



Workout Tracker

Jesus Said

Workout Sessions

Date Completed

God Is Able!

Do Not Be Anxious!

Wise Investments

Who Is Jesus?

Wake Up!

The Narrow Way

The Kingdom

Do You Love Me?

Workout Teammates

Contact Information

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JESUS SAID – *Episode 1: God is Able!*



Team Member Name: _____ Date: _____

Game Strategy – Jesus said to the blind man who asked that he might see, “Do you believe that I am able to do this?” Question is, do we believe He is able?

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. When we go to God in prayer and ask Him to accomplish something for us, do we truly believe, in our hearts, that He is ready, willing and able to do this? Or do we doubt? Explain.
2. Why would you ever doubt what God says He will do? Read Ephesians 3:20-21. What do you think these verses say about you and prayer?
3. Has there been a particular occasion in your life when you went to the Lord in need and He answered your prayer? Explain.
4. I have had occasions in my life when I began to doubt the Lord because my prayer wasn't answered right away (my time frame). Can you cite a time or times when you doubted whether the Lord was really going to answer your prayer?
5. Why do you think that you and I sometimes doubt that the Lord will answer our prayers? How do you think you can improve in your trust of the Lord?
6. What do you think the Lord's reaction is when you come before Him in prayer? Why do you think He enjoys answering our prayers?

JESUS SAID -- Episode 1: God is Able!

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. God is able to act in your life.
2. Christ overcame all obstacles.
3. Ask the Holy Spirit to help you.

Complete your **Personal Action Item**. 

Scripture References

Matthew 9:28-29
2 Corinthians 9:8-10
Ephesians 3:20-21
1 Corinthians 10:13

Matthew 10:28
2 Corinthians 1:3-4
Romans 4:20-22

Coaching Tips

Through God all things are able. He provides for us, He saves us, He forgives us.

“Don’t measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”

~ *John Wooden*

Catechism Connection

2572 As a final stage in the purification of his faith, Abraham, “who had received the promises,” is asked to sacrifice the son God had given him. Abraham’s faith does not weaken (“God himself will provide the lamb for a burnt offering.”), for he “considered that God was able to raise men even from the dead.” And so the father of believers is conformed to the likeness of the Father who will not spare his own Son but will deliver him up for us all. Prayer restores man to God’s likeness and enables him to share in the power of God’s love that saves the multitude.

2610 Just as Jesus prays to the Father and gives thanks before receiving his gifts, so he teaches us *filial boldness*: “Whatever you ask in prayer, believe that you receive it, and you will.” Such is the power of prayer and of faith that does not doubt: “all things are possible to him who believes.” Jesus is as saddened by the “lack of faith” of his own neighbors and the “little faith” of his own disciples as he is struck with admiration at the great faith of the Roman centurion and the Canaanite woman.

2634 Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners. He is “able for all time to save those who draw near to God through him, since he always lives to make intercession for them.” The Holy Spirit “himself intercedes for us... and intercedes for the saints according to the will of God.”

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...

JESUS SAID – *Episode 2: Do Not Be Anxious!*



Team Member Name: _____ Date: _____

Game Strategy – Jesus said, “Do not worry about your life. Are we not worth more than the birds that completely trusted their creator’s care?”

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

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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 and reflect on Matthew 6:25-34. What did you hear from the Lord in this Scripture passage?
2. St. Paul in Philippians 4:6-7, gives us three key steps for overcoming anxiety. What are they? How do they compare with what Jesus says in Matthew 6:25-34?
3. What was the most anxious time of your life? How did you deal with it?
4. Currently, what are some things that make you become anxious? Why do think that’s so?
5. What are some of the best ways to help you relieve some of your anxiety? What did Jesus tell us was the best way to deal with anxiety?
6. What do you think are some of the effects of too much anxiety and worry?

JESUS SAID -- Episode 2: Do Not Be Anxious!

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. Look at your anxieties and look at God's promises.
2. Turn your life over to Christ.
3. Give your anxiety to God and don't take it back!

Complete your **Personal Action Item**. 

