

CTG Virtues Playbook Questions

Episode One: Courage

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. All of us are called to greatness but sometimes fear from within prevents us from stepping out. What are some of the greatest concerns that pull you away from living up to this potential greatness?
4. The Team cited the fire-fighters on 9/11 as a good example of modern day courage. Who are some men in your life that you looked up to as being courageous in your eyes? How have they affected your life?

Segment 2: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. The martyr, Maximillian Kolbe, showed ultimate courage when he gave up his life for a fellow prisoner. We may never be called upon to lay down our life, but what are some things in your life that take real courage to face? What makes them so difficult?
4. What prevents us from setting the bar high? What prevents you from setting the bar high?
5. We have many obstacles and challenges to face in this life; where do you go to get the strength and help to courageously deal with them?

6. The attitude we have in life plays a major role on whether we live our lives in fear or in hope. What has your attitude been over the past several months?

Segment 3: Personal Fitness Action Plan—2 minute drill

Write out action plan—I commit to becoming spiritually fit by...

Episode Two: Perseverance: Staying in the Game

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. What are some of the struggles that you are currently battling? How are you coping with them?
4. Seeing how Jesus endured the suffering of his Passion and death, how has this encouraged you to persevere in the battles that you are facing/or have faced? How can the Holy Spirit be helpful to you in this situation?

Segment 2: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Something inside us tells us we could be great—what are some of the ways you are striving to become all that God wants you to be?
4. Men seem to respond to challenges pretty well—what is your disposition when all of a sudden you are faced with a trial or suffering? What is your disposition when these trials or sufferings seem to occur one after the other?
5. “Self pity” tempts us to sometime lose courage and maybe even want to give up—can you cite an occasion when this happened to you?
6. Reading the scriptures is our “sword” in the battle—explain how reading/reflecting the scriptures can be beneficial for you in your struggles?

Segment 3: Personal Fitness Action Plan—2 minute drill

Write out action plan—I commit to becoming spiritually fit by...

Episode Three: Temperance: Removing the Junk

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. What is your world's viewpoint of what a real man is? What is your personal viewpoint of what a real man is?
4. Each day we are confronted with various ads and commercials that tell us we need this thing or that thing for our pleasure and happiness. Do you think this is causing us to crave more things than we really can afford or need? Explain. Can you list some things that you purchased that were really not necessary? What was your reaction?
5. How can you show more 'self control' in this area?

Segment 2: Red Zone

Warm-up questions

1. What particular points (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Coach Danny shared that he got trapped in a lifestyle of "booze and partying"--to the point that he hated himself. Have you found yourself trapped in a lifestyle that you are not pleased with? Are you willing to change your lifestyle or do you fear change?
4. Coach Danny replaced a "worldly" lifestyle with a spiritual lifestyle. What are the primary steps that you need to take in order to change your ways? How do you think God can help you to change?

5. All of us are sinners and we need to change in some way, shape or form. Once we have gotten rid of the junk in our lives--and God starts to transform us into a new man, how do you think that this change in your life will affect the relationship with your wife? family? friends? co-workers, etc.?

Segment 3: Personal Fitness Action Plan--2 minute drill

Write out action plan--I commit to becoming spiritually fit by...

Episode Four: Temperance: Getting in Shape

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Getting into shape—we need to replace bad habits with good habits. What are some of the bad habits in your physical, mental, and spiritual life that you would like to change? What are some of the good habits that you would like to replace them with?
4. Temperance requires self control—what are some of the “things” in your life that get in the way of your pursuit of Jesus Christ?

Segment 2: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Jesus fell down three times carrying the cross—it’s more likely that we will fall multiple times in our pursuit of spiritual conditioning. Whenever you do fall, what will your game plan be for getting back on track?
4. The Team mentioned that a solid prayer life and frequent reception of the Eucharist are instrumental in getting and staying in spiritual shape. Share with the group how prayers and the Eucharist have been a blessing to you.
5. Getting into physical shape requires a time commitment on our part and getting into spiritual shape also requires a time commitment. Are you willing to make this commitment? How will you adjust your schedule to accommodate this time commitment?

6. You not only need to get yourselves in spiritual shape but you are also called to lead others down the same path. How will you encourage and lead others to get into spiritual shape? Who would you target first to lead down the spiritual path? Why?

Segment 3: Personal Fitness Action Plan—2 minute drill

Write out action your action plan—I commit to becoming spiritually fit by...

Episode Five: Wisdom: Living the Truth

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. There are many confusing messages being thrown around in this crazy, mixed-up world--when you want to know what is really true--where do you search for the truth? From where are you gathering your wisdom? Who are you listening to? How much time do you spend on the internet? TV? Listening to talk shows? Listening or talking with the Lord in prayer? Do you have a mentor/spiritual director? Do you read scripture in order to gather wisdom? How often do you refer to the Catechism of the Catholic Church in order to gain wisdom concerning the teachings of the Catholic Church?
4. Three steps in making a prudent decision:
 - Take counsel - Where and whom do you seek counsel?
 - Make a judgment about what is right - What is this judgment based on? Why?
 - Take action - What type of action should you take?

Segment 2: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. There seems to be a lack of truth in the world. Why do you think this is taking place? Do you find yourself not trusting the word of people--especially the ones in leadership roles? Why?
4. The "truth will set us free"--to be virtuous people we must begin to trust in one another. Who do you trust? Jesus Christ? Why? Catholic Church? Why? Family members? Friends? Co-workers?
5. Personal "quiet time" is essential in order for us to be able to hear God speak to us inwardly to gain some of His wisdom. Spend some time reflecting on your daily schedule and make a list of all the things that distract you from this "quiet time." What are some ways that you can adjust your schedule in order to free up some "quiet time" with the Lord?

