

MARRIAGE AND FAMILY – *Episode 1: Wake Up Call*



Team Member Name: _____ Date: _____

Game Strategy – As newlyweds we enter marriage with big dreams and great expectations. Then reality sets in. Marriage calls us to lay down our lives, much like Jesus did.

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 did you know that your spouse was the right person for you? How did you know?
2. What are some of the Church's teachings on marriage?
3. Do you believe that marriage is a covenant? Explain.
4. What are the vows that each of you make before God in the Marriage Rite? In your own words explain what each one of them mean.
5. What was the most difficult issue(s) that you faced in the beginning of your marriage? How did the two of you work through them?
6. How does your faith play a key role in your marriage? What is the common bond in your marriage?
7. In what ways do you show respect for your spouse? Do you keep the lines of communication open? Explain.
8. How do you think that you could improve your marriage?
9. What is the goal of your marriage?

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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. Reconcile things with your wife!
2. Jeremiah 29:11. Trust in God's plan.
3. Let your wife know how much you love her!

Complete your **Personal Action Item**. 

Scripture References

Ephesians 5:21-32
Genesis 2:18-24
Matthew 19:1-12

1 Thessalonians 4:3
Revelation 19:6-9
Exodus 14:13

Coaching Tips

"But Christ in his view of marriage does not in the least suggest the conditions of Palestine of the first century. He does not suggest anything at all, except the sacramental view of marriage as developed long afterwards by the Catholic Church. It was quite as difficult for people then as for people now. It was much more puzzling to people then than to people now. Jews and Romans and Greeks did not believe, and did not even understand enough to disbelieve, the mystical idea that the man and the woman had become one sacramental substance. We may think it an incredible or impossible ideal; but we cannot think it any more incredible or impossible than they would have thought it. In other words, whatever else is true, it is not true that the controversy has been altered by time. Whatever else is true, it is emphatically not true that the ideas of Jesus of Nazareth were suitable to his time, but are no longer suitable to our time. Exactly how suitable they were to his time is perhaps suggested in the end of his story." ~ G.K. Chesterton, *"The Everlasting Man"* (1925)

Catechism Connection

1615 This unequivocal insistence on the indissolubility of the marriage bond may have left some perplexed and could seem to be a demand impossible to realize. However, Jesus has not placed on spouses a burden impossible to bear, or too heavy—heavier than the Law of Moses. By coming to restore the original order of creation disturbed by sin, he himself gives the strength and grace to live marriage in the new dimension of the Reign of God. It is by following Christ, renouncing themselves, and taking up their crosses that spouses will be able to “receive” the original meaning of marriage and live it with the help of Christ. This grace of Christian marriage is a fruit of Christ’s cross, the source of all Christian life.

1616 This is what the Apostle Paul makes clear when he says: “Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her,” adding at once: “For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one. This is a great mystery, and I mean in reference to Christ and the Church.”

See Also: **1617**

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...