Scripture References

Matthew 6:25-34

Psalm 55:23

Matthew 8:25-26

Philippians 4:6-7

1 Peter 5:7

Coaching Tips

“The perfect is the enemy of the good.” ~ *Voltaire*

“Worry never robs tomorrow of its sorrow, it only saps today of its joy.” ~ *Leo Buscaglia*

“Some people feel guilty about their anxieties and regard them as a defect of faith. I don't agree at all. They are afflictions, not sins. Like all afflictions, they are, if we can so take them, our share in the Passion of Christ.” ~ *C.S. Lewis*

“We fear men so much, because we fear God so little. One fear cures another. When man's terror scares you, turn your thoughts to the wrath of God.” ~ *G.K. Chesterton*

Catechism Connection

305 Jesus asks for childlike abandonment to the providence of our heavenly Father who takes care of his children's smallest needs: “Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’... Your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.”

2547 The Lord grieves over the rich, because they find their consolation in the abundance of goods. “Let the proud seek and love earthly kingdoms, but blessed are the poor in spirit for theirs is the Kingdom of heaven.” Abandonment to the providence of the Father in heaven frees us from anxiety about tomorrow. Trust in God is a preparation for the blessedness of the poor. They shall see God.

322 Christ invites us to filial trust in the providence of our heavenly Father (cf. Mt 6:26-34), and St. Peter the apostle repeats: “Cast all your anxieties on him, for he cares about you” (1 Pet 5:7; cf. Ps 55:23).

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...

JESUS SAID – *Episode 3: Wise Investments*



Team Member Name: _____ Date: _____

Game Strategy – Jesus said, “For what will it profit a man if he gains the whole world and forfeits his life?” Where are we investing our time, talent, and treasure?

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. Reflect on how much time do you spend on accumulating **temporal things** such as wealth, financial security, job security, power, titles, popularity, accomplishments, awards, and notoriety. These things are not bad in themselves but they end upon our death.

2. How much time do you spend on the spiritual aspect of your life which lasts forever?

3. Do you spend a disproportionate amount of time on temporal things than you spend on spiritual things? Why is that not a good investment of your time? What’s at stake?

4. Read 1 Timothy 6:6-10,17-19. The drive for more leads to discontentment. What are some ways that you can bring true contentment by creating more balance in your life between the temporal and the spiritual?

5. Read and reflect on Matthew 16:24-27. What is the Lord saying to you in this Scripture passage?

JESUS SAID -- *Episode 3: Wise Investments*

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. One life to live. Invest it well.
2. Jesus is coming. Be ready. Choose wisely.
3. Invest in prayer, Mass, and Scripture. Watch the changes!

Complete your **Personal Action Item**. 

Scripture References

Matthew 16:24-27
1 Timothy 6:6-10, 17-19

Sirach 7:36

Coaching Tips

God wants us to have an eternal perspective. He is our way home. No one is more in touch with reality than Jesus.

How much time do you spend on the spiritual aspects, the only ones that last forever, of your life?

“Why give up what you cannot keep for what you cannot lose.”
~ *Jim Elliott*

Catechism Connection

2651 The tradition of Christian prayer is one of the ways in which the tradition of faith takes shape and grows, especially through the contemplation and study of the believers who *treasure in their hearts* the events and words of the economy of salvation, and though their profound grasp of the spiritual realities they experience.

2207 The family is the *original cell of social life*. It is the natural society in which husband and wife are called to give themselves in love and in the gift of life. Authority, stability, and a life of relationships within the family constitute the foundations for freedom, security, and fraternity within society.

2432 Those *responsible for business enterprises* are responsible to society for the economic and ecological effects of their operations. They have an obligation to consider the good of persons and not only the increase of *profits*. Profits are necessary, however. They make possible the investments that ensure the future of a business and they guarantee employment.

1936 On coming into the world, man is not equipped with everything he needs for developing his bodily and spiritual life. He needs others. Differences appear tied to age, physical abilities, intellectual or moral aptitudes, the benefits derived from social commerce, and the distribution of wealth. The “talents” are not distributed equally.