Segment 3: Personal Fitness Action Plan--2 minute drill

Write out action plan--I commit to becoming spiritually fit by...

Episode Six: Justice: Giving What is Due

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Golden Rule: Do unto others as you would have them do unto you.
 - Do you give a person the benefit of the doubt? Or are quick to judge that person? Explain.
 - Do you serve others? Or, are you a person who thinks "every man for himself?"
4. The first act of justice is loving God and the second act of justice is loving our neighbor. If you are not doing one of them, you're not doing justice. What are some ways that you are showing God your love? Give some examples of your love for your neighbor?

Segment 2: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Read the parable of the "Prodigal Son" LK 15:11-32, which is totally about justice and forgiveness. Give a brief description of what you got out of this reading. Can you relate to some of the things that occurred in this parable in your own personal life?
4. "Do right even when it seems right to do wrong." Can you give an example(s) in your life when you were tempted to do wrong? What caused

you to succumb to the temptation? What prevented you from doing wrong? Did you try to justify your actions? How?

5. It is said that a just man sins seven times a day. You can't become perfect overnight. List some ways that, with God's help you can become a more just and truthful person.

Segment 3: Personal Fitness Action Plan--2 minute drill

Write out action plan--I commit to becoming spiritually fit by...

Episode Seven: Faith: A Radical Choice

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Faith is a gift of God but we have to work at it. How do you rate your faith? Explain. Do you have a personal relationship with Jesus Christ? Explain. What do you think Jesus expects from us concerning our faith?
4. The Apostles Creed describes the content of the Roman Catholic Faith. Please read and reflect on the Creed. What parts of it are you comfortable with? What parts do you struggle with? Why?

Segment: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Faith requires a personal commitment to God made possible through the help of the Holy Spirit. What are some of the ways that you can utilize to help you to better know more about Jesus and become closer to Him? How can you learn more about your Catholic faith?
4. Faith must be the center. Be truthful, make a list of your priorities in life (such as work, school, family, faith, etc.) in the order of importance. How much time do you dedicate to your faith in comparison with other priorities? Do you feel this is the proper balance? Should faith be #1? Why?

5. Faith is passed on many times by the example of others. Who in your life has had the most impact on your faith? Why? Do you feel that the way you practice your faith is a good example to your family? Relatives? Friends? Co-workers, etc.? Why?

Segment 3: Personal Fitness Action Plan--2 minute drill

Write out action plan--I commit to becoming spiritually fit by...

Episode Eight: Hope: It Changes Our Lives

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. What is your personal definition of Hope?
4. Our Hope is based on the Cross and the Resurrection. Cite how the Cross can be the reason for our Hope. Cite some reasons why the Resurrection is a reason for our hope.
5. How was St. Maximilian Kolbe able to overcome torture and fear at Auschwitz and turn it into hope for himself and his fellow prisoners?

Segment 2: Red Zone

Warm-up questions

1. What particular point(s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. There seems to be a growing "lack" of hope in this world. Why do you think that the "lack of hope" is so prevalent? How do you think we can change this attitude of despair and bring it back to a positive attitude of "Hope?"
4. Has there been a time in your life that you were on the verge of losing hope? What caused this? What measures did you use to correct it?
5. How do you think that surrounding ourselves with other solid Christian men can build-up our hope?
6. Facing trials, tribulations, and sufferings can often lead to hopelessness and despair. How does practicing our faith give us the strength to deal with these events in our life without losing hope? Can you cite an example in

your own life or the life of someone you know when faith pulled them through?

Segment 3: Personal Fitness Action Plan--2 minute drill

Write out action plan--I commit to becoming spiritually fit by...

Episode Nine: Love: An Act of the Will

Segment 1: Kickoff/Game Plan

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. What is your definition of love?
4. 1 Jn. 4:16 God is love, and he who abides in love abides in God, and God abides in Him. How do you show your love for God? How has God showed his love to you? How do you show your love to the Catholic Church that Christ founded?
5. Was there ever a time in your life when you felt that God didn't love you? How did you overcome this feeling?

Segment 2: Red Zone

Warm-up questions

1. What particular point (s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply in your own life?

Workout questions

3. Love is something we all need desperately. We receive love from God first and then from family. How did you receive love from your family while growing up, especially from your father? How did you show your love to them?
4. Married men - How do you show your love to your family? What are some ways that you show your love to your wife? What are some ways that you show your love to your children? How do you think you can improve in

each of these relationships? Here is a hard one-- Is your love unconditional?

5. Love your neighbor as yourself. How is your relationship with your relatives? Are there some obstacles? How are you dealing with this person (s)? Have you asked God for his help?
6. How is your relationship with friends and fellow workers? Are there some obstacles? How are you dealing with this/these situations? Have you asked God for his help?
7. Love your enemies--it is an act of the will. This is by far the most difficult. Is there someone currently or in the past that has hurt you by their actions and you have not forgiven them? Do you want to forgive them? How do you think you go about accomplishing this? If the answer is no--what is preventing you from forgiving them? Have you asked the Holy Spirit for his help?

Segment 3: Personal Fitness Action Plan--2 minute drill

Write out action plan--I commit to becoming spiritually fit by...