

# SHOCKING CLAIMS OF JESUS – *Episode 8: Light of the World*



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

**Game Strategy** – Jesus says, “I am the light of the world”, so if we are not following Jesus, we are walking in darkness.

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 begins this passage (John 8:12) by saying, “I am the light of the world.” What do you think He means by that statement?
2. Later on, He speaks about ‘darkness.’ What do you think He is referring to there?
3. Can you remember a time when you were living a life of ‘darkness’ (sin)? How were you able to overcome this darkness and bring ‘light’ (Christ) back into your life? Was there a noticeable difference in how you felt about yourself? Explain. (Colossians 1:13-14)
4. Sometimes we think that we can hide in our darkness. Read Psalm 139:11-12: “If I say, ‘surely darkness shall hide me, and night shall be my light’ – Darkness is not dark for you, and night shines as the day. Darkness and light are but one.” What do you think God is trying to tell you in this passage?
5. The world defines the ways that lead to the light of life differently than what we read in Scripture and learn from the teachings of the Catholic Church. What are these differences between the ways of the world and the ways of Christ? In order to follow the Light of Life (Christ) more closely, what would you need to personally adjust?

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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. Ask the Lord to examine your heart.
2. Put your trust in Jesus Christ!
3. Go to confession and receive God's grace!

Complete your **Personal Action Item**. 

### **Scripture References**

John 8:12

John 1:1-5

Luke 11:33-34

Colossians 1:13-14

Psalms 139:11-12

### **Coaching Tips**

We need fuel to keep the light on; prayer, Sacraments, reading Scripture, fellowship, service and witness.

Jesus shows us who we are, why we were made and what we are destined for, but we can't get there without Him.

Jesus has given us His light and sent us to shine in the darkness.

### **Catechism Connection**

**285** Since the beginning the Christian faith has been challenged by responses to the question of origins that differ from its own. Ancient religions and cultures produced many myths concerning origins. Some philosophers have said that everything is God, that the world is God, or that the development of the world is the development of God (Pantheism). Others have said that the world is a necessary emanation arising from God and returning to him. Still others have affirmed the existence of two eternal principles, Good and Evil, Light and Darkness, locked in permanent conflict (Dualism, Manichaeism). According to some of these conceptions, the world (at least the physical world) is evil, the product of a fall, and is thus to be rejected or left behind (Gnosticism). Some admit that the world was made by God, but as by a watchmaker who, once he has made a watch, abandons it to itself (Deism). Finally, others reject any transcendent origin for the world, but see it as merely the interplay of matter that has always existed (Materialism). All these attempts bear witness to the permanence and universality of the question of origins. This inquiry is distinctively human.

**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.'"

See Also: **2105**

### **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...*