1937 These differences belong to God’s plan, who wills that each receive what he needs from others, and that those endowed with particular “talents” share the benefits with those who need them. These differences encourage and often oblige persons to practice generosity, kindness, and sharing of goods; they foster mutual enrichment of cultures.

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...

JESUS SAID – *Episode 4: Who is Jesus?*



Team Member Name: _____ Date: _____

Game Strategy – Jesus said, “But who do you say that I am?” Confronted face to face by Jesus, how would we answer that question?

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

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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. Who do you believe Jesus is: A great religious leader? The founder of the Catholic Church? The greatest moral teacher who ever lived? or as St. Thomas said: “My Lord and my God?” Who do you say that Jesus is?
2. How is this belief impacting your life at home, work, at Church and in the community?
3. St. Paul had to make changes to get to know Jesus in a personal way. Read Philippians 3:7-11. What were those changes? What changes do you need to make to know Christ in a personal, experiential way?
4. How do you think that by reading the Gospels, it would be helpful to your overall well-being? How would your reading of the Gospels be beneficial to building a more intimate relationship with Jesus Christ?
5. Why do you think that Jesus wants to be Lord of our lives? What do you think prevents us from giving Him our all?
6. Recall what was the most powerful personal experience you had in your life concerning the Lordship of Jesus? How did this experience change your life?

JESUS SAID -- Episode 4: Who is 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. What does it mean to say that Jesus is Lord?
2. Col 1:15-20. Image of the invisible God.
3. Have a personal relationship with Christ.

Complete your **Personal Action Item**. 

Scripture References

Matthew 16:13, 15
Philippians 2:9-11
Philippians 3:7-11

Luke 6:46
Colossians 1:15-20

Coaching Tips

“You either belong wholly to the world or wholly to God.”
~ *St. John Vianney*

“Sometimes the only way the good Lord can get into some hearts is to break them.” ~ *Bishop Fulton J. Sheen*

“Grant me, O Lord my God, a mind to know You, a heart to seek You, wisdom to find You, conduct pleasing to You, faithful perseverance in waiting for You and a hope of finally embracing You.” ~ *St. Thomas Aquinas*

“...at the heart of catechesis we find, in essence, a Person, the Person of Jesus of Nazareth, “the only Son from the Father...full of grace and truth,” who suffered and died for us and who now, after rising, is living with us forever. It is Jesus who is “the way, the truth and the life,” and Christian living consists in following Christ...” ~ *Saint Pope John Paul II, Apostolic Exhortation, Catechesi Tradendae*

“Christianity is not a new philosophy or a new morality. We are Christians only if we encounter Christ... Only in this personal relationship with Christ, only in this encounter with the Risen One do we really become Christians.” ~ *Pope Benedict XVI, Vatican City, Sept. 3, 2008*

“Our knowledge of Jesus is in need above all of a living experience: Another person’s testimony is certainly important, as in general the whole of our Christian life begins with the proclamation that comes to us from one or several witnesses. But we ourselves must be personally involved in an intimate and profound relationship with Jesus.” ~ *Pope Benedict XVI, Rome, Oct. 4, 2006*

Catechism Connection

430 Jesus means in Hebrew: “God saves.” At the annunciation, the angel Gabriel gave him the name Jesus as his proper name, which expresses both his identity and his mission. Since God alone can forgive sins, it is God who, in Jesus his eternal Son made man, “will save his people from their sins.” In Jesus, God recapitulates all of his history of salvation on behalf of men.

See Also: **1, 535, 539**

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...

JESUS SAID – *Episode 5: Wake up!*



Team Member Name: _____ Date: _____

Game Strategy – “So, could you not watch with me one hour?” Jesus said this during his agony in the garden. He put the question to the disciples who were napping while He suffered. Could we do any better?

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

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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. Quickly jot down your daily and weekly schedule of activities. How much time is allotted to the Lord? What does this say to you?

2. Spending time with Jesus happens not just when we pray, read Scriptures, go to Mass, pray the Rosary, etc. Spending time with the poor and those in prison is also a way to spend time with Jesus. What is Jesus calling you to do to spend time with him?

3. In Matthew 26:41, Jesus says, “that the spirit indeed is willing, but the flesh is weak.” What do you think that Jesus is telling us in this Scripture passage?

