursue perfection?

Catechism Connection

2013 “All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity.” All are called to holiness: “Be perfect, as your heavenly Father is perfect.”

In order to reach this perfection the faithful should use the strength dealt out to them by Christ's gift, so that... doing the will of the Father in everything, they may wholeheartedly devote themselves to the glory of God and to the service of their neighbor. Thus the holiness of the People of God will grow in fruitful abundance, as is clearly shown in the history of the Church through the lives of so many saints.

2014 Spiritual progress tends toward ever more intimate union with Christ. This union is called “mystical” because it participates in the mystery of Christ through the sacraments — “the holy mysteries” — and, in him, in the mystery of the Holy Trinity. God calls us all to this intimate union with him, even if the special graces or extraordinary signs of this mystical life are granted only to some for the sake of manifesting the gratuitous gift given to all.

2015 The way of perfection passes by way of the Cross. There is no holiness without renunciation and spiritual battle. Spiritual progress entails the asceticism and mortification that gradually lead to living in the peace and joy of the Beatitudes:

He who climbs never stops going from beginning to beginning, through beginnings that have no end. He never stops desiring what he already knows.

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...