4. How can you overcome these obstacles of the flesh?

5. How much time (each day or week) does your family allot to the Lord? Can you suggest some ways to improve on this?

JESUS SAID -- *Episode 5: Wake up!*

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. Watch and Pray. How much do I pray?
2. Our time is short. We should have a sense of urgency.
3. Examine your diversions. Find a balance in what you are doing. How much time do you spend on the spiritual part?

Complete your **Personal Action Item**. 

Scripture References

Matthew 26:41
Mark 14:32-41
Romans 8:12-14
Galatians 5:19-24

Joel 1:5-7
1 Thessalonians 5:17
Hebrews 4:16
Luke 22:39-41

Coaching Tips

We fall asleep literally, figuratively and spiritually. The world is constantly urging us to put self ahead of God. We, like the Apostles, are there, but not there, and the only way to combat this is through prayer.

Jesus refers to man's inner struggle, where the flesh, wounded by sin, is constantly at war with the spirit (Rom 8:12-14; Gal 5:19-24). The graces we need to overcome our weaknesses must be sought through persistent prayer (1 Thess 5:17; Heb 4:16). Although the power of the Holy Spirit enables us to live victoriously, the struggle is not minimized or made easy. Coach Danny reminds us that we have to reserve quality time for prayer and meditation - from the time we open our eyes in the morning.

Revisit the final moments of Jesus' life with the Disciples. Read and reflect on John chapters 13-17. John has described in detail who we are, our relationship with Jesus, and what we must do and how we should do it. Yet, we are asleep regarding so many issues: faith, family, sexuality.

“The Faith is in danger of dying out due to the lack of fuel.” ~ *Pope Benedict XVI*

“I have concentrated all my prayers into one, and that one prayer is this, that I may die to self, and live wholly in Him.” ~ *Charles Spurgeon*

Catechism Connection

2612 In Jesus “the Kingdom of God is at hand.” He calls his hearers to conversion and faith, but also to *watchfulness*. In prayer the disciple keeps watch, attentive to Him Who Is and Him Who Comes, in memory of his first coming in the lowliness of the flesh, and in the hope of his second coming in glory. In communion with their Master, the disciples' prayer is a battle; only by keeping watch in prayer can one avoid falling into temptation. (672, 2725)

See Also: **2719, 2742, 2849**

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...

JESUS SAID – *Episode 6: The Narrow Way*



Team Member Name: _____ Date: _____

Game Strategy – Troubled by his radical teaching, many disciples no longer followed Jesus and returned to their former way of life. Jesus asks, “Will you also go away?”

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Pregame Film Study

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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 John 6:60-69. What do these powerful words of Jesus mean to you?
2. Today, many Catholics are turning away from the faith because they do not want to adhere to some of the difficult teachings of Jesus Christ and His Catholic Church, such as, abortion, same sex marriage, and contraception just to name a few. As a practicing Catholic, do you believe you should follow all of the teachings of the Church concerning Faith and Morals? Or do you believe we should be able to pick and choose? Why?
3. Take time to compare your answers to the above questions to Christ’s teachings in Scripture and the Catechism of the Catholic Church to find out where you stand.
4. The influence of the world (including the secular media, work, community, friends) are felt all the time. How are these things influencing you? How can you avoid being influenced by these things? Read John 8:42-47, Romans 12:1-2 and 2 Timothy 4:3-5 for some insight.
5. What do you think caused many of the disciples to leave the Lord when He gave them some difficult teachings? What do you think is influencing many Catholics today to leave the Church?

JESUS SAID -- *Episode 6: The Narrow Way*

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. Give everything over to the Lord! Take it to the Lord.
2. Recognize that the decisions in our life are a reflection of our loyalty to Jesus Christ.
3. Figure out in your life what teachings of the Church you struggle with.

Complete your **Personal Action Item**. 

Scripture References

Matthew 7:13-14

John 6:53-59

John 6:60-69

Romans 12:1-2

2 Timothy 4:3-5

John 8:42-47

Coaching Tips

“If you wish to imitate the multitude, then you shall not be among the few who shall enter in by the narrow gate.” ~

St. Augustine (354-430 AD)

“I exhort you, therefore, not to faint in your afflictions, but to be revived by God’s love, and to add daily to your zeal, knowing that in you ought to be preserved that remnant of true religion which the Lord will find when He comes on the earth. Even if bishops are driven from their Churches, be not dismayed. If traitors have arisen from among the very clergy themselves, let not this undermine your confidence in God. We are saved not by names, but by mind and purpose, and genuine love toward our Creator. Bethink you how in the attack against our Lord, high priests and scribes and elders devised the plot, and how few of the people were found really receiving the word. Remember that it is not the multitude who are being saved, but the elect of God. Be not then affrighted at the great multitude of the people who are carried hither and thither by winds, like the waters of the sea. If but one be saved, like Lot at Sodom, he ought to abide in right judgment, keeping his hope in Christ unshaken, for the Lord will not forsake His holy ones.” ~ *St. Basil the Great (330-379 AD)*

Catechism Connection

853 On her pilgrimage, the Church has also experience the “discrepancy existing between the message she proclaims and the human weakness of those to whom the Gospel has been entrusted.” Only by taking the “way of penance and renewal,” the “narrow way of the cross,” can the People of God extend Christ’s reign. For “just as Christ carried out the work of redemption in poverty and oppression, so the Church is called to follow the same path if she is to communicate the fruits of salvation to men.”

1344 Thus from celebration to celebration, as they proclaim the Paschal mystery of Jesus “until he comes,” the pilgrim People of God advances, “following the narrow way of the cross,” toward the heavenly banquet, when all the elect will be seated at the table of the kingdom.

See Also: **1036**

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...

JESUS SAID – *Episode 7: The Kingdom*



Team Member Name: _____ Date: _____

Game Strategy – What is the Kingdom of God like? Well, Jesus compares it to the mustard seed, pearl of great price... Do we understand these parables, though?

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Pregame Film Study

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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. If you were asked to give an explanation of what the “Kingdom of God” is, what would you say?
2. Jesus commands us to “seek first the Kingdom of God” (Matthew 6:33). What does this mean? How do we do this?
3. In the Lord’s Prayer, Jesus tells his Apostles and us to pray, “Thy Kingdom come, Thy will be done as it is in Heaven.” (Matthew 6:10). What does this mean to you?
4. There are two parables connected to this passage on the Kingdom of God (Luke 13:18-21); The Parable of the Mustard Seed and The Parable of the Yeast. Please give a short synopsis of each of these.
5. If you were given permission to establish the “Kingdom of God” on earth, how would you go about it? What would your plan be?

JESUS SAID -- Episode 7: The Kingdom

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. Jesus Christ is calling you personally to respond to Him.
2. Stand up and preach the Kingdom with boldness and fidelity to Jesus Christ. (Acts 28:31)
3. What kingdom are you following? Ask the Lord to lead you to eternal salvation.

Complete your **Personal Action Item**. 

Scripture References

Luke 13:18-21
Mark 1:15
Matthew 6:10, 33

Matthew 13:44, 47-50
Revelation 11:15; 12:10
Romans 8:12-13

Coaching Tips

The Kingdom is not a thing, it is not a geographical dominion like worldly kingdoms. It is a person; it is He.

The Kingdom of God resides in the heart of man. “Those who pray for the coming of the Kingdom of God pray without any doubt for the Kingdom of God that they contain in themselves, and they pray that this kingdom might bear fruit and attain its fullness.” ~ *Origen (Church Father)*

The Kingdom of God is in the here and now, present in and through the Church. Yet it is a mixed reality that will only be perfectly realized at the end of history.

“Even if you are on the right track, you will get run over if you just sit there.” Will Rodgers

Catechism Connection

2816 In the New Testament, the word *basileia* can be translated by “kingship” (abstract noun), “kingdom” (concrete noun) or “reign” (action noun). The Kingdom of God lies ahead of us. It is brought near in the Word incarnate, it is proclaimed throughout the whole Gospel, and it has come in Christ’s death and Resurrection. The Kingdom of God has been coming since the Last Supper and, in the Eucharist, it is in our midst. The kingdom will come in glory when Christ hands it over to his Father:

It may even be... that the Kingdom of God means Christ himself, whom we daily desire to come, and whose coming we wish to be manifested quickly to us. For as he is our resurrection, since in him we rise, so he can also be understood as the Kingdom of God, for in him we shall reign.

2818 In the Lord’s Prayer, “thy kingdom come” refers primarily to the final coming of the reign of God through Christ’s return.⁸⁸ But, far from distracting the Church from her mission in this present world, this desire commits her to it all the more strongly. Since Pentecost, the coming of that Reign is the work of the Spirit of the Lord who “complete[s] his work on earth and brings us the fullness of grace.”

See Also: **2817, 2819-2821**

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...

JESUS SAID – *Episode 8: Do You Love Me?*



Team Member Name: _____ Date: _____

Game Strategy – Do you love me? A simple question posed three times to Simon Peter by the risen Jesus. With each positive response from Peter, Jesus calls him to action: “Feed my sheep.”

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. God is love! His plan was and is to use all three persons of the Trinity to show this love. How did/does God the Father show us His love? How did/does God the Son show us His love? How did/does God the Holy Spirit show us His Love?
2. Why do you think that God loves us so much, even in spite of our sinfulness? In other words, unconditionally?
3. If God asked you personally, “Do you love Me?” what would your response be? What if He then added, “unconditionally”?
4. God proved His love for us. What is your “proof” that you love God? If you were arrested for being a Christian, would there be enough evidence to convict you? What specific evidence would you have?
5. God commands us to love Him and others including our family, but the kind of love He asks us to show is impossible unless we are empowered by Him. Read Romans 5:5, Galatians 5:22-23 and 1 John 5:19. What kind of power are we given so that we can show a love that is beyond what we can manufacture on the human level? How do you show (reflect) this love to others, especially your family?
6. Whenever we fall in love, we can’t wait to tell that person and share the news with others. Do you tell God that you love Him? How? Do you share with others how much you love God?

JESUS SAID -- *Episode 8: Do You Love Me?*

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. Start your day saying “Jesus, I love you”.
2. Pick up a Bible and read the Gospels.
3. Prayerfully ask yourself if you love Jesus.

Complete your **Personal Action Item**.



Scripture References

John 3:16-17

John 14:15-24

John 21:15-17

Romans 5:5

Galatians 5:22-23

1 John 3:16; 5:19

Coaching Tips

Charity (love) is defined as, “the theological virtue by which we love God above all things for His own sake, and our neighbor as ourselves for the love of God.”

Love is a decision – a deliberate act of the will.

Love *always* involves a sacrifice on the part of the lover for the benefit of the beloved. Love demands action.

True love, unconditional sacrificial love, is not so much blind, as it *overlooks* the less desirable attributes of the beloved.

Real love requires “total self-donation.” ~ *Saint Pope John Paul II*

Catechism Connection

604 By giving up his own Son for our sins, God manifests that his plan for us is one of benevolent love, prior to any merit on our part: “In this is love, not that we loved God but that he loved us and sent his Son to be the expiation for our sins.” God “shows his love for us in that while we were yet sinners Christ died for us.”

605 At the end of the parable of the lost sheep Jesus recalled that God’s love excludes no one: “So it is not the will of your Father who is in heaven that one of these little ones should perish.” He affirms that he came “to give his life as a ransom for man”; this last term is not restrictive, but contrasts the whole of humanity with the unique person of the redeemer who hands himself over to save us. The Church, following the apostles, teaches that Christ died for all men without exception: “There is not, never has been, and never will be, a single human being for whom Christ did not suffer.”

609 By embracing in his human heart, the Father’s love for men, Jesus “loved them to the end,” for “greater love has no man than this, that a man lay down his life for his friends.” In his suffering and death his humanity became the free and perfect instrument of his divine love which desires the salvation of men. Indeed, out of love for his Father and for men, whom the Father wants to save, Jesus freely accepted his Passion and death: “No one takes [my life] from me, but I lay it down of my own accord.” Hence the sovereign freedom of God’s Son as he went out to his death.

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.

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